



UNITED
through history,
RACING
by passion

Join us now



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A WORD FROM THE PRESIDENT

It's a great pleasure and honour for me to be writing these few words of welcome to our Academy.

A pleasure: as over **400 young people** develop to reach the highest level within our Club, it's indeed a real pleasure to see the joy they get from playing this sport that's so close to all our hearts.

An honour: having so many parents entrust their children to us is a **great honour**, of course, and also a source of immense pride.

When I arrived at the club in 2016, our Academy had been left in a total shambles by my predecessor's managers. Long years of significant, fundamental work had been destroyed in less than three years!

We embarked upon a major project to restore this great Academy and can be justly proud of the work carried out by our teams, under the leadership of Vivian Reydel, **a former professional footballer** who trained at FC Metz. We've **dusted ourselves off, moved on**, and set our sights firmly on the future!

My special thanks go to Vivian for being such a faithful ally during these difficult years! I'm sure the years to come will yield due recognition for all the work you've done.

I'd also like to thank Jacques for returning to the Academy after a three-year absence and taking charge of individual training.

My thanks also go to all our coaches for everything they invest on a day-to-day level.



Mrs Karine REUTER

“United through history,
Racing by passion.”

A WORD FROM THE DIRECTOR



What a road the Academy has travelled over the past 4 years! I'm so proud to see a strong, united Academy once again. We're now back to full capacity to support our young recruits in developing to the highest level, in the best possible way.

Our coaching set-up is increasingly professional, with more staff and higher levels of qualification.

Their involvement and working dynamics are nothing short of incredible. In recent years, we've seen players join the professional world, as well as joining our team. We're on the right track and must strive for even more.

To make further progress, we've defined an ambitious project that demands a lot from our residents. Rigorous work by staff and players alike is the only way of bridging the gap between the junior and senior world. The development of our U23 team has proven successful to this end. **Maintaining all our teams at the highest national level, in the championship and our international forays, is proof of our commitment to this project.** On a social level, I've had some truly magical experiences meeting young people from all over the world with their different cultures and traditions. Let's continue this great adventure together.

Vivian REYDEL

Racing FC Union Lëtzebuerg



**RACING CLUB
LUXEMBOURG**

[founded in 1907]

**SPORTING CLUB
LUXEMBOURG**

[founded in 1908]

**US HOLLERICH
BONNEVOIE**

[founded in 1908]

**JEUNESSE SPORTIVE
VERLORENKOST**

[founded in 1912]

CA SPORA LUXEMBOURG

[founded in 1923]

UNION SPORTIVE LUXEMBOURG

[founded in 1925]

ARIS BONNEVOIE

[founded in 1925]

CS HOLLERICH

[founded in 1925]

CS ALLIANCE 01

[founded in 2001]

RACING FC UNION LËTZEBOURG

[founded in 2005]

HISTORY

Racing FC sprung from a merger of 3 clubs in Luxembourg City which took place in 2005 (see diagram). The aim was to pool the resources of the capital's various clubs and create a large club to better represent it.

Drawing upon the experiences of **THE MERGED CLUBS**, Racing has succeeded in establishing itself on a national level as a **point of reference in training young players**. The club strives to reflect the capital itself, set apart by its residents' socio-cultural richness. It promotes integration and trains many players of different nationalities and cultures.



PHILOSOPHY

Sport in general, and football in particular, has an important educational role to play in shaping young people today. **Football must not only give players the opportunity to develop game-specific skills but should also promote the development of their personalities through its psychological and social dimensions.**

Racing focuses on an adapted pedagogy that aims to promote enjoyment and progress, allowing young people to flourish through football. As they move through the structure, they discover, learn, and come to respect the rules of the game and rules of life, equipping them to join a group and really find their place within it. The young players' progression is structured in 3 steps, as they progress towards the high level.

From football school to pre-training and training, Racing welcomes boys and girls between the ages of 5 and 18, giving them all they need **to become high-level footballers.**

TEACHING PROJECT

#WeAreRacing

During the year, the club organizes several events on different themes. **The aim is to offer our members the opportunity to become better informed and/or enjoy spending some time with all the people who work for the club week on week.**

Our trainers implement this teaching approach to promote open-mindedness among our players, outside of a purely sporting environment.



