



Technical Learning Outcomes

Dribbling to Beat an Opponent (Overview)

- Controlled approach
- Engage Defender at speed by attacking front foot
- Timing of Move – just outside tackling radius
- Body shape – low centre of gravity
- Change of speed and direction
- Cut into the space behind defender
- Head up accelerate away

Moves (Technique)

Scissors

- Come around the ball in a clockwise direction with the right foot finishing to the right of the ball
- Drop your shoulder as the right foot plants
- Take the ball past your opponent with the outside of the left foot

Inside – Outside

- Move the ball with the inside of your right foot to your left side
- Lean to your left, dropping your left shoulder
- Move your right foot quickly behind the ball so that the outside of your right foot is behind the ball
- Take the ball forward and past your opponent with the outside of your right foot

Step Over

- Shape to take the ball past your opponent with the inside of the right foot
- Step round the front of the ball and plant the right foot to the side
- Quickly take the ball past your opponent with the outside of the same foot

Shoulder Drop

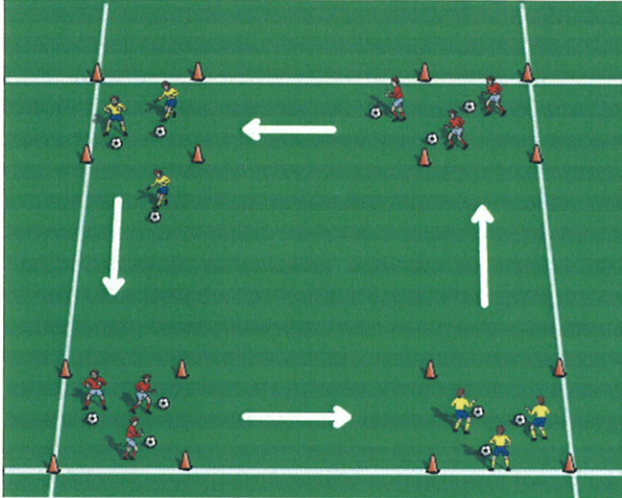
- Move the ball with the inside of your right foot to your left side
- Lean to your left, dropping your left shoulder
- Shape to take the ball away with the outside of the right foot but step behind the ball
- Take the ball away past your opponent with the outside of the left foot (the ball should already be heading in that direction from the initial touch)

Please note techniques are described for right footed players, simply reverse action to perform as a left sided player.



New York Red Bulls – Practice Activity

Activity #	W2100	Curriculum	Developmental
Section	Warm Up	Topic	Dribbling
Key Learning Outcome(s)	Keep ball close to feet, and head up to view field.		



Activity A2100 – Developmental – Dribbling

Organization

1. 20 x 20 yard area, with a 5 x 5 yard area in each corner
2. 12 players
3. 12 balls

Instructions

1. Players divided into 4 groups and into corners, and instructed to dribble their ball in their area
2. Upon instruction 'Clockwise!' or 'Counter Clockwise!' players then dribble into that area
3. Players should perform a turn if they are not already going in the right direction

Coaching Points

1. Dribble at speed, keeping the ball close
2. Avoid collisions by looking around and observing positions of other players

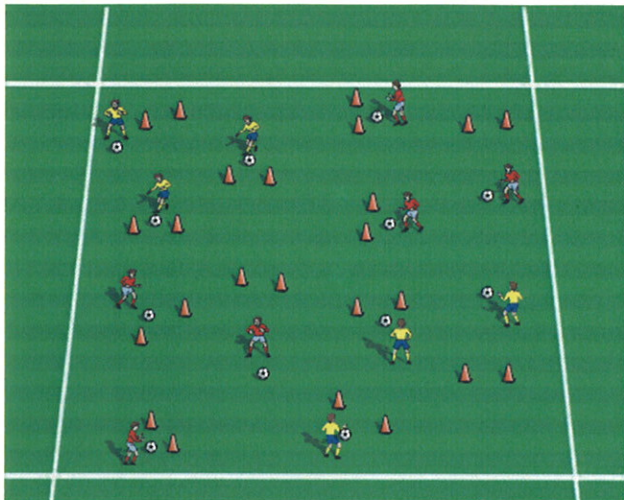
Progression/Regression:

1. P – Add a defender in each area to sustain intensity
2. R – Have players perform without balls to understand movement



New York Red Bulls – Practice Activity

Activity #	W2101	Curriculum	Developmental
Section	Warm Up	Topic	Dribbling
Key Learning Outcome(s)	Keep ball close to feet, and head up to view field.		



