

SOCCER TRAINING

BY
ELYSE DIAMOND

Hamilton North H.S. Girls Soccer Coach 1989-Present
High School All-American 1980
Junior College All-American 1982-1983
NJ Sportswriters College Athlete of the Year 1982, 1984
Former Rutgers University Soccer Player 1984-1985
Health & Physical Education Teacher
Five-time Mercer County Coach of the Year
Central Jersey Coach of the Year 1999
7 High School CVC Championships
First Woman Inductee Mercer County Soccer
Hall of Fame / Hamilton West Hall of Fame
Certified/Licensed Competitive Coach & Team Trainer
Mercer 33 Coach of the Year / Over 500 Career WINS
Member NSCAA – National Soccer Coaches Association 89-Present
Member Mercer Coaches Association
Director of Focus on Girls Soccer Camps

Individual and Team Training

- ❖ Coerver Fast Foot Work, Fakes, and Feints
- ❖ Skill Development / Technique Refinement
- ❖ One v One Moves
- ❖ Speed, Agility and Quickness with and Without Ball
- ❖ Strength and Conditioning
- ❖ Plyometrics
- ❖ Team Strategies and Cohesiveness

Work with Individual Team Needs, Flexible Schedules

For More Information Call:

Elyse Diamond

609-731-6178