



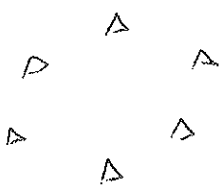
# NEW YORK RED BULLS - SESSION PLANNING TEMPLATE

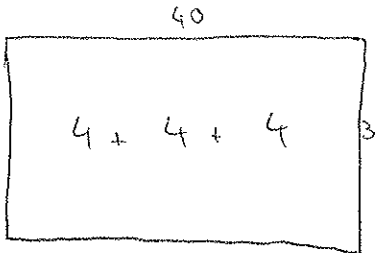
|                |                 |                |              |
|----------------|-----------------|----------------|--------------|
| COACH NAME     | SIMON BARROW    | SESSION DATE   | WEDS 5/14/08 |
| AGE GROUP/NAME | JACKSON COACHES | SESSION LENGTH | 1.5 hr       |
| TOPIC          | POSSESSION      | AREA SIZE      | 40x30        |

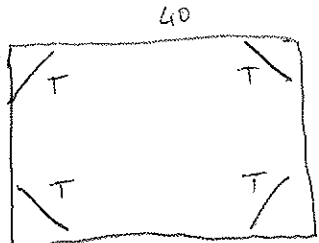
## KEY LEARNING OUTCOMES

|                                |                          |
|--------------------------------|--------------------------|
| 1. PASSING TECHNIQUE           | 4. COMMUNICATION         |
| 2. ANGLE + DISTANCE OF SUPPORT | 5. MOVEMENT OFF THE BALL |
| 3. FORMATION OF TRIANGLES      | 6. SPEED OF PLAY         |

| # OF PLAYERS | # OF GKs | # OF CONES | # OF PORTABLE GOALS | # OF PINNIES (COLOR 1) | # OF PINNIES (COLOR 2) |
|--------------|----------|------------|---------------------|------------------------|------------------------|
| 12           | /        | 20         | 2                   | 6                      | 6                      |

| WARM UP | ORGANIZATION/DIAGRAM (TIME)  | COACHING POINTS  |
|---------|--|--|
|         |  <p>6 PLAYERS, 1 BALL<br/>STAND IN CIRCLE<br/>DRIBBLE TO MIDDLE,<br/>PLAY PASS, FOLLOW IT</p> | <p>TECHNIQUE OF PASSING: ANKLE LOCKED<br/>TOE UP<br/>HEAD OVER BALL<br/>STRIKE MIDDLE<br/>FOLLOW THROUGH</p> |

| MAIN THEME | ORGANIZATION/DIAGRAM (TIME)  | COACHING POINTS   |
|------------|--|---|
|            |  <p>40 x 30 AREA<br/>3 BALLS<br/>3 TEAMS OF 4<br/>DIFFERENT COLORS</p> <p>1) PLAYERS CAN ONLY PASS TO SAME COLOR<br/>2) CAN ONLY PASS TO DIFFERENT COLOR<br/>3) MUST PASS TO DIFFERENT COLOR TO SELF, AND DIFFERENT TO THE COLOR THEY RECEIVED BALL FROM</p> | <p>FORMATION OF TRIANGLES<br/>ANGLE + DISTANCE OF SUPPORT<br/>COMMUNICATION<br/>MOVEMENT AFTER PLAYING PASS<br/>ALL TECHNIQUES MENTIONED ABOVE</p> <hr/> <p>PROGRESS GAME INTO 4v4 PLUS 4<br/>KEEP AWAY,<br/>CONCEDING TEAM BECOME DEFENDERS,<br/>5 PASSES MAKE A POINT</p> |

| CONDITIONED GAME | ORGANIZATION/DIAGRAM (TIME)   | COACHING POINTS   |
|------------------|---|---|
|                  |  <p>40 x 30<br/>4v4<br/>1 BALL<br/>4 TARGETS<br/>SCORE POINT BY HITTING TARGETS</p> | <p>INCREASE FIELD SIZE WHEN IN POSSESSION<br/>WHEN TO PLAY 1 vs 2 TOUCH<br/>ALL COACHING POINTS ABOVE</p> <hr/> <p>REMOVE TARGETS AND PLAY TO PUGGS</p> |