



Technical Learning Outcomes

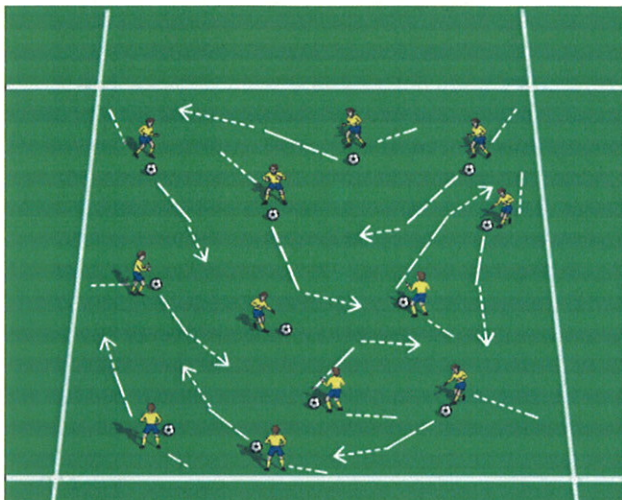
Running with the Ball

- Positive first touch out of the feet
- Select the appropriate controlling surface
- Head up and observe situation
- Head down when playing the ball to ensure good contact
- Play with the laces of the foot closet to the ball
- Fewest number of touches to cover the distance quickly
- Run in a straight line
- Execution of final action



New York Red Bulls – Practice Activity

Activity #	W2000	Curriculum	Developmental
Section	Warm Up	Topic	Running with the ball
Key Learning Outcome(s)	Positive first touch		



Activity W2000 – Developmental – Running with the Ball

Organization

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

Instructions

1. Players dribble ball around area, avoid collisions with other players/balls
2. Upon instruction 'Stop!' players stop the ball with the sole of their foot
3. Upon instruction 'Go!' players play a positive (heavy) first touch to resume dribbling

Coaching Points

1. Dribble at speed, keeping the ball close
2. Avoid collisions by looking around and observing positions of other players
3. When resuming with a positive touch, use laces to push ball away with toe down
4. Push ball into space

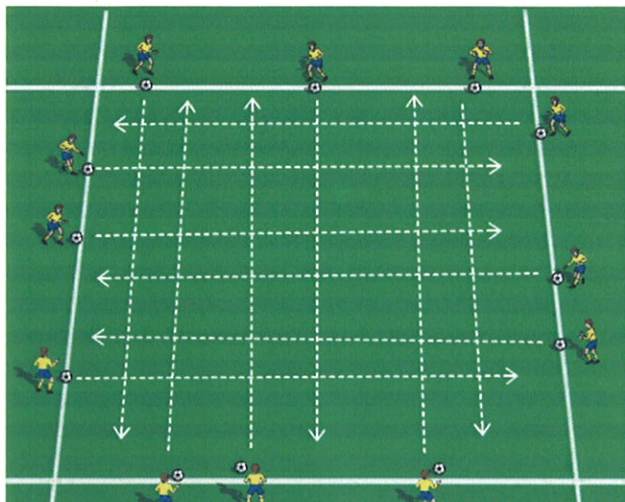
Progression/Regression:

1. P – Add a defender in each area to sustain intensity
2. P – Allow players to regulate tempo, by taking away verbal instruction



New York Red Bulls – Practice Activity

Activity #	W2001	Curriculum	Developmental
Section	Warm Up	Topic	Running with the ball
Key Learning Outcome(s)	Taking advantage of open space		



Activity W2001 – Developmental – Running with the Ball

Organization

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

Instructions

1. 3 players take position on all sides of the area
2. Upon instruction 'Go!' players run across area to other side
3. Players must avoid contact with others

Coaching Points

1. Avoid collisions by looking around and observing positions of other players
2. Slow down when confronted by other players
3. Speed up when space is observed

