



TEAM CAMP OVERVIEW

The New York Red Bulls understands that every team has its own unique training demands. Therefore a flexible curriculum approach is offered, so that selected topics can be extensively covered and revisited based on the team's ability level and rate of progress. There are four core building blocks that make up the team camp training week. Central to each area is maximum ball contact, conditioning with the ball and team building.

BUILDING BLOCKS TOPICS COVERED

BUILDING BLOCK	TOPIC
Skill Development	Dribbling, turning, running with the ball, receiving, passing, shooting, crossing, heading, closing down, tackling
Individual Tactics	1v1 attacking, 1v1 defending, decision making, transition
Group Tactics	Combinations, runs off the ball, playing to targets, creating space for others, when to possess and when to penetrate, angles and distance of support, interchanging roles, attacking numbers up, switching play, transition, exploiting width, counter attacking, speed of play, denying space, staying compact, defending numbers down.
Team Tactics	Possession, changing the point of attack, attacking from the flanks, speed of play, counter attacking, numbers up/down situations, playing from the middle third to the final third, playing out of the back, zonal or man to man defending, high and low pressure defending, midfield defending, slowing the play, defending from crosses, systems of play, restarts.



DAILY SCHEDULE THREE HOURS PER DAY

SECTION	TIME	THEME	KEY POINTS
WARM-UP	15 mins.	Ball Mastery	<ul style="list-style-type: none"> → Main focus is to maximize ball contact → One ball per player to develop skill
MAIN ACTIVITY	75 mins.	Skills Phase	<ul style="list-style-type: none"> → Focus on one main theme per day → Technical application to skill mastery → High frequency of repetition and variety → Techniques introduced on a scale from non opposed to fully opposed
SKILLS CHALLENGE & BREAK	15 mins.	Competition	<ul style="list-style-type: none"> → Individually based technical skills challenge
CONDITIONED ACTIVITY	45 mins.	Game Related	<ul style="list-style-type: none"> → Small sided group play is the typical organization → Conditions added to reinforce the application of skill → Activities to goal with many attacking and defending opportunities
MATCH	25 mins.	Free Play	<ul style="list-style-type: none"> → Session ends with a competitive scrimmage
DEBRIEF	5 mins.	Homework	<ul style="list-style-type: none"> → Review of daily topic and homework assignment

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