



RDS

REGIONAL DEVELOPMENT SCHOOLS

ELITE TRAINING FOR THE ELITE PLAYER

The Regional Development School (RDS) offers boys and girls, ages 11-14, an opportunity to receive supplemental training from the Revolution Academy coaching staff. Intended for elite players, this advanced program curriculum is specially-designed to help players to master core skills required to play the game at the highest level. Training in the RDS is the most-successful route to earning a spot on the Academy teams.

RDS JUNIOR'S AND PRE ACADEMY

The RDS Juniors and Pre Academy program offer boys and girls, ages 7-8 and 9-10, skill development training to develop ball mastery, 1v1 moves, change of direction moves and creativity with the ball. Players work on improving first touch and speed of play through challenging and competitive academy sessions.

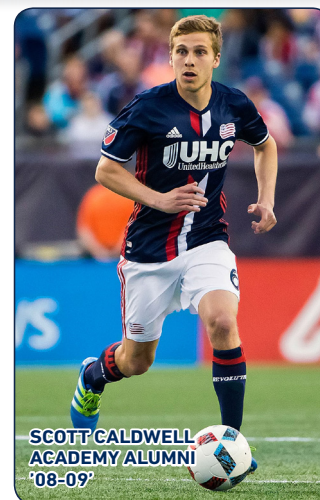
RDS GOALKEEPERS

Goalkeepers will train with youth team goalkeeping coaches Karl Spratt & Jasir Charris at the RDS, focusing on the four major components of goalkeeping training: technical, tactical, psychological and physical. Academy goalkeeper training sessions are demanding, challenging and fast paced to replicate goalkeeper techniques in game situations.

SPEED AND FINISHING

RDS Speed and Finishing is designed to develop explosive speed in soccer players. This is achieved through a specific curriculum that merges technical soccer drills with speed exercises. This form of training increases agility and speed of movement and functional soccer technique. The players will then put the speed training to practice through various finishing exercises, to create faster athletes and soccer players.

RDS: 90 minutes of training per session for eight (8) weeks | **RDS GOALKEEPERS:** 90 minutes of training per session for eight (8) weeks. | **RDS: JUNIORS AND PRE ACADEMY:** 60/75 minutes of training per session for eight (8) weeks. Ages 7-10 | **RDS: SPEED & FINISHING:** 60/75 minutes of training per session for eight (8) weeks. Ages 10-14



RDS WINTER - 1 NOVEMBER 2017 TO JANUARY 2018

FIELD PLAYERS

MONDAY

Field House, Gillette Stadium
Mondays for eight (8) weeks:
November 20 - January 22
No Session Dec. 25 & Jan. 1

Juniors Academy (Ages 7-8):
5:00 to 6:15 p.m., \$225
Pre Academy (Ages 9-10):
5:15 to 6:30 p.m., \$225

MONDAY

Sportsworld, East Windsor, CT
Mondays for eight (8) weeks:
November 20 - January 22
No Session Dec. 25 & Jan. 1

Juniors Academy (Ages 7-8):
6:00 to 7:00 p.m., \$185
Pre Academy (Ages 9-10):
6:00 to 7:00 p.m., \$185
RDS (Ages 10-14):
7:00-8:30 p.m., \$285

WEDNESDAYS

The Mill Works, Westford, MA
Wednesdays for eight (8) weeks:
November 22 - January 10
RDS (Ages 10-14):
7:00 to 8:30 p.m., \$285

WEDNESDAYS

Field House, Gillette Stadium
Wednesdays for eight (8) weeks:
December 6 - January 24
RDS High School (Ages 15-18):
8:00-9:30 p.m., \$285

FRIDAY

Danvers Indoor Sports
Danvers, MA
Fridays for eight (8) weeks:
November 17 - January 5
Juniors Academy (ages 7-8):
6:00 to 7:00 p.m., \$185
Pre Academy (ages 9-10):
6:00 to 7:00 p.m., \$185
RDS (ages 11-14):
7:00 to 8:30 p.m., \$285
RDS High School (ages 15-18):
7:00 to 8:30 p.m., \$285

FRIDAY

Field House, Gillette Stadium
Fridays for eight (8) weeks:
November 17 - January 12
No Session Nov. 24
RDS (ages 10-14):
6:30 to 8:00 p.m., \$285

SATURDAYS

Wide World of Indoor Sports
North Kingstown, RI
Saturday for eight (8) weeks:
November 18 - January 13
No Session Dec. 23
Juniors Academy (Ages 7-8):
9:00 to 10:15 a.m., \$225
Pre Academy (Ages 9-10):
9:00 to 10:15 a.m., \$225
RDS (Ages 10-14):
9:00 to 10:30 a.m., \$285

GOALKEEPERS

MONDAY

Sportsworld, East Windsor, CT
Mondays for eight (8) weeks:
November 20 - January 22
No Session Dec. 25 & Jan. 1
RDS Goalkeepers (Ages 10-14):
6:00 to 7:00 p.m., \$185

FRIDAY

Field House, Gillette Stadium
Fridays for eight (8) weeks:
November 17 - January 12
RDS Goalkeepers (Ages 8-11):
5:00-6:30 p.m., \$285
RDS Goalkeepers (Ages 12-16):
5:00 to 6:30 p.m., \$285

FRIDAY

Danvers Indoor Sports,
Danvers, MA
Fridays for eight (8) weeks:
November 17 - January 5
RDS Goalkeepers (Ages 10-14):
6:00 to 7:00 p.m., \$185

SATURDAYS

Wide World of Indoor Sports
North Kingstown, RI
Saturday for eight (8) weeks:
November 18 - January 13
No Session Dec. 23
RDS Goalkeepers (Ages 10-14):
9:00 to 10:30 a.m., \$285

SPEED AND FINISHING

MONDAY

Sportsworld, East Windsor, CT
Mondays for eight (8) weeks:
November 20 - January 22
No Session Dec. 25 & Jan. 1
S&F (Ages 11-14):
6:00 to 7:00 p.m., \$185/\$155

WEDNESDAY

The Mill Works, Westford, MA
Wednesdays for eight (8) weeks:
November 22 - January 10
S&F (Ages 9-13):
5:00 to 6:00 p.m., \$185/\$155

FRIDAY

Danvers Indoor Sports,
Danvers, MA
Fridays for eight (8) weeks:
November 17 - January 5
S&F (Ages 9-13):
6:00 to 7:00 p.m., \$185/\$155

AMENITIES:

- ADIDAS TRAINING JERSEY
- 2 REVOLUTION TICKETS TO A 2017 REGULAR SEASON HOME GAME (TBD)



SKILL LEVEL: The RDS programs are intended for players with advanced skill levels, ensuring the highest level of competition at each location. The competitive training environment created by the Academy coaching staff give players first-hand experience training at the Academy level. The Revolution offers a range of programs including summer academies, training programs and team academies, for players at the developmental level.

Empower Field and Gillette Stadium Field subject to availability. | * All sessions on artificial turf field turf field surface subject to availability.*

**FOR MORE INFORMATION OR TO ENROLL CALL (508) 384-9242 OR
E-MAIL REVOLUTIONACADEMY@REVOLUTIONSOCCER.NET • WWW.REVOLUTIONSOCCER.NET**

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