



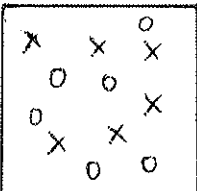
NEW YORK RED BULLS - SESSION PLANNING TEMPLATE

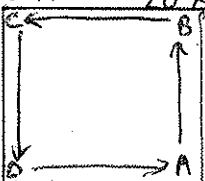
COACH NAME	ADRIAN MOSES	SESSION DATE	9/23/09
AGE GROUP/NAME	TRAVEL COACH CLINIC	SESSION LENGTH	90 MINS
TOPIC	POSITIONAL RECEIVING	AREA SIZE	3/4 FIELD

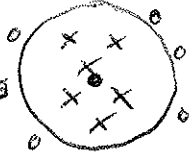
KEY LEARNING OUTCOMES

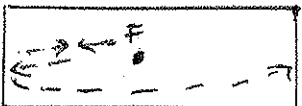
1. TYPICAL RECEIVING TECH PER POSITION	4. DIRECTION OF FIRST TOUCH
2. CORRECT IDENTIFICATION OF REQ'D TECH	5.
3. ASSESS COND'S TO ATTACK VS KEEP POSS	6.

# OF PLAYERS	# OF GKs	# OF CONES	# OF PORTABLE GOALS	# OF PINNIES (COLOR 1)	# OF PINNIES (COLOR 2)
10-18	2	24	2	12	12

WARM UP	ORGANIZATION/DIAGRAM (TIME)	COACHING POINTS
20 x 20	 <p>All players 6 balls 10 mins</p>	<p>Players pass ball around - free play Encouraged to play two touch Invited to try different surfaces Look around as ball travels to assess situation</p>

MAIN THEME	ORGANIZATION/DIAGRAM (TIME)	COACHING POINTS
WIDE PLAYERS	<p>20 x 20 - A to B, to C, to D</p>  <ul style="list-style-type: none"> - follow passes - change direction - include 1, then 2 defs 	<ul style="list-style-type: none"> - get line with ball - assess speed and/or flight as it travels - look around - select appropriate surface - balance (arms, bent knees) - play ball with correct foot in direction of target

MAIN THEME	ORGANIZATION/DIAGRAM (TIME)	COACHING POINTS
CENTRAL MIDFIELDERS - CENTER CIRCLE	<p>1/2 PLAYERS</p>  <ul style="list-style-type: none"> - players in center exchange passes with servers for 1 min - once players have passed off return via center of circle 	AS above

MAIN THEME	ORGANIZATION/DIAGRAM (TIME)	COACHING POINTS
STRIKERS	<p>15 x 25</p>  <p>F plays to S1 S1 exchanges passes S2 S1 plays to S2 and repeat</p>	<p>AS above</p> <p>= progression allow players to decide whether to play back or open up</p>

CONDITIONED GAME	ORGANIZATION/DIAGRAM (TIME)	COACHING POINTS												
50 x 35	<p>Begin with one team shadow play then add opponents</p> <table border="1" data-bbox="267 1795 641 2068"> <tr> <td>WD</td> <td>WM</td> <td></td> </tr> <tr> <td>D</td> <td>CM</td> <td>F</td> </tr> <tr> <td>D</td> <td>CM</td> <td>F</td> </tr> <tr> <td>WD</td> <td>WM</td> <td></td> </tr> </table>	WD	WM		D	CM	F	D	CM	F	WD	WM		<ul style="list-style-type: none"> - set up situations to show realistic receptions - as above - progression, take away grids, add opponents
WD	WM													
D	CM	F												
D	CM	F												
WD	WM													