

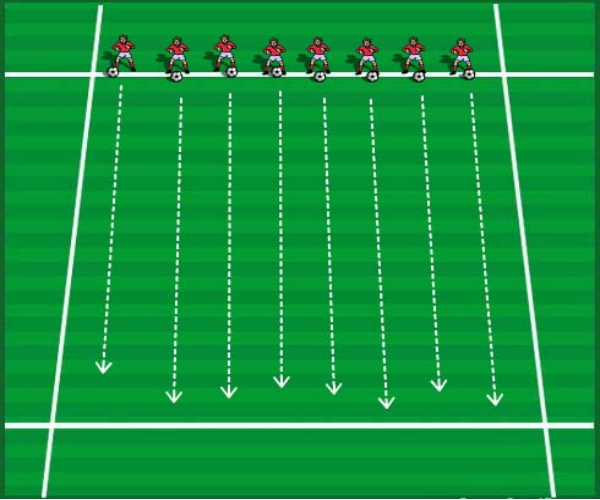


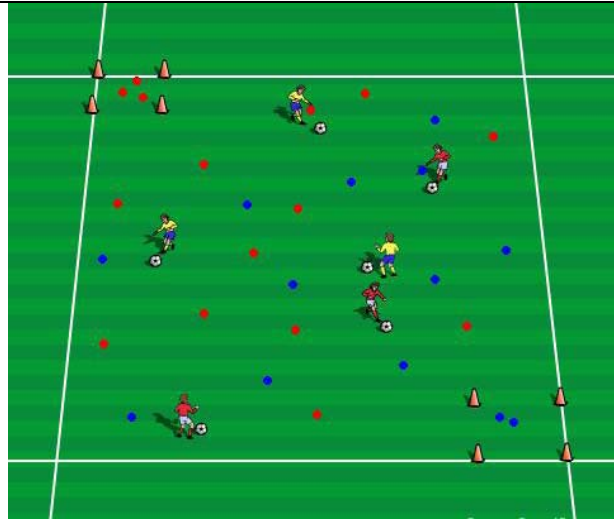
New York Red Bulls – Session Planning Template

Coach Name	Will Graham	Session Date	Monday 19 th April 2010
Age Group/Name	U6-U8 Clinic	Session Length	1 Hour 15 Minutes
Topic	Game Awareness	Area Size	20 x 20 yards

Key Learning Outcomes

1. Understanding boundaries	4. Stopping ball with sole of the foot
2. Dribbling using laces	5.
3. Understanding own awareness on the field	6.

Diagram	Organization	Coaching Points
 <p>Warm Up – Ice Cream Parlor</p>	<ul style="list-style-type: none"> • Players stand on one end line of the box • Players run from one line to another based on coaches commands • Each line is a different flavor of Ice Cream 	<ul style="list-style-type: none"> • Players begin without a ball, and run in a group. • Get players to run with their heads up so they don't bump into one another. • Get them running back and forth, side to side to emphasize their need to be alert and aware of their own space. <p>Progression</p> <ul style="list-style-type: none"> • Introduce a soccer ball • Players must now dribble to the different Ice Cream Flavors • Get players used to stopping the ball then turning when you call out another flavor.



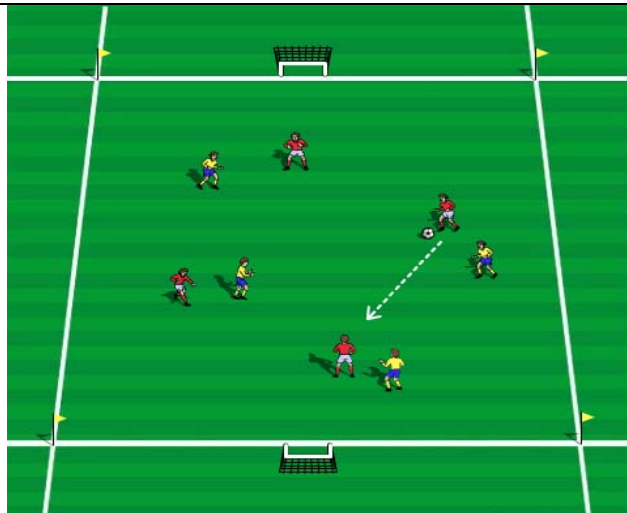
Activity 1 – Wall-E Wars

- Players divided into two teams
- One team has to clear up all red trash and the other the blue trash
- The first team to clear up all the trash and get it back to Wall E's home, gets the plant of life (tall cone in center)
- Cockroach has to go with Wall E all the time (ball)

Progression

- Watch out for the run-away robots who get in the way of the clean up (add a defender to try and stop the clean up)

- Keep the cockroach (ball) close to you so other Wall-E's do not run over him



4 V 4 – Small Sided Game

- 4 V 4 Playing to small goals

- Let the players play
- Don't interrupt – Try to let players solve problems for themselves
- Praise players that do solve their own problems.



Red Bulls Technical Learning Outcomes - Beginners

<p>Physical Awareness (To develop)</p> <ul style="list-style-type: none"> • Speed • Balance • Agility • Co-ordination 	<p>Turning</p> <ul style="list-style-type: none"> • In slow • Correct part of the foot to turn • Keep the ball under control after you turn • Accelerate away 	<p>Dribbling</p> <ul style="list-style-type: none"> • Keep the ball close • Look around • Change of speed • Change of direction • Use of all surfaces of the feet
<p>Striking & Control (A,B,C,D)</p> <ul style="list-style-type: none"> • Angle and Approach to the ball • Balance on one leg and Bend your knees • Make Contact in the Centre of the ball with the Centre of your cleats, (remember to lock your ankle) • Give the ball a new Direction with your 1st touch 		<p>Game Awareness (To develop)</p> <ul style="list-style-type: none"> • Awareness of self and others • Understanding of playing area • Understanding of basic rules • Team work