

### **Micro Soccer** (ages 4-10)

For the beginner and intermediate player looking to build their skills. Player development is emphasized. Learn to pass , dribble , shoot and understand the fundamentals of Attacking and Defending. This training program is the crucial building block and is highly recommended. Spring, Summer, Fall and Winter sessions are available. [Click here](#) to learn more about Micro Soccer.

### **Recreational League Soccer** (ages 4-14)

For the beginner and intermediate player looking to utilize the skills learned in Micro Soccer and put them to the test in actual game competition. The amount of players on each team and the size of the field vary by age, in order to maximize the number of "touches" each player has on the ball. Spring, Summer, Fall and Winter Leagues are available. [Click here](#) to learn more about recreational leagues.

### **Travel Soccer** (ages 9-19)

For the intermediate and advanced player who has outgrown recreational soccer, is looking to challenge themselves more and ready to make a greater time commitment. There are separate and appropriate divisions in each age group for different skill levels. All coaches are licensed and certified. Most teams compete in the "entry" level travel league Buffalo and Western New York Junior Soccer League during the months of May, June and July. All games are within a 30 mile radius. [Click here](#) to learn more about travel soccer.

### **Academy Programs**

Our academy programs are designed for those players and parents that are more committed to soccer training. These programs provide more training opportunities for those players that are ready to take on a greater soccer commitment. Our U8 and U9 academy teams will train year round. Our U9 academy team will train and play friendly soccer games throughout the year against other local soccer teams of the same age. This program will allow these players increased exposure to quality coaching, and to prepare them for travel soccer.