



Technical Learning Outcomes

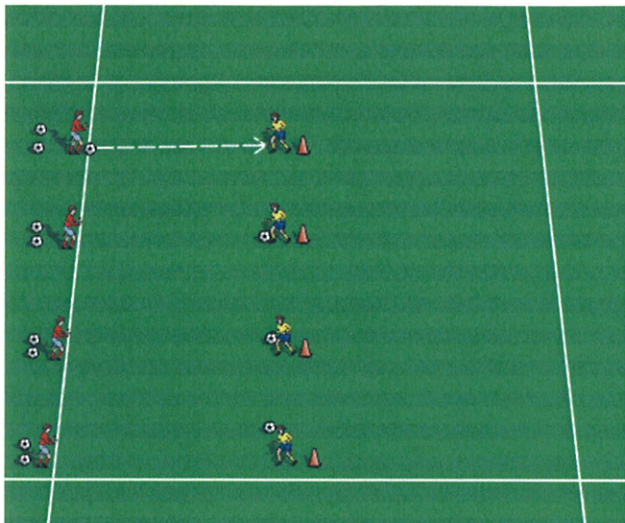
Receiving

- Get into line with the ball
- Assess the situation as ball travels
- Select appropriate surface
- Withdraw surface upon impact
- Direction of touch to enable next action



New York Red Bulls – Practice Activity

Activity #	W2300	Curriculum	Development
Section	Warm Up	Topic	Control
Key Learning Outcome(s)	Learning to control the ball from various angles and height		



Activity W2300 – Development – Control

Organization

1. 40x10
2. 4 servers, 4 receivers
3. 4 balls (additional balls around area)
4. Cones for markers

Instructions

1. Have 4 servers with the ball
2. First set have servers pass the ball on the ground
3. Second set have servers tossing the ball in the air for players to receive with the thigh
4. Third set have servers tossing the ball in the air for players to receive with the chest
5. Fourth set have servers tossing the ball in the air for players to receive with the head

Coaching Points

1. Get in line with the ball
2. Assess the flight as the ball travels
3. Select appropriate surface
4. Bend the knees and stay side ways on to the ball

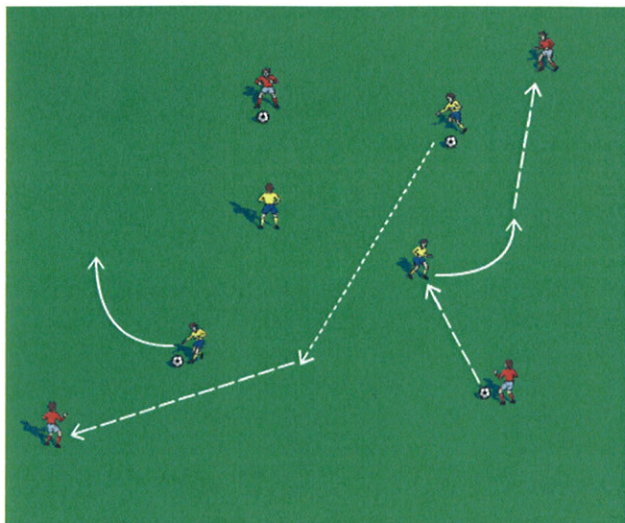
Progression/Regression:

1. P – Add a defender to the back and apply pressure
2. P – Increase the distance and speed at which they receive the ball



New York Red Bulls – Practice Activity

Activity #	W2301	Curriculum	Development
Section	Warm Up	Topic	Control
Key Learning Outcome(s)	Learning to control the ball from various angles and height		



Activity W2301 – Development – Control

Organization

1. 40x30
2. 4 servers, 4 receivers
3. 4 balls
4. Cones as markers for field

Instructions

1. Red players pass the ball to yellow who receive the ball either using the inside or outside of the foot
2. Yellow players then look to find another red player without the ball to receive a wall pass

2. Assess the situation as ball travels

3. Select appropriate surface
4. Withdraw surface at impact
5. Directions of touch to enable next action

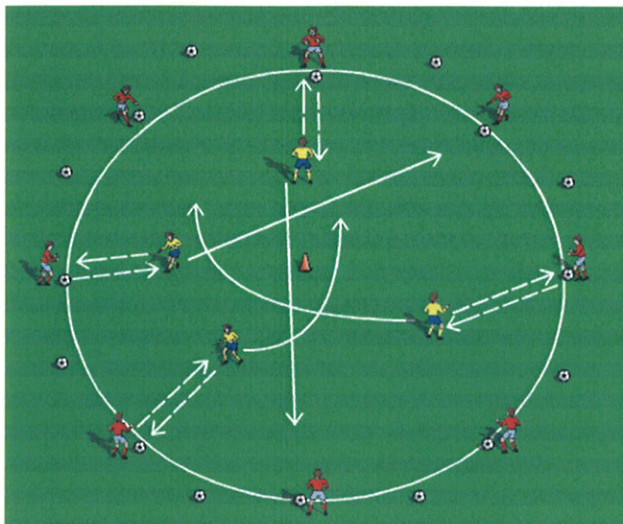
Progression/Regression:

1. P – Add pressure by adding in defenders
2. R – Make field larger



New York Red Bulls – Practice Activity

Activity #	W2302	Curriculum	Development
Section	Warm Up	Topic	Control
Key Learning Outcome(s)	Learning to control the ball from various angles and height		



Activity W2302 – Development – Control

Organization

1. Size of the center circle
2. 8 servers, 4 receivers
3. 8 balls (additional around area)

Instructions

1. Players on the outside of the circle start with the ball and ask for a wall pass from players inside the circle
2. Ask the players to receive the ball with the inside part of the foot
3. Once they make a wall pass, run as close as they can to the center cone and find a new part to make a wall pass

Coaching Points

1. Get in line with the ball
2. Select appropriate surface, Inside, Outside, Thigh, Chest, Head
3. Withdraw surface on impact
4. Arms out for balance and to feel for defenders

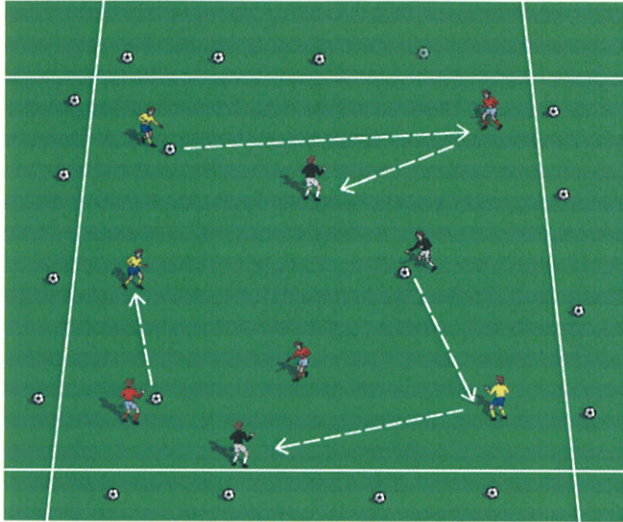
Progression/Regression:

1. P – Vary the serve to make controlling more difficult
2. P – Add pressure by adding defenders



New York Red Bulls – Practice Activity

Activity #	M2300	Curriculum	Development
Section	Main Theme	Topic	Control
Key Learning Outcome(s)	Learning to control the ball at various angles and height		



Activity M2300 – Development – Control

Organization

1. 40 x 30 yard area
2. 3v3v3
3. 3 balls (additional balls around area)
4. 3 different color pennies

Instructions

1. The game is to pass to a different team that is not in your color
2. Yellow passes to either Black or Red
3. Red passes to either Black or Yellow
4. Black passes to either Red or Yellow

Coaching Points

1. Get in line with the ball
2. Receive with the furthest foot from the ball
3. Slight hop on standing foot on contact to prepare for next action
4. Receive with the toe pointed up ankle locked

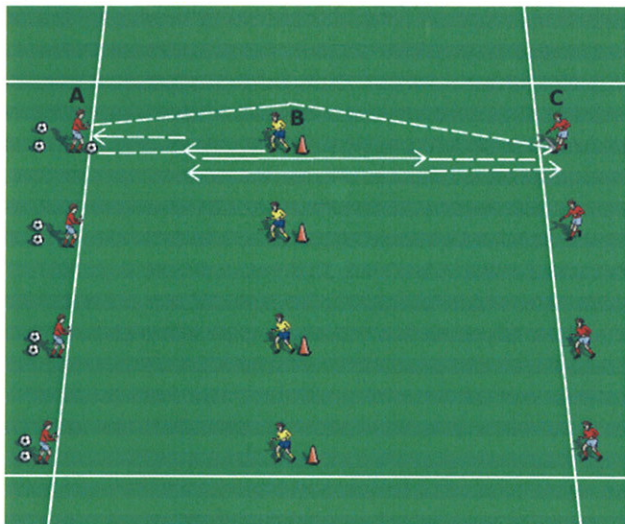
Progression/Regression:

