



RDS CAMPS

THE ULTIMATE IN ADVANCED INDIVIDUAL TRAINING

CAMP OVERVIEW:

- Elite training aimed at competitive travel players ages 8-14
- Coaching ratio strictly limited to 1:12 to ensure maximum player coach interaction
- Exclusive curriculum targets specific techniques from an individual perspective
- Top level, hand picked, internationally qualified staff
- Designed specifically for advanced level players only

CAMP STRUCTURE:

- 5-day camp program offering 3 hours of daily instruction
- Exclusive curriculum focuses on ball mastery, speed, agility and quickness, and individual technique
- Each day focuses on a different component:
 - Individual possession, dribbling and control
 - Passing and possession
 - Shooting and scoring
 - Defending to win

CAMP DETAILS:

- Only a select number of host locations are picked per each summer
- Length: 5 days
- Duration: 3 hours per day
- Cost: \$180 to \$230
- Benefits: adidas ball and t-shirt, evaluation and a complimentary ticket to a Red Bulls game

