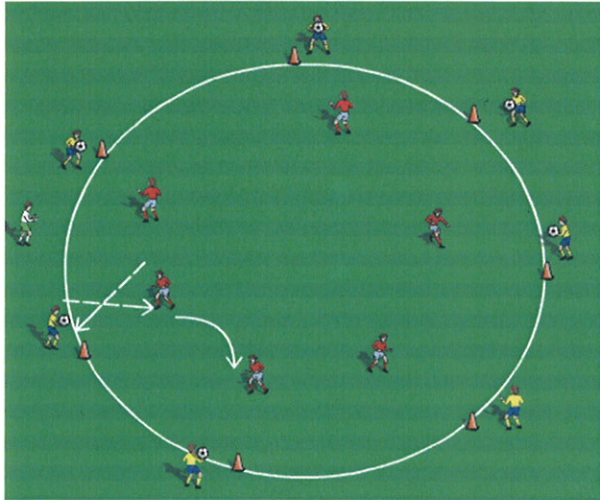




New York Red Bulls – Practice Activity

Activity #	G3000	Curriculum	Beginners
Game	Circle Work (throw ins)	Topic	Game Awareness
Key Learning Outcome(s)	To Develop Correct Throw In Technique		



Activity G3000 – Beginner – Game Awareness

Organization

1. Circle 10 yards radius
2. 12 players (6 on the inside and 6 on the outside)
3. 6 balls with the outside players

Instructions

1. Yellow players throw the ball into the red players
2. The red players attempt to control the ball, pick it up and throw it back to the yellow player who also attempts to control the ball
3. The red player then moves anti clockwise (or clockwise if you prefer) to repeat with the next player
4. Ensure players are a good distance apart when attempting to throw the ball in
5. Rotate players on the inside and outside

Coaching Points

1. Make sure the ball starts behind your head
2. Release the ball as your arms become straight – slight in front and above your head
3. Look to throw the ball to the players feet
4. Don't throw the ball too hard

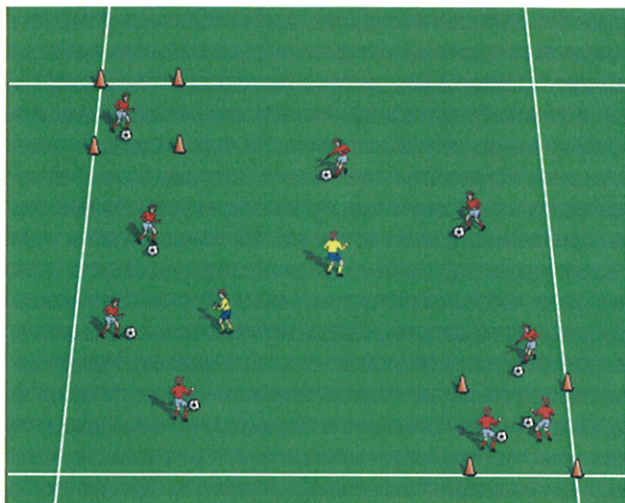
Progression/Regression:

1. P – Player on the inside now receives the ball from one outside player and dribbles to the next. When they arrive at the next player they pass the ball and wait to receive it again from a throw in
2. R – Players work in pairs in the same area to allow for more repetitions



New York Red Bulls – Practice Activity

Activity #	G3001	Curriculum	Beginners
Game	Pirates and Detectives	Topic	Game Awareness
Key Learning Outcome(s)	Understand basic rules and team work		



Activity G3001 – Beginner – Game Awareness

Organization

1. 20 x 20 yard area
2. 12 players (2 Pirates, 2 Detectives and 8 players)
3. Corner boxes set up with marker in each corner of the area
3. Red players each have a ball

Instructions

1. The coach assigns two pirates. The pirates put on a colored pinnie and do not need a soccer ball
2. The pirates job is to gain possession of the red player's ball and pass this outside the area
3. If the red player loses their ball they must go and sit in one of the two corner boxes, these are jail cells
4. The coach also assigns two of the red players to be detectives. He does this in secrecy away from the pirates
5. It is the detective job to free the red players from their jail cell, they do this by dribbling their ball into the box
6. Detectives can be court and go to jail the same as any other player
7. Detectives can free each other
8. The game is over when the pirates work out and capture both detectives

Coaching Points

1. Detectives choose your moments to free people wisely, do it when pirates are not looking or you are on their blind side
2. Pirates look around and be aware of what is going on away from the ball