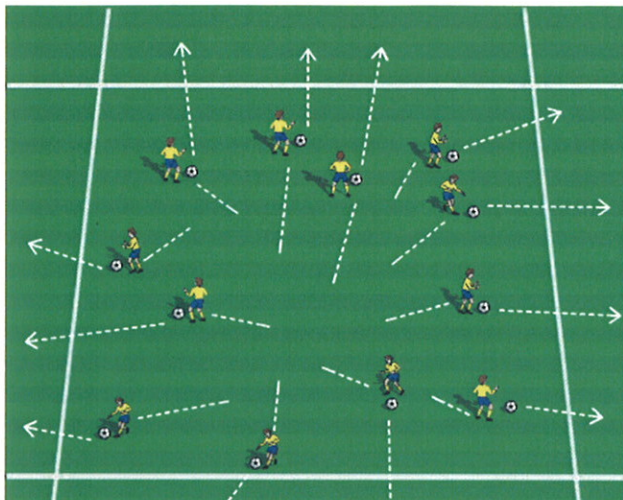
Progression/Regression:

1. P – Add balls
2. P – Allow players to regulate tempo, by taking away verbal instruction



New York Red Bulls – Practice Activity

Activity #	W2002	Curriculum	Developmental
Section	Warm Up	Topic	Running with the ball
Key Learning Outcome(s)	Positive first touch		



Activity W2002 – Developmental – Running with the Ball

Organization

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

Instructions

1. Players dribble ball around area, avoid collision with other players/balls
2. Upon instruction 'Break' players turn and try to leave area as quickly as possible
3. Once outside the area, players stop the ball and then dribble back in and resume dribbling
4. Competition to see who is last from area

Coaching Points

1. Dribble at speed, keeping the ball close
2. Avoid collisions by looking around and observing positions of other players
3. When 'breaking out' use a positive touch, use laces to push ball away with toe down
4. Push ball into space

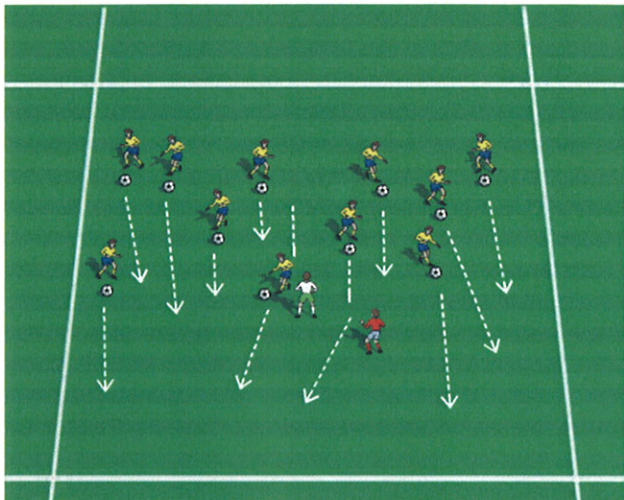
Progression/Regression:

1. P – Players must attack the furthest point away from their position
2. R – Players perform without balls to understand movement/instruction
3. P – Allow players to regulate tempo, by taking away verbal instruction



New York Red Bulls – Practice Activity

Activity #	W2003	Curriculum	Developmental
Section	Warm Up	Topic	Running with the ball
Key Learning Outcome(s)	Positive first touch, observing open space		



Activity W2003 – Developmental – Running with the Ball

Organization

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

Instructions

1. Players line up on one side of area and attempt to get to the other side, avoiding getting tagged by the coach
2. Players are safe from coach on or just behind the end lines
3. If a player is tagged they join the coach
4. Competition to see who is last to be tagged

Coaching Points

1. Dribble at speed, keeping the ball close
2. Avoid coach by looking around and observing position
3. When beginning use a positive touch, use laces to push ball away with toe down
4. Push ball into space

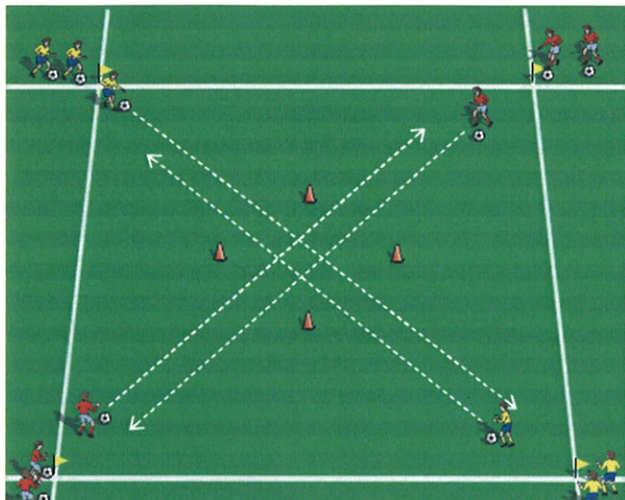
Progression/Regression:

1. P – Allow players to regulate tempo, by taking away verbal instruction
2. R – Players perform without balls to understand movement/instruction



New York Red Bulls – Practice Activity

Activity #	M2000	Curriculum	Developmental
Section	Main Theme	Topic	Running with the ball
Key Learning Outcome(s)	Taking advantage of open space, positive first touch		



Activity M2000 – Developmental – Running with the Ball

Organization

1. 20 x 20 yard area, 5 x 5 yard diamond centrally positioned in area
2. 12 players
3. 12 balls

Instructions

1. Divide players into groups of three and position them on the corners of the area
2. Upon instruction 'Go!' players run across area to other side, diagonally taking their ball with them
3. Players must avoid contact with others, and run with ball through central diamond
4. Upon reaching other side, the next player begins

Coaching Points

1. Positive first touch out of the feet
2. Head up and observe situation
3. Head down when playing the ball to ensure good contact
4. Play with laces of foot closest to the ball
5. Fewest number of touches to cover the distance quickly
6. Run in a straight line

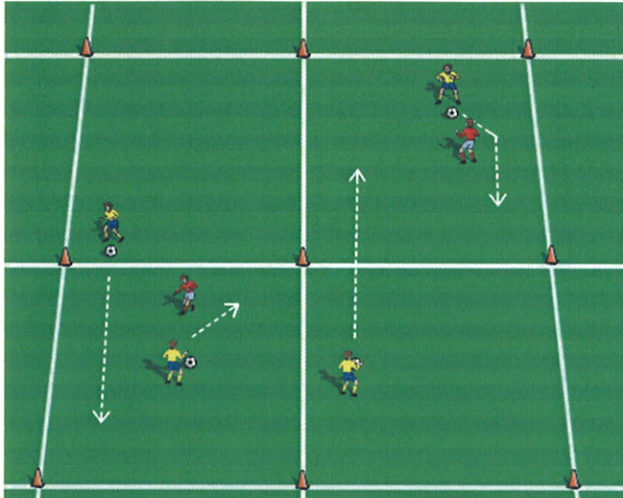
Progression/Regression:

1. P – Decrease the size of the central diamond
2. P – Balance balls on top of cones, to enforce accuracy
3. R – Increase size or remove the central diamond
4. R – Play activity with out balls to understand movement



New York Red Bulls – Practice Activity

Activity #	M2001	Curriculum	Developmental
Section	Main Theme	Topic	Running with the ball
Key Learning Outcome(s)	Observing when to run with the ball, speed of execution		



Activity M2001 – Developmental – Running with the Ball

Organization

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

Instructions

1. Objective is for the attackers 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 out of the feet
2. Head up and observe situation
3. Head down when playing the ball to ensure good contact
4. Play with laces of foot closest to the ball
5. Fewest number of touches to cover the distance quickly
6. Run in a straight line

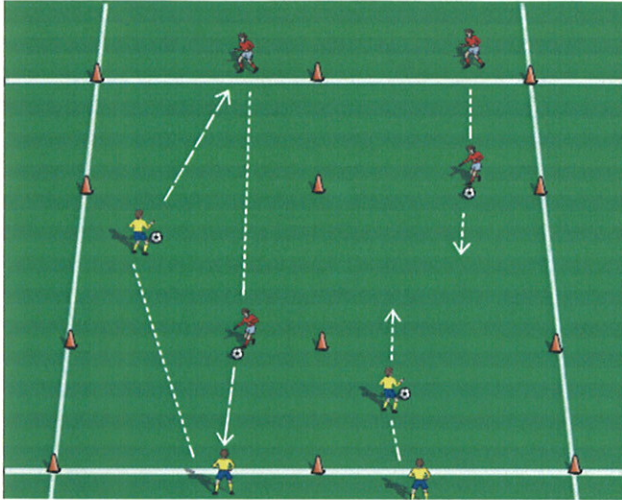
Progression/Regression:

1. P – Allow players to regulate tempo, by trying to get across the area the most time in 1 minute
2. R – Defender is passive, acts as an obstacle, rather than opponent



