



# TEAM CAMP CURRICULUM STRUCTURE TYPICAL 3 HOUR PROGRAM

The New York Red Bulls Team Camp Program offers two options for Youth Soccer Organizations.

## OPTION 1

### COMPETITIVE CURRICULUM

An intensive training week which incorporates learning objectives relating to the four cornerstones of successful development for the competitive team; Technical, Tactical, Physical, and Psychological. Developed specifically to prepare teams for the forthcoming season.

## OPTION 2

### TEAM SPECIFIC CURRICULUM

Week long curriculum developed by New York Red Bulls coaching staff based upon specific requests by each individual team. Through pre camp consultation NYRB will create a curriculum detailed to the Technical, Tactical, Physical, and Psychological needs of your team.

## TYPICAL 3 HOUR DAILY SCHEDULE

SECTION - % OF COACHING TIME	THEME	KEY POINTS
Activator – 20 minutes	Ball Mastery	<ul style="list-style-type: none"> <li>• Related to the main activity objective</li> <li>• 1 ball per player to maximize ball touches</li> <li>• Unopposed practice related to core competencies at specific age groups</li> <li>• Coach creates environment conducive to a high success rate</li> </ul>
Main Activity – 1 hour	Skill Phase 1	<ul style="list-style-type: none"> <li>• Focuses on the daily learning objective</li> <li>• Depending on level of learning objective is generally introduced in the following sequence:               <ul style="list-style-type: none"> <li>• Non opposed – completed in isolation</li> <li>• Semi opposed – some pressure</li> </ul> </li> </ul>
Break 20 minutes	Rest	<ul style="list-style-type: none"> <li>• Non active soccer education</li> <li>• Nutrition, Rules and Regulations</li> </ul>
Main Activity – continued 20 minutes	Skill Phase 2	<ul style="list-style-type: none"> <li>• Build into fully opposed – full pressure</li> <li>• Lots of small sided activities 1v1, 1v1+1, 1v2, 2v2, 2v3</li> </ul>
Conditioned/Free Play 1 hour	Game Specific Learning	<ul style="list-style-type: none"> <li>• 4v4 is preferred structure, the smaller the number of players involved the higher the frequency of learning moments</li> <li>• Restrictions are used to help emphasize the required learning outcomes</li> <li>• Role of the coach in this phases is more the observer, allow for lots of free play</li> </ul>
	Free Play	<ul style="list-style-type: none"> <li>• No restrictions/conditions or coach interaction</li> </ul>