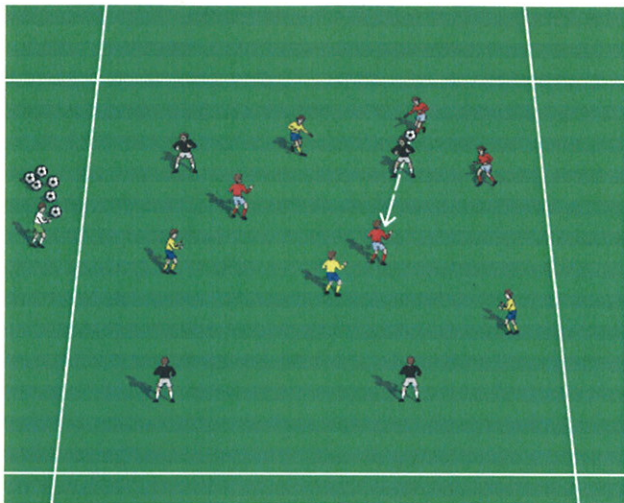
Progression/Regression:

1. P – Reduce the detectives to one player
2. R – Have only one jail cell so it makes it more obvious who detective players are



New York Red Bulls – Practice Activity

Activity #	G3002	Curriculum	Beginners
Game	Nut Meg Play Off	Topic	Game Awareness
Key Learning Outcome(s)	Understand basic rules and team work		



Activity G3002 – Beginner – Game Awareness

Organization

1. 20 x 20 yard area
2. 12 players (3 teams of 4 players)
3. Three colors or sets of pinnies
4. 1 Ball (additional balls by the coach)

Instructions

1. Teams are broken up into three teams of four players
2. Two teams play against each other 4 vs. 4, the other four players provide the human goals
3. A goal is scored by passing the ball through the legs of the human goal
4. The human goals can stand any where in the area but must remain static and have there legs open a little more than shoulder width apart
5. If the ball leaves the area the game is re-started by the coach
6. Rotate teams after a set time limit

Coaching Points

1. Make sure to support your team mate away from the ball behind the goal
2. Look to score in the goals where there are no defenders
3. If you can not score look to pass to a team mate that can

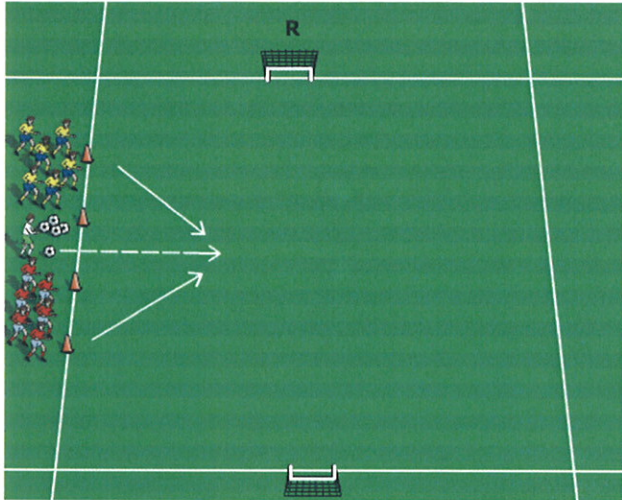
Progression/Regression:

1. P – Don't allow teams to score in the same goal twice
2. R – Allow players to pass the ball through the human goals to themselves



New York Red Bulls – Practice Activity

Activity #	G3003	Curriculum	Beginners
Game	Red Bull Shoot Out	Topic	Game Awareness
Key Learning Outcome(s)	To develop correct striking and control technique		



Activity G3003 – Beginner – Game Awareness

Organization

1. 20 x 20 yard area
2. 12 players
3. 2 Goals – each marked with a pinnie
4. Supply of ball by the coach

Instructions

1. The coach splits the group into two teams and then each team into pairs
2. He gives each pair a name or number e.g. 1,2 or 3 or Frys, Burgers and Milkshakes
3. The coach then ties a pinnie around the goal he wishes for each team to score into, reds at the top and yellows at the bottom
4. He then calls a number (or name) and the players that correspond to that number come out to the middle to compete 2 vs. 2 to goal
5. The game is over when a goal is scored or the ball leaves the area
6. Players then return to their team and the coach calls out a new number

Coaching Points

1. Be quick to the ball
2. If you don't get there first, defend the goal by getting your body between the player and the goal
3. When your player has the ball move away from them into space