Activity A2101 – Developmental – Dribbling

Organization

1. 20 x 20 yard area, 12 gates spread randomly across area
2. 12 players
3. 12 balls

Instructions

1. Players dribble around area trying to pass through as many gates as possible
2. Players should perform a turn if a gate they are going to already is blocked by another player

Coaching Points

1. Dribble at speed, keeping the ball close
2. Avoid collisions by looking around and observing positions of other players

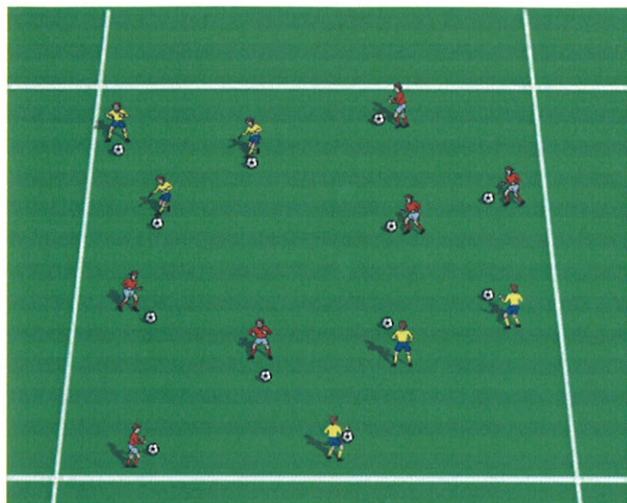
Progression/Regression:

1. P – Add a defender each area to sustain intensity
2. R – Increase the amount of gates



New York Red Bulls – Practice Activity

Activity #	W2102	Curriculum	Developmental
Section	Warm Up	Topic	Dribbling
Key Learning Outcome(s)	Keep ball close to feet, and head up to view field.		



Activity A2102 – Developmental – Dribbling

Organization

1. 20 x 20 yard area
2. 12 players
3. 12 balls

Instructions

1. Players dribble around competing with each other to make 100 touches on the ball
2. Players must be moving, i.e. not touching ball between feet
3. Deduct 10 touches for going outside area or touching another player
4. Once players have hit target, encourage them to improvise whilst waiting for others to finish

Coaching Points

1. Dribble at speed, keeping the ball close
2. Use all surfaces of the feet
3. Avoid collisions by looking around and observing positions of other players

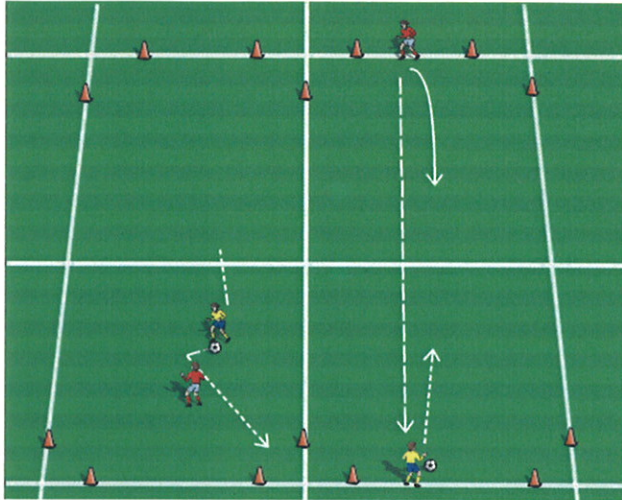
Progression/Regression:

1. P – Add a defender each area to sustain intensity
2. R – Make the target amount of touches less



New York Red Bulls – Practice Activity

Activity #	M2100	Curriculum	Developmental
Section	Main Theme	Topic	Dribbling
Key Learning Outcome(s)	Keep ball close to feet, use fakes and feints to beat player		



