



NYFO Skills Camp

NYFO Skills Camps focus on position specific skill development:

Fundamentals

Discipline

Teamwork

Understanding the "what and why" of the position and how it relates to the game

Players are assigned to groups based on:

Age (7-18 years of age)

Position (Players may choose a different position each week or remain in their primary position)

Skill level.

Learning is fostered through:

Player to coach interaction

Peer to peer interaction

Individual drills

Competition (1on1, 2on1, 7on7)

NYFO offers small group training that maximizes repetitions athletes need to master their skill set and play with confidence and perform at a higher level.

***Check your local camps for more information**