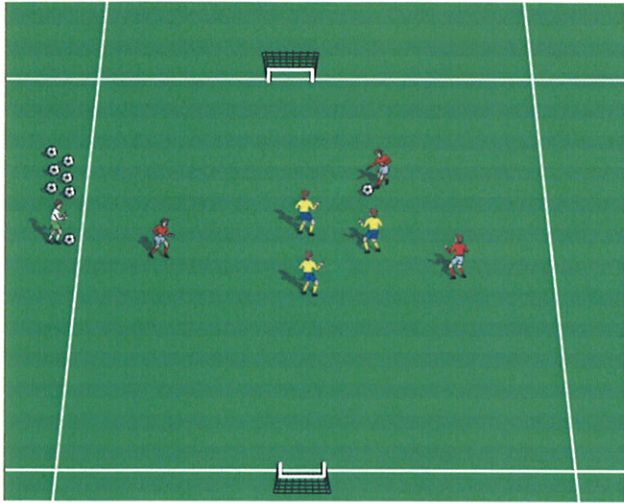
Progression/Regression:

1. P – Players now run around a corner marker before they are allowed to enter the game
2. R – Call numbers in order so that players understand when to enter the game, feed a new ball inside the area for players to continue playing if the ball goes out allot in the early stages



New York Red Bulls – Practice Activity

Activity #	G3004	Curriculum	Beginners
Game	MLS Cup – 3 vs. 3	Topic	Game Awareness
Key Learning Outcome(s)	To develop correct striking and control technique		



Activity G3004 – Beginner – Game Awareness

Organization

1. 20 x 20 yard area
2. 6 Players (3 vs. 3 – no goalkeepers)
3. 1 ball (additional with the coach)

Instructions

1. Teams play 3 vs. 3 to goal, no goalkeepers
2. When the ball leaves the area the game is re-started by the coach playing the ball into a player that has found the most space
3. Repeat in two areas with larger groups
4. The coach needs to stand in the centre of the two areas, serving the ball for both groups

Coaching Points

1. As the ball leaves the area try and find new space quickly
2. Be aware of your team mates and pass to them if they are closer to the goal
3. If not try and beat a player and shoot

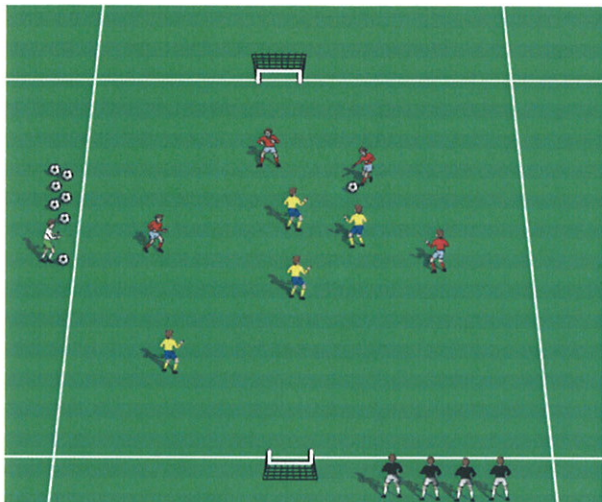
Progression/Regression:

1. P – Allow players to re-start the game with a kick in (first pass is a free pass and can not be intercepted)
2. R – If players continue to bunch around the ball, serve a second one in or add a second goal



New York Red Bulls – Practice Activity

Activity #	G3005	Curriculum	Beginners
Game	World Cup – 4 vs. 4	Topic	Game Awareness
Key Learning Outcome(s)	To develop correct striking and control technique		



Activity G3005 – Beginner – Game Awareness

Organization

1. 20 x 20 yard area
2. 12 players (4 vs. 4 and 4 resting)
3. 1 ball (additional by the coach)

Instructions

1. Teams play 4 vs. 4 to goal with no goalkeepers
2. One team rests
3. Teams rotate every 5 minutes
4. Each team has a country name
5. When the ball leaves the area the game re-starts with the coach serving the ball in

Coaching Points

1. Find new space and don't crowd the player on the ball
2. Look to pass to teams mates closer to the goal
3. Encourage player to dribble and shoot at every opportunity

Progression/Regression:

1. P – Allow players to re-start the game with a kick in from the outside
2. P – Add goalkeepers
3. R – Add a second goal if players continue to bunch and scoring becomes difficult