BBO

Beach soccer

Treetop assault course

Paintball

BGL match

Laser game

Animal park

Gala evening

Schueberfouer

Bowling

Torchlight procession

Conference

Foot Golf

TV studio



TRAINING PROJECT

We've focused our training project on individualized progress, with **4 fundamentals to help players evolve smoothly** through their training curriculum.

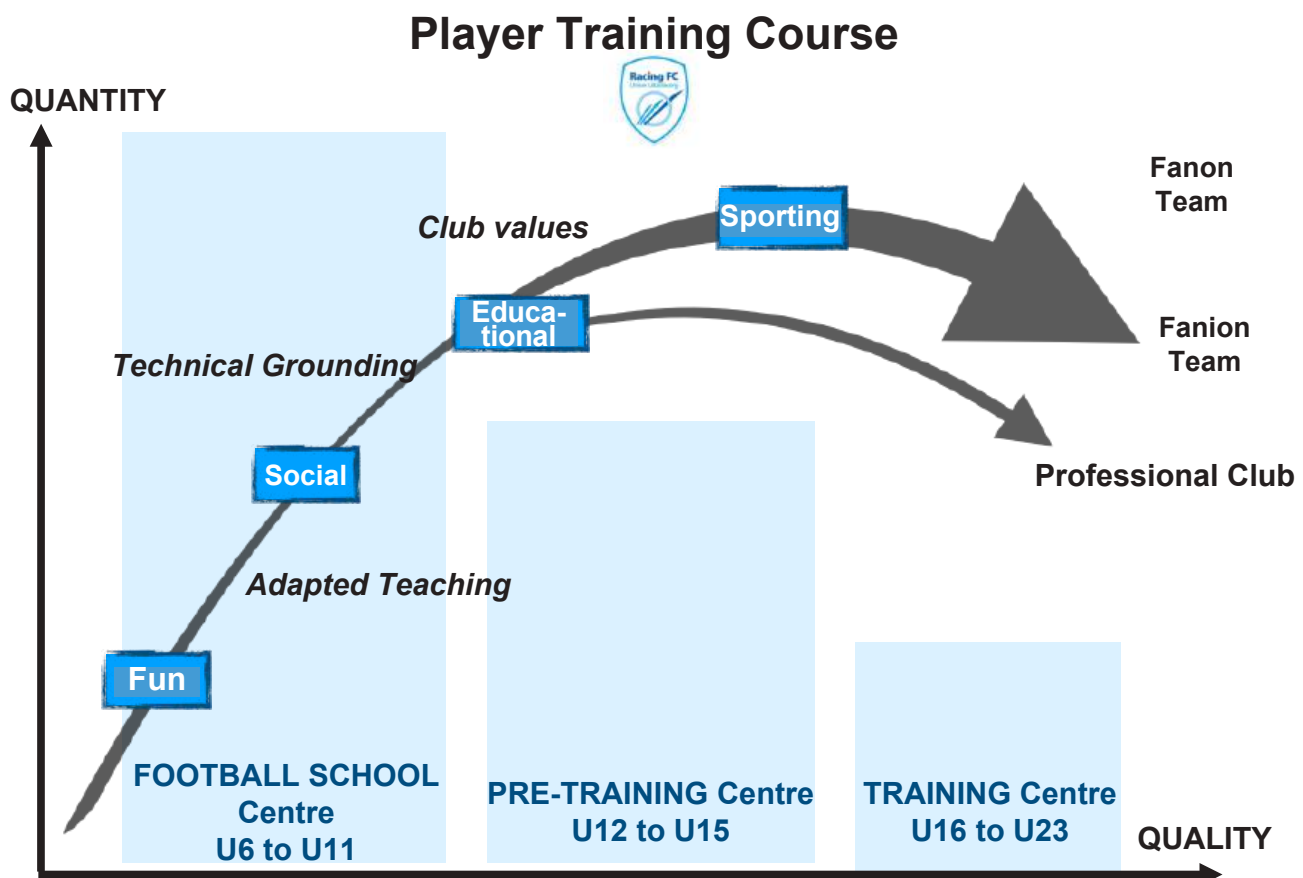
SPORT, where they develop the characteristics specific to the game:

- technical competence: the basics that footballers must master;
- athletic potential: running, especially aerobic, complemented by targeted physical strength for each age category;
- tactical football intelligence: learning to identify the solution to a game situation based on technical ease and collective reflexes;
- psychology: making players mentally stronger, getting to know each other better and building self-confidence.