1. P – Limit players touches
2. R – Make the field larger



New York Red Bulls – Practice Activity

Activity #	M2301	Curriculum	Development
Section	Main Theme	Topic	Control
Key Learning Outcome(s)	Learning to control the ball from various angles and height		



Activity M2301 – Development – Control

Organization

1. 40 x 30 yard area
2. 12 players
3. 4 balls (additional balls around area)
4. Cones for markers

Instructions

1. The distance between player A to B is 15 yards, B to C 15 yards
2. Player A plays a ball to player B for a wall pass. Player B then turns and heads towards player C
3. Player A then plays a ball to player C, who receives the ball and plays to player B for a wall pass
4. Play B then turns and heads back towards player A while Player C plays a ball to player A
5. Time limit of 1-2 minutes

Coaching Points

1. Get in line with the ball
2. Assess the flight of the ball as it travels
3. Select appropriate surface
4. Withdraw surface on impact

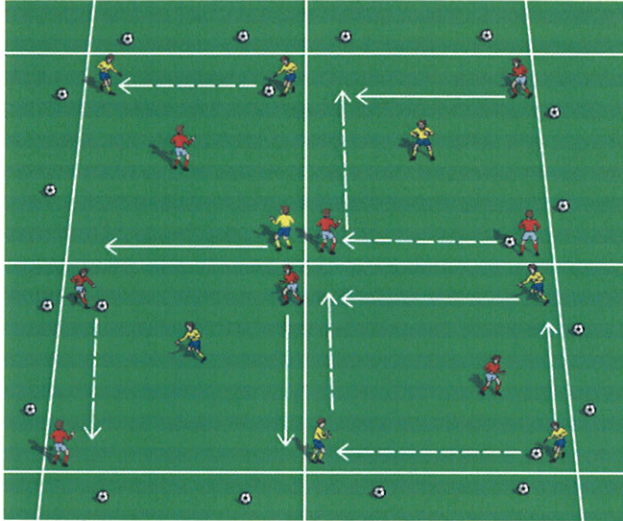
Progression/Regression:

1. P – Lofted Pass, Chip Pass, Swerve – Outside, Inside (refer to manual)
2. P – Challenge player to receive with different parts of the body, thigh, chest, head
3. R - Increase distance



New York Red Bulls – Practice Activity

Activity #	M2302	Curriculum	Development
Section	Main Theme	Topic	Control
Key Learning Outcome(s)	Learning to control the ball from various angles and height		



Activity M2302 – Development – Control

Organization

1. 15 x 15 individual box (Overall 30x30)
2. 3v1 in each box
3. 1 ball per box (additional balls around area)
4. Pennies for 3v1 game

Instructions

1. In each box play a 3 v 1 game
2. 3 attackers are trying to keep possession away from the lone defender
3. Play to a time limit 1 - 2 minutes then rotate players

Coaching Points

1. Get in line with the ball
2. Receive with the farthest foot from the ball
3. Slight hop on standing foot on contact to prepare for next action
4. Receive with the toe pointed up, ankle locked

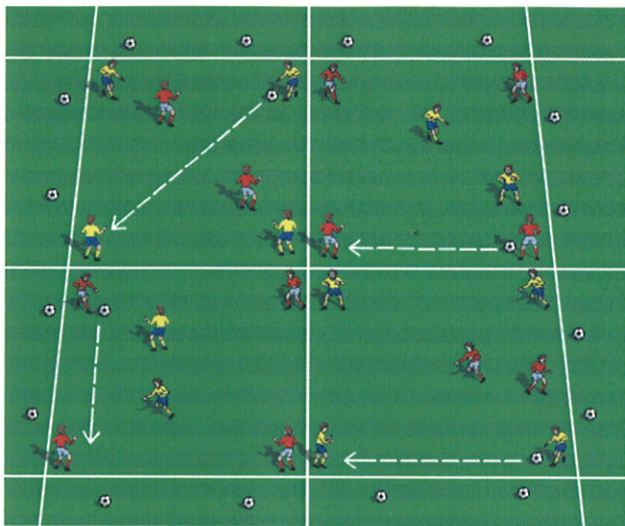
Progression/Regression:

1. P – Limit the touches the three attackers have on the ball
2. P – Join two boxes and now play 6v2 if defending team wins ball they switch out with players who lost possession
3. R – Reduce the field size when playing 6v2 because there are less defender, if you decide to play 6v3, 6v4, 6v5, increase field size



New York Red Bulls – Practice Activity

Activity #	M2303	Curriculum	Development
Section	Main Theme	Topic	Control
Key Learning Outcome(s)	Learning to control the ball from various angles and height		



