

SOCCER

→ IMPROVING SOCCER TECHNIQUE & FITNESS

Fitness plays a major role in executing techniques – Coach Roros will show how to relate the practice drill to game action. We will perform drills that push the players to think and act at speeds they are uncomfortable in so they can execute these same techniques under pressure, inside the game.

Anthony Roros

President – Proworld Soccer Academy

Professional Coach, Anthony Roros, developed the PSA while a player for the Long Island Rough Riders in 1994. In 1996 he was named the LIRR Director of Community Relations where he established coaching and player clinics for all of the LI Junior Soccer League clubs. Coach Roros has his US Soccer Association A License, has been Head Coach of the Eastern NY Olympic Development Program and is uniquely qualified to bring players to their highest soccer potential. He is currently the Women's Soccer Coach at Suffolk Community College.

SUFFOLK COUNTY COMMUNITY COLLEGE **WOMEN'S LONGHORN SOCCER**

On Saturday, September 6 the Lady Longhorns Soccer Team will play against Ulster at 1:00 PM.

Check out the game and also attend the Long Island Sports Expo.