New York Red Bulls – Practice Activity

Activity #	M2002	Curriculum	Developmental
Section	Main Theme	Topic	Running with the ball
Key Learning Outcome(s)	Observing when to run with the ball, speed of execution		



Activity M2002 – Developmental – Running with the Ball

Organization

1. 10 x 30 yard area, replicated 3 times
2. 12 players
3. 12 balls

Instructions

1. 4 players in each 'lane'. 2 at each end
2. A player from each lane runs with the ball 20 yards and then passes to the waiting player at the opposite end, repeat
3. Players should observe movement of approaching player.
4. Competition between the players for how many repetitions can be made in 1 minute. Rest. Repeat

Coaching Points

1. Positive first touch out of the feet
2. Head up and observe situation
3. Head down when playing the ball to ensure good contact
4. Play with laces of foot closest to the ball
5. Fewest number of touches to cover the distance quickly
6. Run in a straight line
7. Execution of final pass

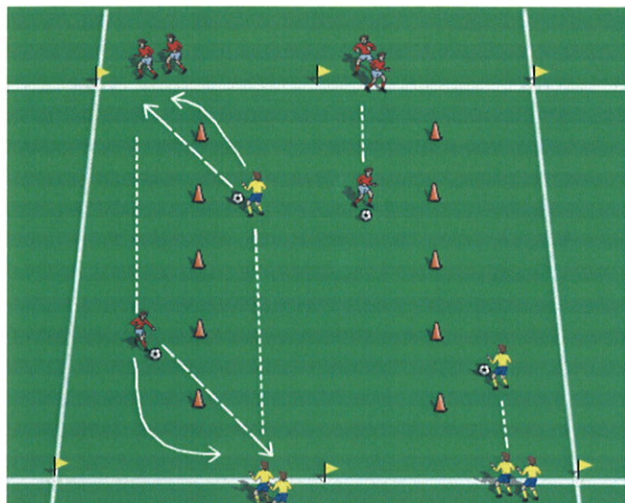
Progression/Regression:

1. P – Players have to stop the ball after 10 yards, emphasizing the positive first touch
2. R – Run with the ball the whole way through



New York Red Bulls – Practice Activity

Activity #	M2003	Curriculum	Developmental
Section	Main Theme	Topic	Running with the ball
Key Learning Outcome(s)	Observing when to run with the ball, speed of execution		



Activity M2003 – Developmental – Running with the Ball

Organization

1. 10 x 30 yard area, replicated 3 times
2. 12 players
3. 12 balls

Instructions

1. 4 players in each area. 2 at each end, centrally lined cones at 5, 10, 15, 20, 25 yard distances
2. A player from each lane runs with the ball 20 yards and then passes diagonally to the waiting player at the opposite end through the space between the final two central cones. Joins opposite end
3. Competition between the players for how many repetitions can be made in 1 minute. Rest. Repeat

Coaching Points

1. Positive first touch out of the feet
2. Head up and observe situation
3. Head down when playing the ball to ensure good contact
4. Play with laces of foot closest to the ball
5. Fewest number of touches to cover the distance quickly
6. Run in a straight line
7. Execution of final pass

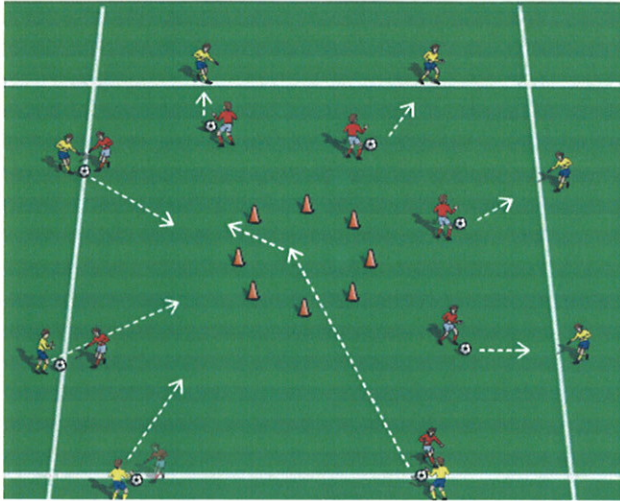
Progression/Regression:

1. P – Players have to follow their pass, closing the receiving player, emphasizing the need for a positive first touch
2. P – Add a player to each end (reduce total areas to 2). Have a following defender after the player takes their first touch
3. R – Run with the ball the whole way through, players must have their own ball



New York Red Bulls – Practice Activity

Activity #	M2004	Curriculum	Developmental
Section	Main Theme	Topic	Running with the ball
Key Learning Outcome(s)	Observing when to run with the ball, speed of execution		



Activity M2004 – Developmental – Running with the Ball

Organization

1. 30 x 30 yard area, 5 yard central circle or square
2. 12 players
3. 12 balls

Instructions

1. Divide the players into 2 groups. Half on the perimeter with out balls, half inside with balls
2. Players centrally run with the ball to approach an outside player. They perform a 'take-over'. Entering player must then head to another perimeter player after passing through central area
3. Play for 90 seconds. Rest and repeat

Coaching Points

1. Positive first touch out of the feet
2. Head up and observe situation
3. Head down when playing the ball to ensure good contact
4. Play with laces of foot closest to the ball
5. Fewest number of touches to cover the distance quickly
6. Run in a straight line
7. Execution of action, take over is performed correctly i.e. right foot to right foot, left foot to left foot

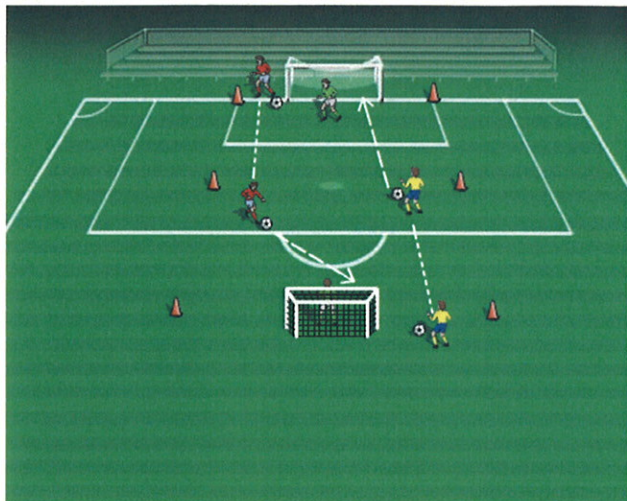
Progression/Regression:

1. P – Players have choice of overlap (pass into receiving player who holds possession whilst player runs around them and then passes into their path as they reenter area) or the take-over
2. P – After overlap passing player follows pass for 3-4 yards
3. R – Take away central area



New York Red Bulls – Practice Activity

Activity #	M2005	Curriculum	Developmental
Section	Main Theme	Topic	Running with the ball
Key Learning Outcome(s)	Speed of execution, using running with ball as a means to shoot		



Activity M2005 – Developmental – Running with the Ball

Organization

1. 20 x 30 yard area, replicated 2 times.
Goal at each end with goal keeper
2. 12 players
3. 12 balls

Instructions

1. 6 players in each area, divided into 2 teams of 2 with neutral GK's. 2 outfield players at each end
2. A player from each end runs with the ball 20 yards and then shoots towards goal
3. Players should observe movement of approaching player.
4. Competition between the players for how many goals can be scored in 2 minutes

Coaching Points

1. Positive first touch out of the feet
2. Head up and observe situation
3. Head down when playing the ball to ensure good contact
4. Play with laces of foot closest to the ball
5. Fewest number of touches to cover the distance quickly
6. Run in a straight line
7. Execution of final shot

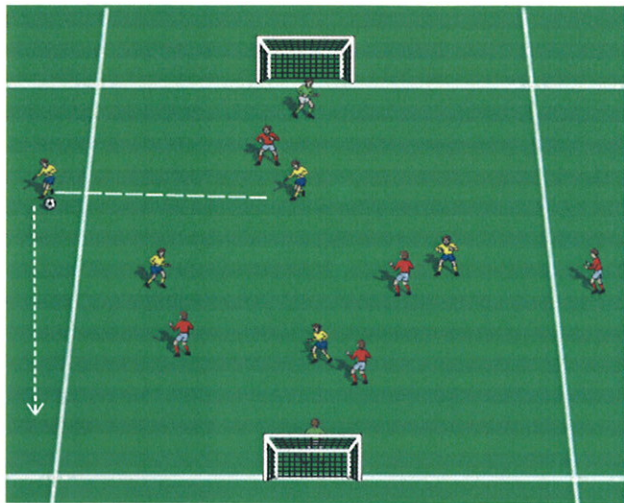
Progression/Regression:

1. P – One player attacks the goal with a ball; at the other end their opponent defends. Objective is to get as close to goal as possible before the defender can influence
2. P – After initial shot, coach plays in another ball, for two competing players to compete to score in the opposite goal they just attacked
3. R – Take away GK's



New York Red Bulls – Practice Activity

Activity #	C2000	Curriculum	Developmental
Section	Conditioned Game	Topic	Running with the ball
Key Learning Outcome(s)	Demonstration of correct running with the ball technique in a game situation		



Activity C2000 – Developmental – Running with the Ball

Organization

1. 40 x 40 yard area, 10 yard channels marked off on wings
2. 12 players, 10 outfield, 2 GK's
3. 12 balls

Instructions

1. Divide the players into 2 teams. One player from red team in one channel, one player from yellow team in the other. 4 v 4 in central area with GK's
2. Players combine to score in opposition's goal. Players in channels cannot be challenged, nor can anyone else enter channel
3. Players should look to play to their wide player to advance attack, by running with the ball

Coaching Points

1. Look to play wide early
2. Positive first touch out of the feet, selecting correct controlling surface
3. Head up and observe situation
4. Head down when playing the ball to ensure good contact
5. Play with laces of foot closest to the ball
6. Fewest number of touches to cover the distance quickly
7. Run in a straight line
8. Execution of final action, cross or through ball

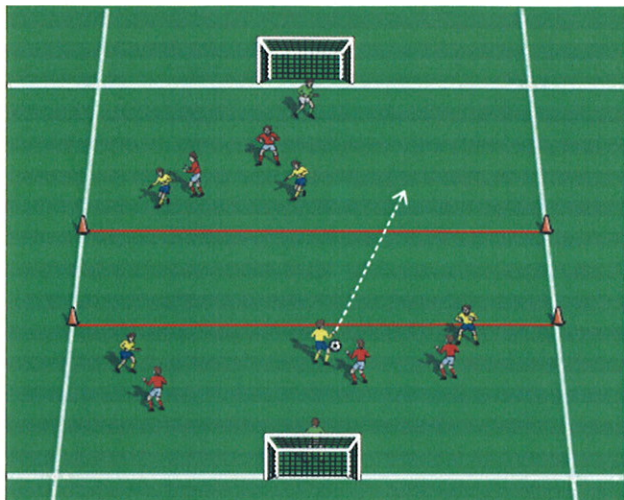
Progression/Regression:

1. P – Add one opposition player to enter channel to defend
2. P – Add one opposition player to be stationed in channel
3. P – Free Play
4. R – Replicate area and play with fewer players in main area



New York Red Bulls – Practice Activity

Activity #	C2001	Curriculum	Developmental
Section	Conditioned Game	Topic	Running with the ball
Key Learning Outcome(s)	Demonstration of correct Running with the Ball technique in a game situation		



Activity C2001 – Developmental – Running with the Ball

Organization

1. 50 x 40 yard area, 10 yard central area across field
2. 12 players, 10 outfield, 2 GK's
3. 12 balls

Instructions

1. Divide the players into 2 teams. Teams play 5 v 5 with Gk's in each half, players cannot enter central area or other half
2. Players combine to score in opposition's goal
3. Players can advance into other half, by running with the ball through central area for a numbers up situation in other half
4. One player must retreat back to own half after loss of possession or goal
5. Rotate positions

Coaching Points

1. Look to advance to create numbers up attacking situations
2. Positive first touch out of the feet, selecting correct controlling surface
3. Head up and observe situation
4. Head down when playing the ball to ensure good contact
5. Play with laces of foot closest to the ball
6. Fewest number of touches to cover the distance quickly
7. Run in a straight line
8. Execution of final action, through ball, dribble or shot

Progression/Regression:

1. P – Add one player from each side in central area to defend
2. P – Allow one defender to follow advancing player
3. P – Free Play
4. R – Replicate area and play with fewer players