ENJOYMENT, an important factor in contributing to players' progress - we make this a priority when putting together our training sessions.

EDUCATION has an important place. We see being educators as part of our role, instilling the Academy's fundamental values in all our players. Sport must help us pass on the values and rules of life, such as Respect and Setting an Example, along with Solidarity, Autonomy and Surpassing our Limits.

SOCIAL, with over 50 nationalities brought together as part of a common project.



TRAINING PROJECT & PURPOSE

The vision that guides our training project is to create and develop an identity specific to **Racing Union Luxembourg** as a club. This gives rise to several goals:

- To feed into our first team with quality players who've emerged from the club's training programme, as well as to allow easier integration of young players into Team A.
- To enable players from our training programme to join a professional education course.
- To ensure our teams feature within the highest classes in each category.

To achieve these goals, the club draws upon a consistent football drive, in which each category has its own aims, all working towards overall progress.

We strive to make this a unified training programme, whilst at the same time enabling all those involved to take an active responsibility for the players' curriculum.

This is more than a sporting project; it's a framework for living our lives and expressing ourselves day-to-day, in which educators, players, parents, and managers work in harmony and synergy towards shared sporting and educational goals.





B M W

B M W

Bilia-Emond

Bilia-Emond

TABEL
SPORTS

TABEL
SPORTS

JAKO



- LEANDRO BARREIRO
(FSV MAINZ) National Team
- DIRK CARLSON
(GRASSHOPPER ZURICH) National Team
- CHRISTOPHER MARTINS
(YOUNG BOYS BERNE) National Team
- GERSON RODRIGUES
(DYNAMO KIEV) National Team
- DANIEL SINANI
(NORWICH) National Team
- RYAN JOHANSSON
(FC SEVILLE)
- BORGES YVANDRO
(VFL MÖNCHENGLADBACH)



HERE ARE SOME EXAMPLES OF
PLAYERS FROM OUR TRAINING
PROGRAMME WHO PROGRESSED
TO INTERNATIONAL CAREERS.

ADMINISTRATION & COACHING

Elite Certification

The quality of our trainers, as both educators and coaches, is one of the essential pillars of our club's sporting project.

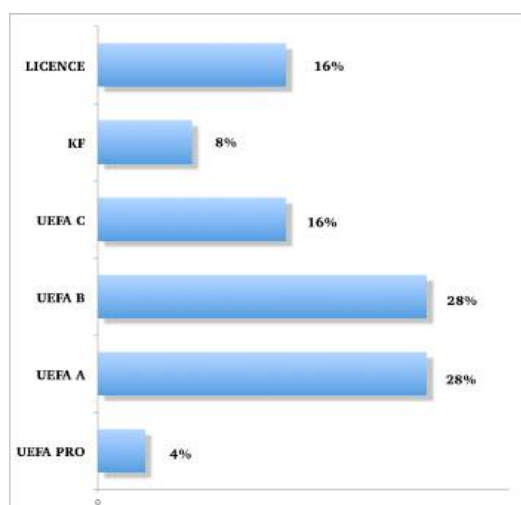
Their mission within the Academy is therefore twofold.

Our football educators' role is to prepare, organize and lead sessions to guide players in learning the game and progressing within their sport. They set up exercises adapted to the teams' level, analysing and correcting players' actions and reflexes. They aim to promote players' progress in line with focused aims (programming) and deadlines (championships, cups) within a safe and secure environment.

Our coaches' mission is to coach a team to take it to the highest possible level. To do so, they must succeed in creating cohesion and a collective dynamic within the group. They pass on their own knowledge and values, along with those of the club. They're responsible for team selection, performance and results.