Activity M2100 – Developmental – Dribbling

Organization

1. 10 x 20 yard area, replicated 6 times
2. 12 players
3. 12 balls, 2 cones in each corner of each area to make goals

Instructions

1. Objective is to dribble the ball through the goals at your opponents end.
2. Both players begin on their own end line, ball is passed to attacker by defender, both players become active
3. If the defender wins the ball then they can attack their opponents goals
4. Play 5 repetitions and then rotate players

Coaching Points

1. Dribble at speed, keeping the ball close
2. Observing positions of other players
3. Use fakes and feints to deceive defender
4. Accelerate after passing the defender
5. Improvisation/Creativity

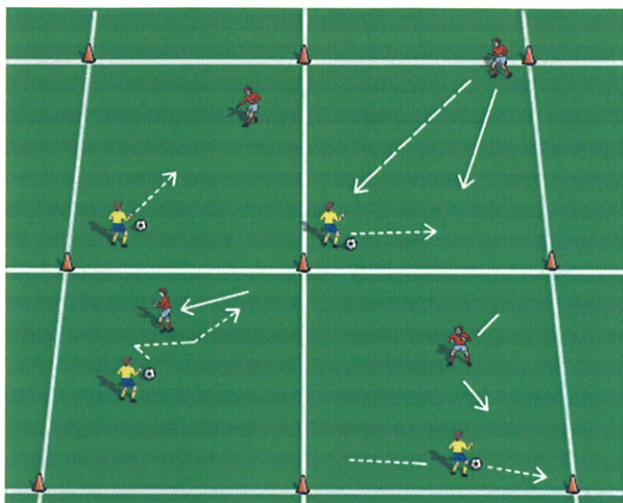
Progression/Regression:

1. P – Defender becomes live directly after initial pass
2. R – Defender is passive, acts as an obstacle, rather than opponent



New York Red Bulls – Practice Activity

Activity #	M2101	Curriculum	Developmental
Section	Main Theme	Topic	Dribbling
Key Learning Outcome(s)	Keep ball close to feet, use fakes and feints to beat player		



Activity M2101 – Developmental – Dribbling

Organization

1. 10 x 10 yard area, replicated 6 times
2. 12 players
3. 12 balls

Instructions

1. Objective is to dribble the ball to the cone behind the opponent for 5 points, or to the left or right of the opponent for 1 point
2. Game starts by opponent passing to attacker. Opponent is free to defend after the attackers first touch
3. If the defender wins the ball then they can attach their opponents goals
4. Play 5 repetitions and then rotate players

Coaching Points

1. Positive first touch, pushing the ball away from self
2. Observing position of other player defender
3. Use fakes and feints to deceive defender
4. Accelerate after passing the defender
5. Improvisation/Creativity

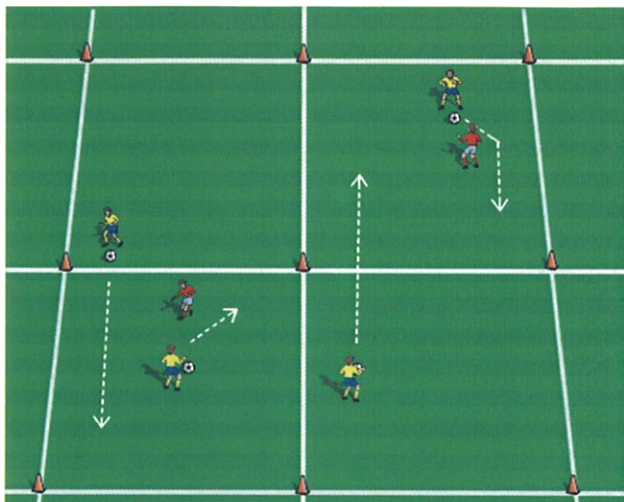
Progression/Regression:

1. P – Defender becomes active directly after passing to attacker
2. R – Defender is passive, acts as an obstacle, rather than opponent



