

REMO SOCCER Repetitive Motion Training Curriculum Guide

The REMO SOCCER Repetitive Motion Training Curriculum accommodates 4 types of training: Individual (single player exercises); Buddy (two players participating in cooperative exercise); 1 v 1 (two players participating in a competition); and, REMO Games (unique 1v1 games). There are also four levels: Introduction (green); Intermediate (red); Advanced (blue); and, Elite (gold) – see details below.

	I n d i v i d u a l	B u d d y	1 v 1	G a m e s
G R E E N	4	0	2	0
R E D	2	2	3	1
B L U E	3	2	2	1
G O L D	3	2	3	2

GREEN - INTRODUCTION: 6 plans (4 Individual Plans + 2 1v1 plans)

Appropriate for a 1st time player or from ages 5-7 years old. The lessons are based on individual play and fun 1v1 environments. The lessons focus on the fundamentals such as passing, receiving and dribbling with the REMO Trainer. The players should be getting a high repetition of ball touches and be learning the correct techniques that will lead to more fun and a higher level of individual play later on in a player's Soccer life.

RED - INTERMEDIATE: 8 Plans (2 Individual plans + 3 Soccer Buddy plans + 2 1v1 plans + 1 REMO Games plan)

Appropriate for players who have some Soccer experience and have been exposed to training environments that have taught the fundamentals of Soccer. The focus is still getting a high repetition of the ball skills and further growth in confidence; however, we can introduce a more competitive side to the trainings and introduce the Soccer Buddy training plans that involve working as a small-sided team of 3 or 4 players.

BLUE - ADVANCED: 8 Plans (3 Individual plans + 2 Soccer buddy Plans + 2 1v1 plans + 1 REMO Games plan)

This level of training is appropriate for players who play on competitive teams and who have played soccer for a number of years. Players should demonstrate a good level of knowledge of all the fundamentals. Along with the more competitive 1v1 games and more complex Soccer Buddy training plans, we recommend that players now begin to train with the REMO Games which will not only challenge, but will be a fun variation of the game to help further develop players' skills.

GOLD - ELITE: 10 plans (3 Individual plans + 3 Soccer Buddy plans + 2 1v1 plans + 2 REMO Games plans)

This is our highest grade for the lessons in the REMO SOCCER Repetitive Motion Training curriculum. It's aimed at players who play to a high level, train multiple times per week and show a good level of technical excellence with the ball. Players using this level should be seeking to use the lesson plans as competitive trainings that supplement their team trainings to gain the extra edge needed to improve and impact their team. All sections of the curriculum are open to the players of this level and it is highly recommended that players play in small groups to get the desired effect for their individual game.