



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

Double Scissors

- Come around the ball in a clockwise direction with the right foot finishing to the right of the ball
- Plant the right foot
- Quickly bring the left foot round the ball in an anti clock direction to finish to the left of the ball
- Take the ball past your opponent with the outside of the right 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

Roll

- Take the ball inside your opponents tackling radius at speed
- Drag the ball across the front of your body with the sole of the right foot
- Take the ball past your opponent with the inside of the left foot

Swivel Hips

- Fake to pass the ball to your right with the inside of your foot (you may need a 2nd attacker there in order for this to be effective)
- Draw the ball across your body with the inside of your right foot
- Take the ball away on your left side playing it forward past your opponent with the inside of your left 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 #	W201	Curriculum	Advanced
Section	Warm Up	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Keep ball close to feet, and head up to view field		



Activity W201 – Advanced – Dribbling to beat an opponent

Organization

1. 20 x 20 yard area
2. 12 players
3. 1 ball per player

Instructions

1. Players must always have a ball at their feet, and the ball must always be moving
2. On coach's call "switch", players stop their ball from moving, and start dribbling with a new ball (see A)
3. One ball is removed every 30 seconds, leaving one more player without a ball each time
4. Players without a ball must try to steal one from another player
5. If a ball is stolen, that player must steal one from a different person

Coaching Points

1. Ball must be kept close to feet, allowing it to be stopped quickly when coach calls out
2. Using all different surfaces to move ball away from defenders
3. Keeping head up when in possession to assess level of pressure
4. Recognizing opportunities to dribble into open space

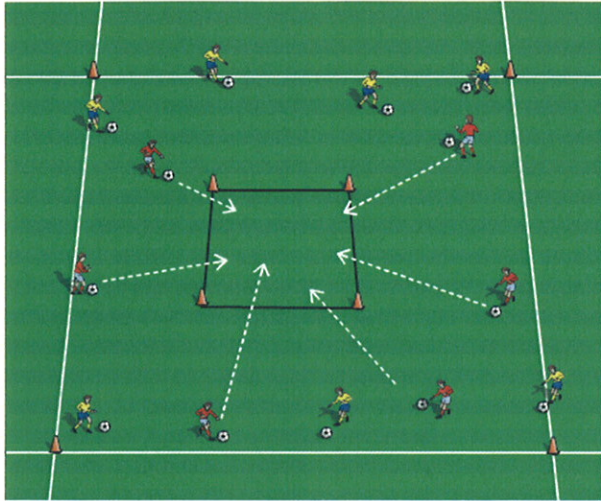
Progression/Regression:

1. P – Coach can restrict the surfaces players may use to control the ball, e.g. inside only, outside only, soles only
2. P – Players can steal the ball back from the person who stole it from them, immediately
2. R – Restrict the amount of balls removed, to reduce the number of defenders



New York Red Bulls – Practice Activity

Activity #	W202	Curriculum	Advanced
Section	Warm Up	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Keep ball close to feet, and explode into space quickly.		



Activity W202 – Advanced – Dribbling to beat an opponent

Organization

1. 20 x 20 yard area, with 8 x 8 yard area marked in the center
2. 12 players
3. Players split into equal teams of 6
4. 1 ball per player

Instructions

1. Players must always have a ball at their feet, and the ball must always be moving
2. All players start dribbling ball in the larger of the two areas, and must not enter the small grid
3. When coach shouts one team's color, all players from that team must enter the small grid and continue dribbling
4. When coach shouts "change", the other team enters the small grid, and the team already in there must explode out into space

Coaching Points

1. Ball must be kept close to feet in confined areas
2. Keeping head up at all times to identify space
3. Change of speed and direction to get in and out of areas whilst avoiding traffic