Back in 2017, the club decided to have its male section undergo a monitoring procedure by an approved **UEFA/ FIFA** body to this end. The female section underwent this same procedure in 2020. The aim? Quality control and improvement of the services our club provides in the context of its youth activities. **Out of all the Luxembourg clubs, including the Federation's own football school, ours is the only football Academy in the country to be professionally certified.** No other club has gone through this kind of sporting audit.

As part of our drive to become increasingly professional, the club has set up a secretariat, open 5 days a week, to facilitate all administrative procedures for our club members. Our director, technical secretary and 4 other employees work here.





FOOTBALL TRAINING



We put together an annual programme for all our academy members, from the youngest to the oldest. This enables us to plan out the time commitments, cycles and aims of the various sessions for every week of the year,

allowing us to achieve optimal distribution of all the technical, tactical, athletic, and psychological components. This programme varies depending on the training category and gives our coaches a guiding thread to follow when planning their work.

The proposed teaching approach is adjusted to suit the players in question and maintain a learning environment conducive to their development as both footballers and young people.

This planning will depend on the short and long-term aims defined by the club. The sequencing of the various training cycles is based on the hierarchy of learning priorities defined.

POSITION-SPECIFIC TRAINING

Position-specific training is also implemented during training weeks. Small groups are formed to make the work as individualized as possible.

Goalkeeping sessions, led by our 4 goalkeeping coaches, from the age of 8, with up to 3 sessions per week.

Physical development sessions led by our athletic manager.

Defenders' and/or attackers' sessions led by our individual development manager.

INDIVIDUALIZED MONITORING OF EVERY PLAYER

Individual monitoring is implemented from U12 onwards to evaluate and monitor each player's progress through their training curriculum at the club.

A common evaluation sheet is created with several different indicators: technical qualities, game intelligence, psychological and athletic profile.

Statistical monitoring is implemented in parallel (attendance, call-ups, injuries, size and weight, etc.).

MEDICAL FOLLOW-UP

We've established a partnership with Dr Steve HANSEN's Medical Centre, specializing in orthopaedics, as well as Jean-Marc WEBER, a sports trauma expert.

Why this collaboration?

It gives us priority appointment booking, quality care and advice, ensuring an effective protocol to get our players back to full fitness, in connection with our athletic preparation specialist.

For players at our Pôle Formation training centre, our first team physiotherapist is also on hand for any minor injuries.



ACADEMIC FOLLOW-UP

Sporting performance and individual progress are **naturally at the heart of the training process** for all our young people.

Shaping talent is, however, not our only vocation here at Racing. We also pay great attention to our players' intellectual and social development, through a relationship between educator and school where necessary.

Racing supports parents in supporting their children's schooling. The club believes that a passion for football should not prevent young people from pursuing "normal" school and obtaining qualifications.

RECRUITMENT POLICY

The club's priority is to promote long-term work.

Our football school is open to all, as we strive to create significant potential for players of all levels. The aim is to be able to retain players for the long haul so that they can really take on our club identity.