Activity M2303 – Development - Control

Organization

1. 20 x 20 individual box (Overall 40x40)
2. 4 v 2 in each box
3. 1 ball per box (additional balls around area)
4. Pennies for 4v2 game

Instructions

1. In each box play a 4v2 game
2. 4 attackers are trying to keep possession away from the two defenders
3. Play to a time limit 1-2 minutes then rotate players

Coaching Points

1. Get in line with the ball
2. Receive with the nearest foot to the ball
3. Toe down, ankle locked
4. Arms out for balance and to feel for defenders
5. Next action to turn, or protect the ball

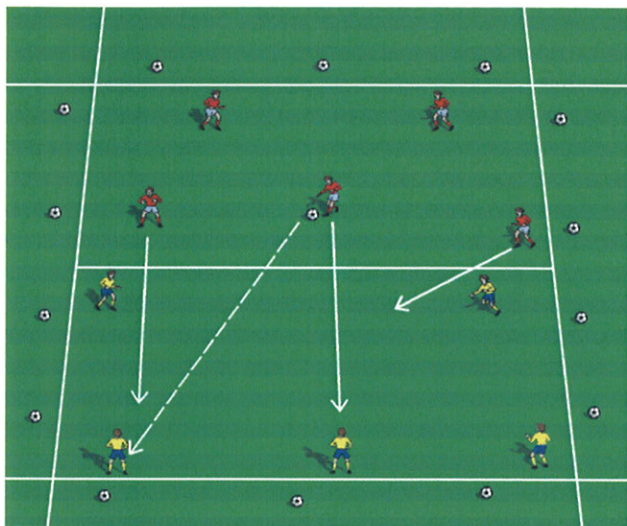
Progression/Regression:

1. P – Limit the touches the three attackers have on the ball
2. P – Join two boxes and now play 8v4 for time limit of 2 – 3 minutes
3. R – Increase the size on the box



New York Red Bulls – Practice Activity

Activity #	M2304	Curriculum	Development
Section	Main Theme	Topic	Control
Key Learning Outcome(s)	Learning to control the ball from various angles and height		



Activity M2304 – Development – Control

Organization

1. 40 x 30 yard area
2. 5v5
3. 1 ball (additional balls around area)
4. Two color pennies for 5v5 game

Instructions

1. Play a 5 v 5 game with a halfway line
2. Red team starts the game by playing the ball into the yellow
3. 3 players from the red team are now allowed to enter the other half to try and win possession back
4. If the red team are successful in winning the ball back, they then play the ball back into their half and retreat
5. Yellow team must now send 3 of their players into the red team's half and try to win possession back

Coaching Points

1. Get in line with the ball
2. Assess the situation as the ball travels
3. Select appropriate surface (Receiving – Inside, Outside/ Thigh / Chest/ Head)
4. Arms out for balance
5. Withdraw surface on impact
6. Direction of touch to enable next action

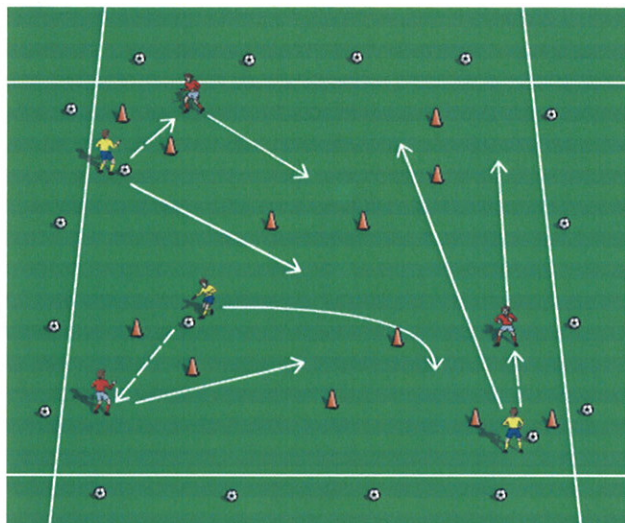
Progression/Regression:

1. P – Limit players touches
2. R – Defender are only allowed to walk



New York Red Bulls – Practice Activity

Activity #	M2305	Curriculum	Development
Section	Main Theme	Topic	Control
Key Learning Outcome(s)	Learning to control the ball from various angles and height		



Activity M2305 – Development – Control

Organization

1. 40 x 30 yard area
2. 6 players
3. 3 balls (additional ball around area)
4. Cones as markers for gates