New York Red Bulls – Practice Activity

Activity #	M2102	Curriculum	Developmental
Section	Main Theme	Topic	Dribbling
Key Learning Outcome(s)	Observing when to dribble, use of fakes and feints to beat a player		



Activity M2102 – Developmental – Dribbling

Organization

1. 10 x 20 yard area, replicated 4 times
2. 12 players
3. 12 balls

Instructions

1. Objective is for the attackers dribble/run with the ball to switch positions past 1 defender
2. Defender has to try to win both balls
3. Players should observe movement of defender. If they approach partner, run with the ball, if they approach them, dribble to beat the defender
4. Play 5 repetitions and then rotate players

Coaching Points

1. Positive first touch, pushing the ball away from self
2. Observing position of other player/defender
3. Use fakes and feints to deceive defender
4. Accelerate after passing the defender
5. Improvisation/Creativity

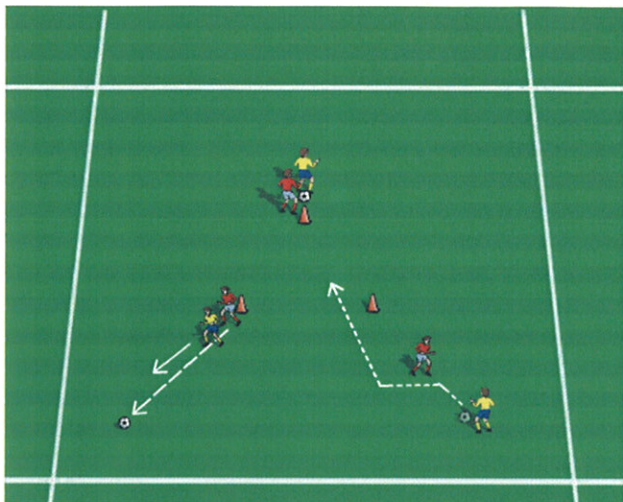
Progression/Regression:

1. P – Add a second defender, both players should have to dribble
2. R – Defender is passive, acts as an obstacle, rather than opponent



New York Red Bulls – Practice Activity

Activity #	M2103	Curriculum	Developmental
Section	Main Theme	Topic	Dribbling
Key Learning Outcome(s)	Observing when to dribble, use of fakes and feints to beat a player		



Activity M2103 – Developmental – Dribbling

Organization

1. 20 x 20 yard area with a central 5 yard triangle, replicated 2 times
2. 12 players
3. 12 balls, 6 cones

Instructions

1. Objective is for the attackers dribble the ball into the central triangle past 1 defender
2. Defender has to try to win the ball and dribble out of area
3. Activity starts by attacker standing in front of defender facing away. Defender passes the ball through legs of attacker, attacker then becomes live. Defender becomes live after attackers first touch
4. Play 5 repetitions and then rotate players

Coaching Points

1. Positive first touch back towards target area
2. Observing position of defender
3. Use fakes and feints to deceive defender
4. Accelerate after passing the defender
5. Stop ball in triangle under control
6. Improvisation/Creativity

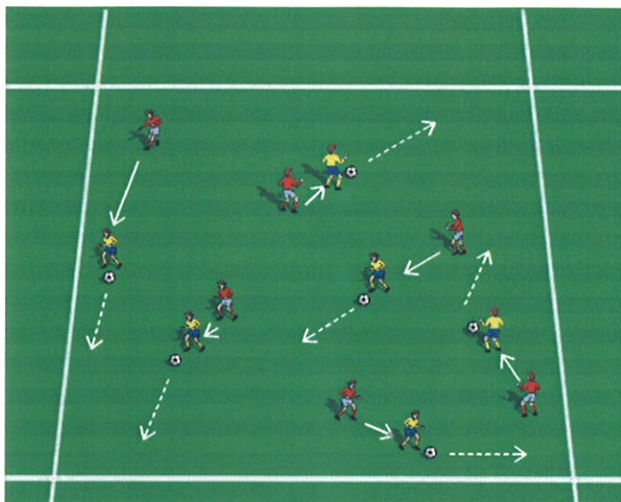
Progression/Regression:

1. P – Defender is live immediately after activity begins
2. P – Make the target area smaller
3. R – Defender is passive, acts as an obstacle, rather than opponent
4. R – Make the target area larger



New York Red Bulls – Practice Activity

Activity #	M2104	Curriculum	Developmental
Section	Main Theme	Topic	Dribbling
Key Learning Outcome(s)	Changing speed and direction when dribbling		



Activity M2104 – Developmental – Dribbling

Organization

1. 25 x 25 yard area
2. 12 players in pairs
3. 6 balls

Instructions

1. Objective is for the attackers to lose their defender. The objective of the defender is to stay as close as possible to the attacker. The attacker has a ball, the defender does not
2. Upon instruction of 'freeze' by the coach, both players must stop immediately, attacker with the ball under control
3. If the defender is 'touch tight' of the attacker, they score 1 point. If the attacker is out of touching distance of defender, they score 1 point
4. Play 5 repetitions and then rotate players

Coaching Points

1. Use different parts of feet to change direction
2. Stay low when turning to provide a platform to accelerate away
3. Use fakes and feints to deceive defender
4. Vary speed
5. Observe position of other players and dribble into open areas
6. Improvisation/Creativity

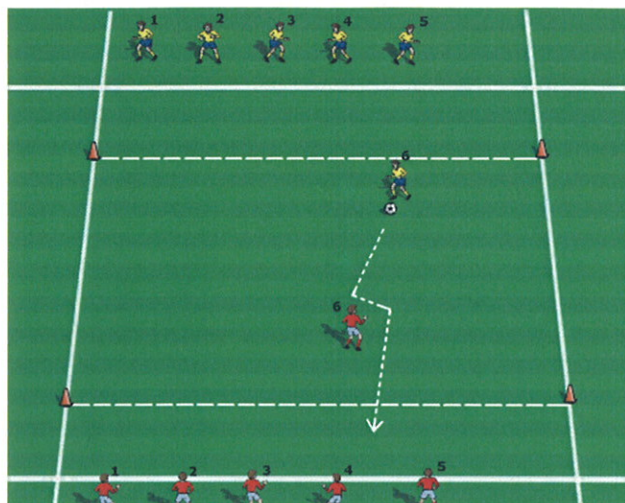
Progression/Regression:

1. P – Make the area larger
2. R – Defender moves at walking pace



New York Red Bulls – Practice Activity

Activity #	M2105	Curriculum	Developmental
Section	Main Theme	Topic	Dribbling
Key Learning Outcome(s)	Dribbling to beat an opponent		



Activity M2105 – Developmental – Dribbling

Organization

1. 30 x 20 yard area, 5 yard end zone at each end
2. 12 players in pairs
3. 12 balls

Instructions

1. Players are divided into 2 teams and each player given a number.
2. When the coach shouts out a number and plays a ball into the area, the opposing players with that number enter the area, and play against each other 1 v 1 to try and score in the opposite end zone
3. First team to 10 points win

Coaching Points

1. Get to the ball first and try to have a positive first touch
2. Observe position of opponent
3. Use fakes and feints to deceive opponent
4. Accelerate after beating opponent
5. Stop ball under control in end zone
6. Improvisation/Creativity

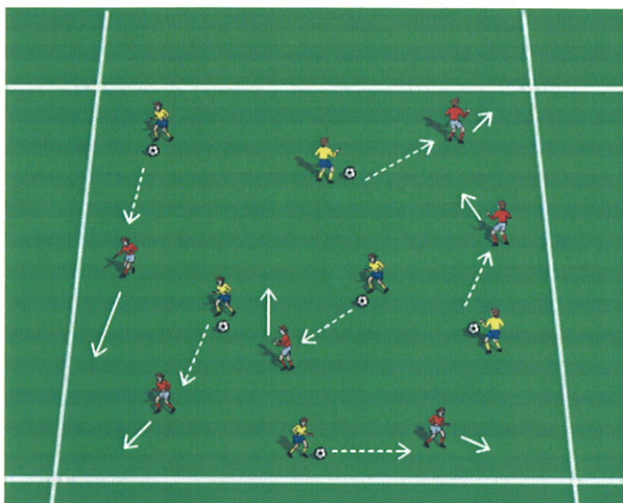
Progression/Regression:

1. P – Replace end zone with goals
2. P – Team that doesn't win possession immediately can send in a goalkeeper
3. R – Coach throws in two balls



New York Red Bulls – Practice Activity

Activity #	M2105	Curriculum	Developmental
Section	Main Theme	Topic	Dribbling
Key Learning Outcome(s)	Looking around when dribbling		



Activity M2105 – Developmental – Dribbling

Organization

1. 25 x 25 yard area
2. 12 players in pairs
3. 6 balls

Instructions

1. Objective is for the attackers to stay as close as they can to their opponent. The objective of the opponent is to get away from the attacker. The attacker has a ball, the opponent does not
2. Upon instruction of 'freeze' by the coach, both players must stop immediately, attacker with the ball under control
3. The opponent turns to face the attacker, with legs should width apart. The attacker attempts to 'nutmeg' their opponent. 1 point to the attacker if successful, 1 point to the opponent if not
4. Play 5 repetitions and then rotate players

Coaching Points

1. Look up in between touches to observe the opponent
2. Use different parts of feet to change direction
3. Stay low when turning to provide a platform to accelerate away

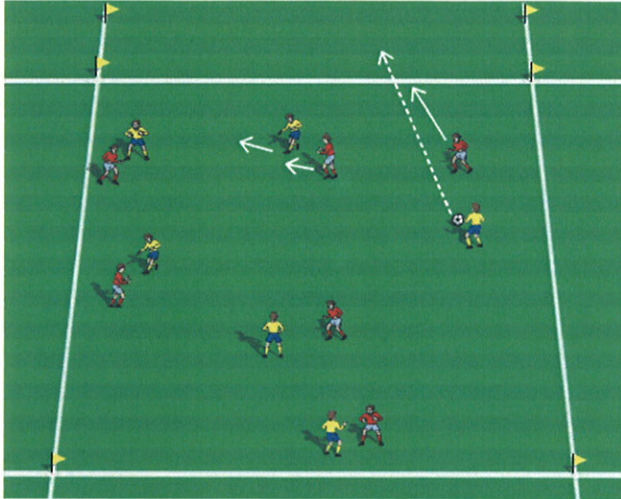
Progression/Regression:

1. P – Encourage opponent to change direction every 3 steps
2. R – Give opponent a ball



New York Red Bulls – Practice Activity

Activity #	C2100	Curriculum	Developmental
Section	Conditioned Game	Topic	Dribbling
Key Learning Outcome(s)	Dribbling to penetrate		



Activity C2100 – Developmental – Dribbling

Organization

1. 40 x 30 yard area, with a 5 yard end zone at each end
2. 12 players
3. 6 balls

Instructions

1. Players are divided into 2 teams, and assigned a partner. Players can only challenge their assigned partner
2. Teams compete to score goals by dribbling and stopping ball in opposing end zone. Play restarts, with defender passing or dribbling from own end zone. Attackers only allowed in opposing end zone if they have a ball
3. First team to 10 points win

Coaching Points

1. When your team has possession, try to lose partner
2. When your team loses possession, try to get 'touch tight' to partner
3. Observe unopposed teammates and pass to them
4. Observe open space and dribble to score
5. If the route to goal is blocked, switch the point of attack
6. Improvisation/Creativity

