



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:

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