



[Home](#) (<http://www.redbullsacademy.com>) > [Player Tools](#) (</training/player-tools/>) > Skills Challenge

Skills Challenge

Skills Challenge Overview

The New York Red Bulls Academy operates a fun based Skills Challenge Roadshow that provides youth soccer players with an opportunity to test their skills in a fun competitive environment. The skills challenges are offered at all New York Red Bulls soccer camps and at select regional locations throughout the year.

To find a free Skills Challenge Roadshow in your area [click here](#)
(http://www.rbnytraining.com/user-pages/public/camps/select-camp.asp?REGION_ID=33)

Skills Challenge Philosophy

The Red Bulls Skills Challenge is designed to ignite a passion for self-improvement in young players. Inspiration is one of three key methods that Red Bulls coaches use to deliver the Building Blocks of Player Development. The Skills Challenge series provides a set of objective results that players can use to track their own personal technical development over time. It is important to note that the challenges are not intended as means of selecting teams or assessing a player's overall ability. There are many additional factors that comprise a soccer player's total make-up. The five skills challenges are purely a tool to help motivate players to improve their technical ability.

Skills Challenge Components

The Red Bulls Skills Challenge is comprised of five simply structured challenges that measure technical ability in the following areas:

1. Dribbling
2. Turning
3. Receiving
4. Passing
5. Shooting

The section below provides a written description and video of each challenge. The Red Bulls strongly encourage all clubs, coaches, parents, and players to download the challenges and start practicing.

Dribbling Challenge:

watch video below and view instruction here: [Download \(/assets/1/6/Skills_Challenge_-_Dribbling.pdf\)](#)

Turning Challenge:

watch video below and view instruction here: [Download \(/assets/1/6/Skills_Challenge_-_Turns.pdf\)](#)

Receiving Challenge:

watch video below and view instruction here: [Download \(/assets/1/6/Skills_Challenge_-_Receiving.pdf\)](#)

Passing Challenge:

watch video below and view instruction here: [Download \(/assets/1/6/Skills_Challenge_-_Passing.pdf\)](#)

Shooting Challenge:

watch video below and view instruction here: [Download \(/assets/1/6/Skills_Challenge_-_Shooting.pdf\)](#)

Skills Challenge Administration

Official Skills Challenges are conducted at Red Bulls Residential Camp programs. Additionally, any organization can apply to host a Red Bulls Skills Challenge. We also actively encourage organizations and teams to download the challenge instructions and administer unofficial challenges. This can provide a great way of preparing your players for an official skills challenge.

Skills Challenge Ages

The skills challenge is open to boys and girls ages 7 and above. The challenges can be used for recreational to travel team players and are easy enough so that players can set up and practice by themselves.

Skills Challenge Yearly Awards – The Road to Red Bull Arena

The primary philosophy of the skills challenge series is to engage players to develop a motivation and desire to practice in their own time, away from structured sessions. Additionally, to help create a fun and competitive learning environment, all scores from official challenge locations are recorded. The top players in each age group are invited to a regional final. Regional winners are then recognized on the field at Red Bull Arena, during a New York Red Bulls match. Each skills challenge season operates from April 1st to October 1st, with regional finals taking place in early October.

Skills Challenge Training

The Red Bulls methodology encourages a pick up soccer mentality where players develop a motivation and desire to practice on their own. Before and after the challenge, players can visit the Red Bulls skills challenge page and watch skills videos. These videos provide targeted

training sessions that will help improve a players mastery of the ball.

Skills Challenge Score Tables

Below are tables showing Skills Challenge scoring levels for players to gauge how well their scores compare to others in their age group. These scores are based on thousands of players who have taken part in the Skills Challenges over the past few years. Remember there is more to a player than just how they score in the Skills Challenge, but these scores are a great way to recognize where to focus your skills training.

Age 7

	Dribbling	Turns	Receiving	Passing	Shooting
Excellent	17+	13+	11+	20+	19+
Very Good	13 to 16	10 to 12	8 to 10	12 to 19	14 to 18
Good	9 to 12	8 to 9	5 to 7	5 to 11	10 to 13
Average	8	7	4	4	9

Age 8

	Dribbling	Turns	Receiving	Passing	Shooting
Excellent	19+	14+	11+	18+	27+
Very Good	14 to 18	12 to 13	9 to 10	13 to 17	19 to 26
Good	10 to 13	9 to 11	6 to 8	6 to 12	11 to 18
Average	9	8	5	5	10

Age 9

	Dribbling	Turns	Receiving	Passing	Shooting
Excellent	20+	13+	19+	16+	30
Very Good	16 to 19	11 to 12	13 to 18	11 to 15	22 to 29
Good	11 to 15	9 to 10	7 to 12	6 to 10	13 to 21

Average	10	8	6	5	12
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Age 10

	Dribbling	Turns	Receiving	Passing	Shooting
Excellent	17+	14+	14+	17+	26+
Very Good	15 to 16	12 to 13	11 to 13	12 to 16	20 to 25
Good	12 to 14	10 to 11	7 to 10	7 to 11	14 to 19
Average	11	9	6	6	13

Age 11

	Dribbling	Turns	Receiving	Passing	Shooting
Excellent	20+	19+	14+	18+	26+
Very Good	17 to 19	15 to 18	11 to 13	13 to 17	20 to 25
Good	13 to 16	10 to 14	8 to 10	7 to 12	13 to 19
Average	12	9	7	6	12

Age 12

	Dribbling	Turns	Receiving	Passing	Shooting
Excellent	20+	18+	18+	18+	24+
Very Good	17 to 19	15 to 17	14 to 17	13 to 17	19 to 23
Good	13 to 16	11 to 14	9 to 13	8 to 12	14 to 18
Average	12	10	8	7	13

Age 13

	Dribbling	Turns	Receiving	Passing	Shooting
Excellent	22+	16+	14+	14+	24+
Very Good	18 to 21	14 to 15	12 to 13	11 to 13	19 to 23

Good	14 to 17	12 to 13	9 to 11	8 to 10	14 to 18
Average	13	11	8	7	13

Age 14

	Dribbling	Turns	Receiving	Passing	Shooting
Excellent	21+	17+	13+	16+	23+
Very Good	18 to 20	15 to 16	11 to 12	13 to 15	19 to 22
Good	15 to 17	12 to 14	10 to 11	9 to 12	15 to 18
Average	14	11	9	8	14

For more information or to host a Skills Challenge Call: 1-888-370-7287 E-mail us

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