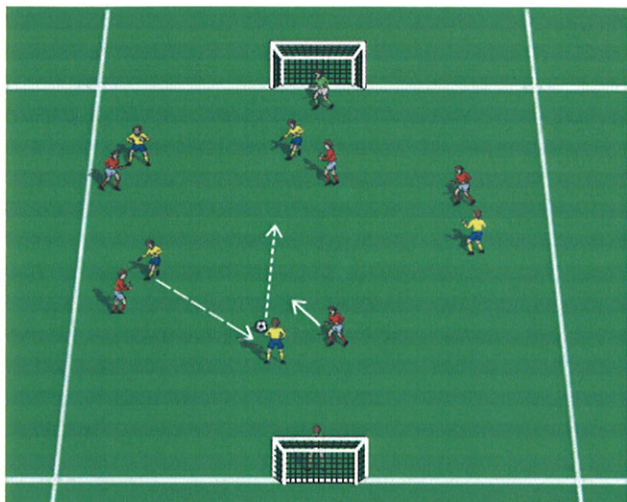
Progression/Regression:

1. P – Open play
2. P – Place goals at either end, and introduce goal keepers
3. R – Introduce neutral players, who play with the attacking team
4. R – Opponents can only challenge after player has had two touches



New York Red Bulls – Practice Activity

Activity #	C2101	Curriculum	Developmental
Section	Conditioned Game	Topic	Dribbling
Key Learning Outcome(s)	Dribbling to beat players, positive attacking attitude		



Activity C2100 – Developmental – Dribbling

Organization

1. 40 x 30 yard area, with goals
2. 12 players
3. 6 balls

Instructions

1. Players are divided into 2 teams 5 v 5 + GK's and combine to score goals
2. Players are not allowed to pass the ball forward
3. They are allowed to pass sideways and backward. They are also are permitted to shoot forward
4. First team to 10 goals win

Coaching Points

1. Recognize 1 v 1 situations and take on opponent
2. When your team loses possession, try to get 'touch tight' to partner
3. Observe unopposed teammates and pass to them
4. Observe open space and dribble to score
5. Positive first touch where possible
6. If the route to goal is blocked, switch the point of attack
7. Improvisation/Creativity

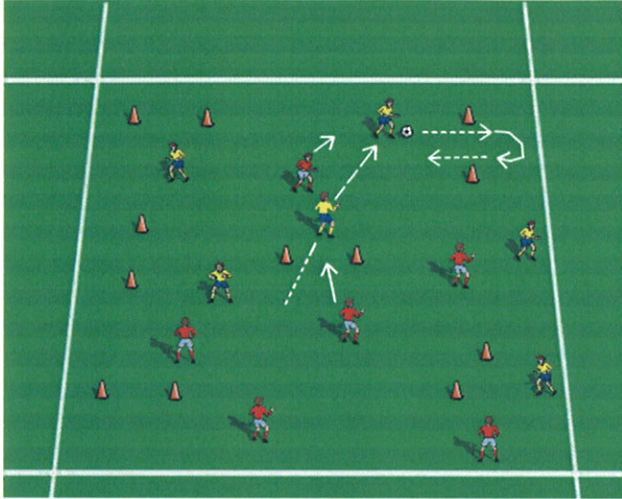
Progression/Regression:

1. P – Open play
2. P – 3 touch minimum, forces players to dribble
3. R – Introduce neutral players, who play with the attacking team
4. R – Opponents can only challenge after player has had two touches



New York Red Bulls – Practice Activity

Activity #	C2102	Curriculum	Developmental
Section	Conditioned Game	Topic	Dribbling
Key Learning Outcome(s)	Dribbling to targets		



Activity C2102 – Developmental – Dribbling

Organization

1. 40 x 30 yard area, with 6 goals randomly spread across area
2. 12 players
3. 6 balls

Instructions

1. Players are divided into 2 teams, and combine to score in any of the 6 goals from either side
2. Teams can score by passing the ball to a team mate through a goal. The goal scored in, cannot be used until a goal has been scored elsewhere.
3. Teams can also score by an individual dribbling through a goal. That player is able to turn and score 1 more goal by doubling back through the same goal
4. First team to 10 goals win

Coaching Points

1. When your team has possession, spread out to create space to dribble into
2. Observe unopposed teammates and pass to them
3. Observe open space and dribble to score
4. If the route to goal is blocked, switch the point of attack
5. Improvisation/Creativity

Progression/Regression:

1. P – Place goals at either end, and designate attacking ends to introduce transition
2. R – Introduce neutral players, who play with the attacking team
3. R – More goals