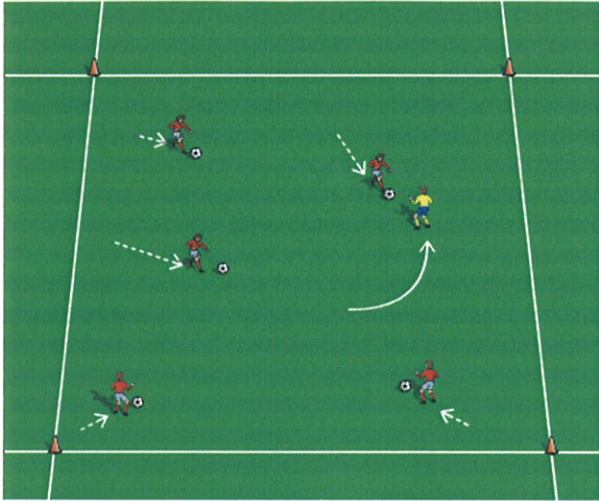
Progression/Regression:

1. P – Both teams start inside the small area, and coach shouts one color team to explode out a time
2. P – Both teams start inside the small area, and both must explode in and out at the same time, at the coach's signal
3. R – Area can be increase to 30 x 30 for large area, and 12 x 12 for small area



New York Red Bulls – Practice Activity

Activity #	W203	Curriculum	Advanced
Section	Warm Up	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Keep ball close to feet, and head up to view field.		



Activity W203 – Advanced – Dribbling to beat an opponent

Organization

1. 20 x 20 yard area
2. 6 players (5 attackers and one defender)
3. 1 ball per attacker
4. Repeat for 12 players

Instructions

1. Defending player must attempt to steal a ball from any of the attackers
2. Any attacker who loses their ball automatically becomes a defender
3. Last player to have a ball at their feet wins a point
4. First player to 5 points wins

Coaching Points

1. Ball must be kept close to feet, continuously switching surfaces to make play less predictable
2. As defender closes down, try to accelerate into space behind them
3. Head up to assess number of defenders and therefore amount of pressure
4. Manipulating body position to face center of area, and therefore maximize possible directions to dribble

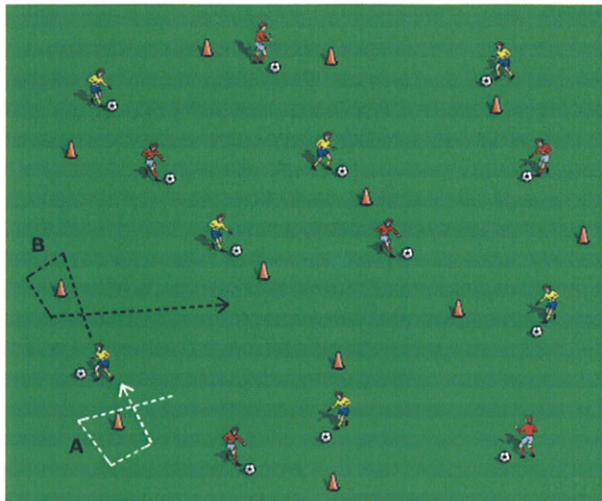
Progression/Regression:

1. P – Reduce area to 10 x 10
2. P – Start with 2 defending players
3. R – Defending player can only walk, but must only tag an attacking player to dispossess them (10 x 10 yard area)



New York Red Bulls – Practice Activity

Activity #	W204	Curriculum	Advanced
Section	Warm Up	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Use all surfaces of both feet to move ball in a variety of directions.		



Activity W204 – Advanced – Dribbling to beat an opponent

Organization

1. 20 x 20 yard area
2. 12 players
3. 1 ball per player
4. 15 markers randomly distributed around area

Instructions

1. Players are only allowed to use one surface to control the ball, e.g. inside, outside, sole, laces
2. Each time the player dribbles around a marker they score 1 point (see A)
3. After fully rounding a marker, players can then move to another marker to score (see B)
4. Players can not score at the same marker twice in a row
5. Players play for one minute for each surface, and count their own scores
6. Players are then given one minute to use all surfaces, and try to beat their own record

Coaching Points

1. Ball must be kept close to feet, and as close to the markers as possible
2. Use both feet to keep the ball moving continuously
3. Head up to view next desired target
4. Larger touches in between markers to cover ground quickly