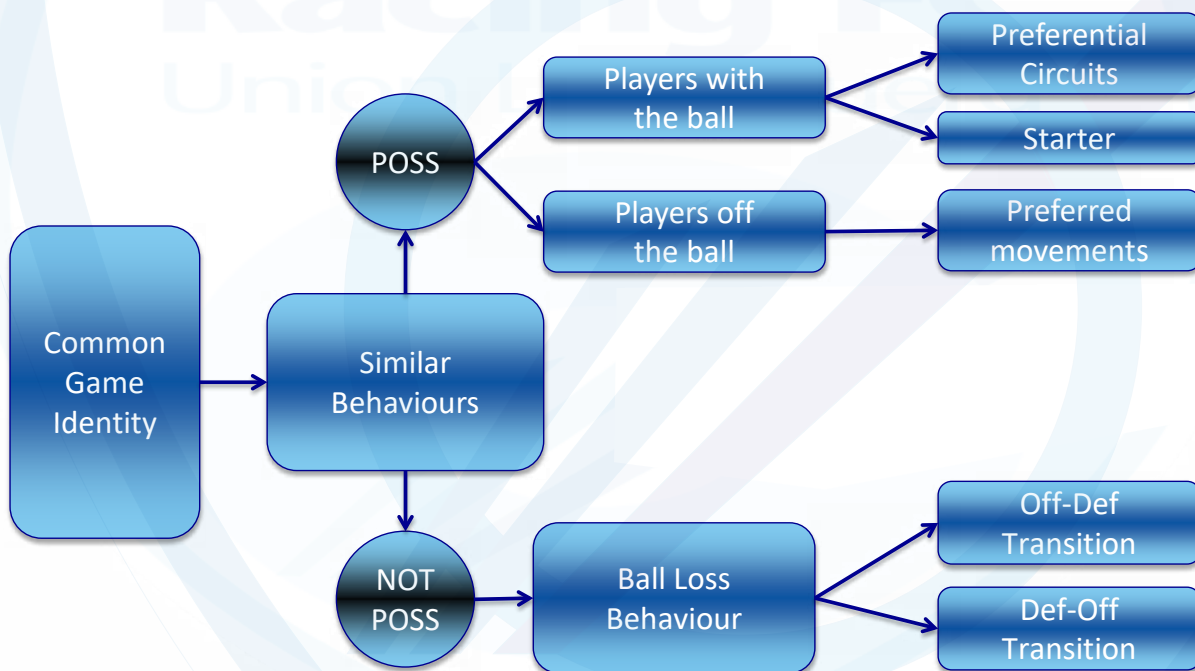
From pre-training onwards, we conduct a position-focused recruitment process that correlates with our interim staff reviews.

GAME PROJECT

We develop the same game identity for all our Academy teams. The content is suitable for 11-a-side, reduced-side, and women's football.

The aim is to propose a modern footballing style building game play based on the principle of keeping the ball.

This game project facilitates the transition between categories and prepares players for high-level football.



CATEGORY ORGANIZATION

Male section



U6/U7/U8 Team



U9 Team



U10 Team



U11 Team



U12 Team



U13 Team



U14 Team



U15 Team



U16/17 Team



U18/19 Team



U23 Team



U11 Team



U15 Team



U19 Team

Female section

PERSONAL TRAINER

Our personal trainer aims to accelerate progress on aspects defined jointly by player and club. This takes the form of individualized work to correct specific elements in line with the footballer's strengths and weaknesses.

This approach enables the players in question to benefit from work delivered by a qualified coach, in parallel with the content proposed by Racing's educators.

It's a way of enabling players to make significant progress on aspects that are more difficult to correct during group sessions. Each individual session last 60 minutes. Our personal trainer is accessible to all players from the age of 10.

REFEREE TRAINING

To contribute to the Federation's efforts to train referees, the club has established its own internal referee training.

This initiative gives young people at the club the opportunity to really get to know the rules of the game and referee home youth matches, supervised by a federal referee from our club.

Our ultimate goal is to present candidates to take the FLF referee training course and obtain this qualification.

HOLIDAY COURSE - SKILLS DEVELOPMENT

The club organizes holiday courses to continue its activities using selected licensees.

We've chosen to collaborate with quality training providers for these courses, each of which have a different way of working. These courses are designed to help participants progress within a really fun environment.





#WeAreFamily

racing-union.lu

RACING UNION LETZEBUERG
MORE THAN 110 YEARS OF
PROFESSIONAL TRAINING FOR YOUNG PLAYERS



INTERNATIONAL PLAYERS AND PROFESSIONALS
FROM RACING FOOTBALL CLUB UNION LUXEMBOURG



INTERNATIONAL PLAYERS AND PROFESSIONALS
FROM RACING FOOTBALL CLUB UNION LUXEMBOURG

**Brochure
ONLINE**
AT

deluxe-booking.com/racing

Any further questions?

Receive our newsletter by subscribing via email to: jeunes@racing-union.lu
And follow all our news on our Facebook page and website!

Our managers:

VIVIAN REYDEL - DIRECTOR: academie@racing-union.lu

KEVIN NAKACHE - TECHNICAL COORDINATOR: jeunes@racing-union.lu

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