



NEW YORK RED BULLS TRAINING PROGRAMS APPROACH TO DEVELOPMENT

INTRODUCTION

The New York Red Bulls Training Programs follow a researched and proven approach to player development. The following information introduces our philosophy, player development rationale and the methods that are used to deliver our curriculum.

PHILOSOPHY

Create a fun and challenging environment where players have the opportunity learn.

PLAYER DEVELOPMENT RATIONALE

The New York Red Bulls operate a building block approach to Player Development. At a young age mastery of the ball is vital for a child's future development. Players follow a path focused on technique and skill development, as competency increases, tactical elements are introduced. Within each building block, an extensive curriculum is offered. The following diagram illustrates the New York Red Bulls 'BUILDING BLOCKS OF PLAYER DEVELOPMENT'



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METHODOLOGY HOW WE TEACH

The New York Red Bulls Coaching staff focuses on three methods to deliver the building blocks of player development:

METHOD	BELIEF
(1) INSPIRE	<ul style="list-style-type: none">→ Players need to develop a motivation and desire to work hard during training sessions and during their own time away from structured sessions.→ Every player - coach interaction serves as an opportunity to develop a passion and love for the game.
(2) EXPERT COACHING	<ul style="list-style-type: none">→ In order for a player's ability to improve, they require accurate and concise information, combined with specific and immediate individual feedback.→ An adaptive coaching style is used to ensure that every player is developed during the training session; the objective is to create players who are independent thinkers.
(3) REPETITION	<ul style="list-style-type: none">→ Repetition - Repetition and deliberate practice is the key to learning. To master new skills players need to receive a high frequency of realistic situations that offer maximum ball contact.→ Players must be challenged to work at a high intensity that replicates a game environment.

SESSION STRUCTURE

All New York Red Bulls training sessions follow the same format; the following table provides an overview of how a typical session would be structured.

SECTION	% OF TIME	KEY POINTS
WARM UP	20%	<ul style="list-style-type: none">→ Main focus is to maximize ball contact→ One ball per player to develop skill mastery
MAIN ACTIVITY	50%	<ul style="list-style-type: none">→ Focus on one main theme per session→ Technical application to skill mastery→ High frequency of repetition and variety→ Techniques introduced on a scale from non-opposed to fully opposed
CONDITIONED PLAY	20%	<ul style="list-style-type: none">→ Small sided group play→ Conditions added to reinforce the application of skill→ Activities to goal with many attacking and defending opportunities
MATCH	10%	<ul style="list-style-type: none">→ Session ends with a competitive scrimmage