




NEW YORK RED BULLS - SESSION PLANNING TEMPLATE

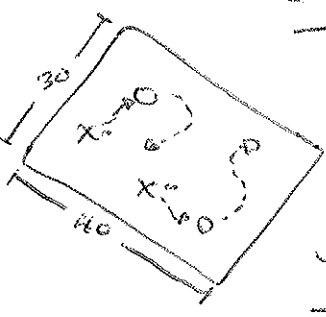
COACH NAME	Joey Morton	SESSION DATE	9-23-09
AGE GROUP/NAME	U8-U10	SESSION LENGTH	1 Hour
TOPIC	Passing + Reviewing	AREA SIZE	40x30

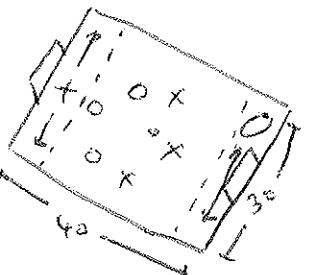
KEY LEARNING OUTCOMES

1. Can they show good passing technique?	4.
2. Can they control the ball with the inside of foot?	5.
3. Can the first touch of the ball be in	6. the direction they want to play?

# OF PLAYERS	# OF GKs	# OF CONES	# OF PORTABLE GOALS	# OF PINNIES (COLOR 1)	# OF PINNIES (COLOR 2)
8+	0				

WARM UP	ORGANIZATION/DIAGRAM (TIME) 20	COACHING POINTS
Juggling - 5 mins - Ball control	 <ul style="list-style-type: none"> - 1 ball per player except 1 tagger. - Stick in the mud. - Get tagged you are stuck. 	<ul style="list-style-type: none"> - Close control of ball - Pass through legs of frozen player - So weight and accuracy of pass

MAIN THEME	ORGANIZATION/DIAGRAM (TIME) 20	COACHING POINTS
<ul style="list-style-type: none"> - Topple the Coconuts - In Pairs, 1 ball balanced on a cone in the middle. - Take it in turns to try and knock the ball off the cone. 	 <ul style="list-style-type: none"> - Follow the leader - In Pairs, 1 ball - Player without ball escapes from player with ball. - On 'freeze' pass through players open legs to Score. 	<ul style="list-style-type: none"> - Standing feet next to ball - Inside of foot to kick - lock ankle - weight + accuracy of pass.

CONDITIONED GAME	ORGANIZATION/DIAGRAM (TIME) 20	COACHING POINTS
 <ul style="list-style-type: none"> - 3v3/4v4 to target - 2 end zones - Team Scores by passing to their target player in opposite end zone. 	<ul style="list-style-type: none"> - Quality of pass - Quality of first touch + control. 	