



Club Soccer Solutions Athlete Development Training Programs

The CSS Program provides quality training and developmental options specifically tailored to meet a club's needs.

*Do you have parent coaches that need some guidance running training sessions?
Do you have coaches or trainers who need coverage for a session or just need another voice?
Do you have an idea of something you want to implement but just don't have the coach to do it?*

Fully customized options are available to fit the needs of your group!

***Training
Options
Offered:***

- Team training sessions
- Functional training sessions (Attacking, defending, finishing, set pieces)
- Team or club-wide Speed, Agility, and Quickness Training Programs
- Group Goalkeeper Training Sessions

***Program
Structure:***

- Program is tailored to club/team needs
- Arrangements and length of service are worked out prior to training
- Simply contact us, discuss needs, and we can work out a plan

***The RCNSS
Difference:***

- Ownership: Owner Rob Nydick personally runs all programming (brief bio below)
- Quality: A professional, productive, and positive experience every session
- Commitment: Committed to offer the best product/experience possible

RCNSportSource LLC. is owned and operated by former NCAA Head Men's Soccer Coach and Athletic Director, Rob Nydick. Rob has over 15 years of experience working with athletes on all levels. He is a Certified Strength and Conditioning Coach (CSCS) through the National Strength and Conditioning Association and holds advanced coaching licenses from the US Soccer Federation and the United Soccer Coaches Association.

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