



# SKILLS CAMP

A player's relationship with the ball is the foundation for creating a skillful player. A Red Bulls camp focuses on the introduction and mastery of ball skills. This is achieved through maximum ball contact, expert coaching, skills challenges and daily homework assignments. Through our camp structure and connection to the professional game, an environment is created that keeps players invested in their own development, long after the camp concludes.

DAY	TOPIC	FOCUS OF THE DAILY TOPIC
Monday	Dribbling	Deceptive moves and feints to beat an opponent.
Tuesday	Turns	Changes in direction to beat a player or create space.
Wednesday	Receiving	Improving first touch to maintain possession of the ball.
Thursday	Passing	Improve passing range and accuracy.
Friday	Shooting	Striking techniques to score goals.

## DAILY SCHEDULE – THREE HOUR CAMP

SECTION	TIME	THEME	KEY POINTS
Warm-up	20 minutes	Ball Mastery	Main focus is to maximize ball contact. One ball per player is used.
Main Activity	70 minutes	Skills Phase	<ul style="list-style-type: none"> <li>Techniques are introduced on a scale from non opposed to fully opposed. The objective is to progress from learning the action to performing the action under pressure.</li> <li>High frequency of repetition and variety.</li> </ul>
Break	15 minutes	Rest	Fun 'non soccer' activities.
Conditioned Activity and Skills Challenge	45 minutes	Game Related	<ul style="list-style-type: none"> <li>Small sided group play.</li> <li>Conditions added to reinforce the application of skill.</li> <li>Activities to goal with many attacking and defending opportunities</li> <li>Individually based daily skills challenge operated alongside small sided games.</li> </ul>
Match	25 minutes	Free Play	Session ends with a competitive scrimmage.
Debrief	5 minutes	Homework	Review of daily topic and homework assignment.

## DAILY SCHEDULE – 6 HOUR CAMP

(FOLLOWS ON FROM 3 HOUR CAMP)

SECTION	TIME	THEME	KEY POINTS
Lunch Break	30 minutes	Lunch	Campers provide own lunch.
Warm-up – Part 2	15 minutes	Ball Mastery	Main focus to maximize ball contact. One ball per player is used.
Main Activity – Part 2	45 minutes	Shooting and Finishing	<ul style="list-style-type: none"> <li>High tempo activities with many goal scoring opportunities.</li> <li>Variety of striking techniques.</li> <li>Crossing and breakaways.</li> </ul>
Break	15 minutes	Break	Fun 'non soccer' activities.
Tournament Play	75 minutes	Street Soccer	<ul style="list-style-type: none"> <li>Small sided tournament.</li> <li>Players rotated through randomly selected teams.</li> </ul>

FOR MORE INFORMATION E-MAIL: [TRAINING@NEWYORKREDBULLS.COM](mailto:TRAINING@NEWYORKREDBULLS.COM)  
OR CALL **1.888.370.7287**, VISIT [REDBULLSACADEMY.COM](http://REDBULLSACADEMY.COM)