Instructions

1. Red team starts with the ball and makes a pass through the goals to their partner in yellow
2. Yellow team receives the ball and both are looking for a new goal to pass through
3. Make sure that the goal is open. If a team is already there then the pair must find another goal to pass through

Coaching Points

1. Getting into line with the ball
2. Assess the situation as ball travels
3. Select appropriate surface (Inside, Outside)
4. Withdraw surface at impact
5. Directions of touch to enable next action

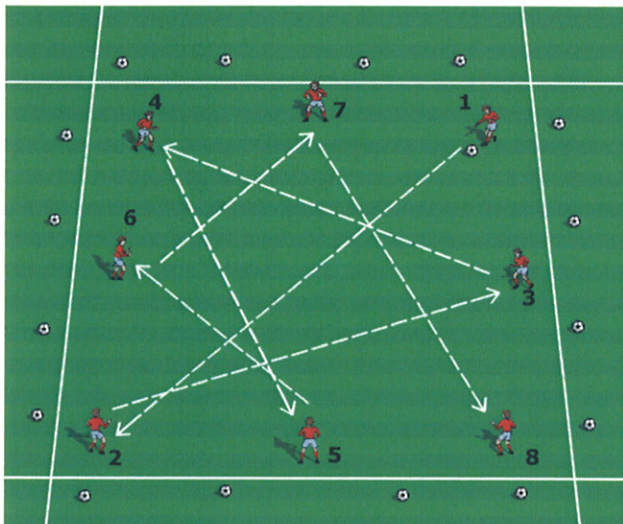
Progression/Regression:

1. R – Make more goals so the team has more options
2. P – Take away goals making it harder for them to find open goals, so their receiving touch must be quick and precise



New York Red Bulls – Practice Activity

Activity #	M2306	Curriculum	Development
Section	Main Theme	Topic	Control
Key Learning Outcome(s)	Learning to control the ball at various angles and heights		



Activity M2306 – Development – Control

Organization

1. 40 x 30
2. 8 players
3. 1 ball (additional ball around area)

Instructions

1. Number each player 1 to how many you have in the session. In the diagram above there are 8 players numbered 1-8
2. The game is to pass to each player following the sequence of number. For example 1 passes to 2, 2 passes to 3, 3 passes to 4, etc.

Coaching Points

1. Getting into line with the ball
2. Assess the situation as ball travels
3. Select appropriate surface
4. Directions of touch to enable next action

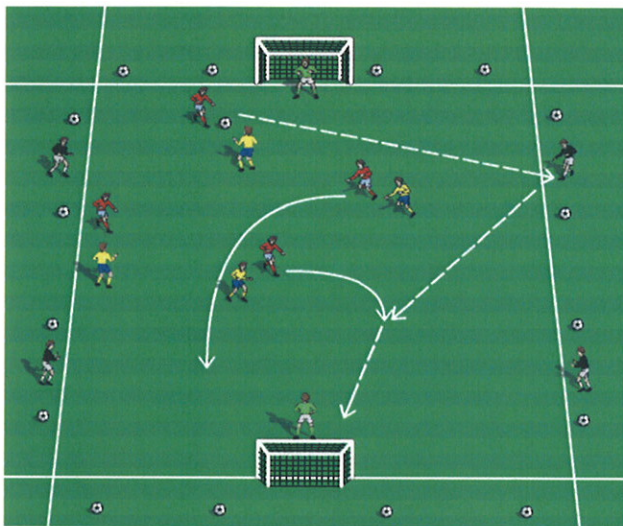
Progression/Regression:

1. P – Add extra ball(s)
2. R – Players have to pass the ball using hands



New York Red Bulls – Practice Activity

Activity #	C2301	Curriculum	Development
Section	Conditioned Game	Topic	Control
Key Learning Outcome(s)	Learning to control the ball at various angles and height		



Activity C2301 – Development – Control

Organization

1. 50 x 40 yard area
2. 4 v 4 + 4 neutrals, 2 goalkeepers
3. 1 ball (additional balls around area)
4. 2 Goals
5. 3 color pennies to make 3 teams of 4

Instructions

1. Playing a 4 v 4
2. Have one team as neutral players at the side lines, minimize their touches 3,2,1
3. Looking to see ways of using different surfaces to control the ball depending on situation

Coaching Points

1. Getting in line with the ball
2. Assess the flight of the ball as it travels
3. Select appropriate surface
4. Arms out for balance
5. Withdraw surface on impact
6. Direction of touch to enable next action

Progression/Regression:

1. P – Make the field smaller
2. P – Remove neutral players at each side and add them to each team making area tighter
3. R – Defenders are only allowed to walk