

RDS Program Descriptions

EDUCATE . CONNECT . INSPIRE



ELITE TRAINING PROGRAMS - VISION

Establish a commitment to players that possess the ability, attitude, and desire to compete in a unique and demanding environment, developing players that aspire to play at the highest level.

The Regional Development School (RDS) is a multi-layered program for boys and girls, ages 8-16, to receive supplemental training from the Revolution Academy coaching staff. Intended for elite players, this advanced program curriculum is specially designed to help players develop in a professional and challenging training environment. Training in the RDS replicates the MLS Academy environment and is the most successful route to earning a spot on the Academy teams.

Zones of Development

The RDS programs are split into three zones of development by player's birth year. Zone 1 and Zone 2 programs are mixed for boys and girls and are by open enrollment. Zone 3 programs are separated into boys only and girl's only sessions and are by a tryout process to ensure the highest level of competition.

<u>Birth Years</u>	<u>Zone</u>	<u>Enrollment</u>	<u>Gender</u>
2011, 2012	Zone 1	Open enrollment	Boys & Girls
2009, 2010	Zone 2	Open enrollment	Boys & Girls
2005, 2006, 2007, 2008	Zone 3	Tryout Based	Boys Only or Girls Only

Zone 1: This is the entry into the RDS program, through open enrollment for boys and girls by birth year, which focuses on individual skill development, ball mastery, 1 v 1 ability, change of direction and stop-start moves. Players will participate in small sided games and activities to encourage creativity, vision and the importance of mastering the ball.

Zone 2: Players will continue to master individual moves and skills while adding more challenging game situations and techniques in order to encourage a faster-paced game. This program is open to enrollment for boys and girls by birth year and will prepare players for the next step towards Zone 3 and the tryout-based platform.

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Zone 3: Sessions in Zone 3 will be through a tryout-based platform. During week one players will be evaluated for their suitability for the RDS program. Training sessions will be fast-paced, challenging and will place players in a professional environment that will reflect the intensity of Academy Youth Teams sessions. During week 5 of the program, players will compete in an in-tournament week, new for 2019. In Zone 3, boys and girls will train separately during different session times.

Zone 3 Registration and Tryout

Parents should register for their player's birth year program. Please note that the RDS program is not for everyone and is intended for elite players only. During week one, players will be evaluated for their suitability for the RDS program. If the academy coaching staff, in their sole discretion, evaluate a player in the first week to be below the required level for the RDS program, the player will be removed from the RDS program and the academy will provide recommendations for a more suitable developmental program. In such an instance, the player's RDS registration payment will be fully refunded and the parents will be notified at least 24 hours prior to the next RDS session.

Professional Edge

The Professional Edge program is an invitation only program for players born in the 2002 to 2007 birth years, specifically tailored for high-performing individuals who have been identified as promising top-level players, based not only on their technical and tactical ability but also on their attitude and work ethics.

The training sessions will be conducted by the Elite Training coaching staff and will be structured to include the following components in a professional setting:

- Technical and tactical training
 - o ball mastery in game-realistic situations requiring quick decision making
- Health-related fitness (motor general)
 - o the ability to sustain the necessary high-level athletic movements over the duration of a match
- Skill-related fitness (motor specific)
 - o soccer-specific fitness

Players from the RDS will be invited to register through a private link. Players wishing to participate in this program who have not participated in a previous RDS program will need to send a playing resume to the coaching staff listed on the website.

RDS In-Tournament Week

New for 2019, week 5 of the Zone 3 program will be an in-tournament session in place of the regular RDS session week. Coaching staff from the Revolution Academy will observe the players in a tournament setting. Players from the RDS program will be mixed and placed on teams and

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play 9v9 games. The tournament games will run at the same time as the regularly scheduled RDS session times.

Showcase Jamboree Teams

This program will be at no-cost for selected players invited to play on an RDS Team to compete in local jamborees. Players will be placed on teams by birth year and will receive an invitation from the coaching staff ahead of time. Players will be expected to purchase a Revolution Tournament jersey for the event(s). Events will be scheduled in the off season.

RDS Goalkeepers

The RDS Goalkeeping program is for players in Zone 2 and Zone 3 and is scheduled on Friday evenings at the Empower Fieldhouse. The program challenges players in a progressive and unique training environment. The sessions will encourage and improve goalkeeper specific skillsets while developing players' personality and character for the next level of competition. There is no tryout for the Goalkeeping program and programs are held for players born between 2003 and 2010.

RDS Boys only and Girls only

Sessions in Zone 3 will be through a tryout-based platform with girls and boys separated in different sessions.

RDS Finishing Schools

RDS Finishing Schools are three to four-day programs for three to four hours per day during school vacations. Designed to take an attacking player's finishing to the next level, the advanced curriculum will include different techniques for finishing (finesse, power, back to goal, 1v1, crossing and finishing, 1st-time finishing), game realistic finishing exercises, off the ball movements to create more chances and high-intensity repetition. This form of training will increase the player's confidence around the goal and give them more success in the final third of the field.