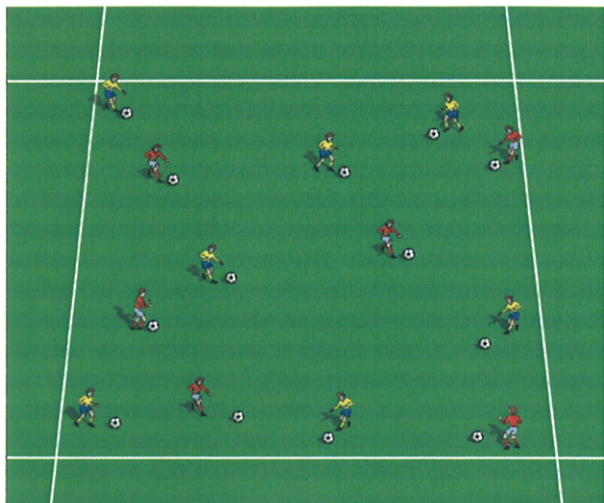
Progression/Regression:

1. P – Players can only round each marker once, and must use them all before repeating
2. P – Any collision with another player / ball resets both players to zero points
3. R – Increase number of markers to 18, thus creating more scoring options



New York Red Bulls – Practice Activity

Activity #	W205	Curriculum	Advanced
Section	Warm Up	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Understand foundation foot movements that create scissors / step-over moves.		



Activity W205 – Advanced – Dribbling to beat an opponent

Organization

1. 20 x 20 yard area
2. 12 players
3. 1 ball per player

Instructions

1. Players dribble their ball around the area
2. On coach's call "toe touches", the players stop the ball moving and perform 4 toe touches, before starting to dribble again
3. On coach's call "scissors", the players stop the ball moving and perform 2 scissor moves on each foot, before starting to dribble again
4. On coach's call "step over", the players stop the ball moving and perform 2 step-over moves on each foot, before starting to dribble again
5. First player to complete move wins a point, and first player to 10 points wins

Coaching Points

1. Ball must be kept close to feet, allowing it to be stopped immediately on coach's instruction
2. Feet must stay close to the ball and close to the ground to speed up the move
3. Being light on the standing foot allows quicker transition from one move to the next

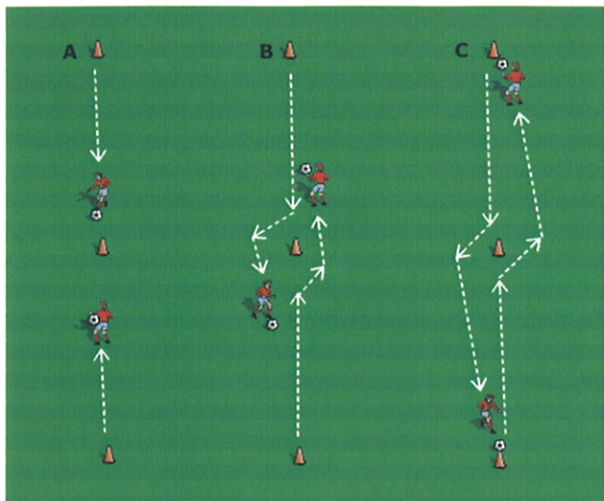
Progression/Regression:

1. P – Any combination of the above moves can be used to complicate the movement
2. P – Players must "switch" balls before performing moves
3. R – Players can do all moves from a standing start



New York Red Bulls – Practice Activity

Activity #	M201	Curriculum	Advanced
Section	Main Theme	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Dribble towards a defenders front foot, isolating them, and maintaining options		



Activity M201 – Advanced – Dribbling to beat an opponent

Organization

1. 20 x 30 yard area
2. 6 players in pairs
3. Marker in center, 10 yards away from each end, in between each pair
4. 1 ball per player
5. Repeat for 12 players

Instructions

1. Players start by dribbling towards center marker at same speed (see A)
2. Players perform move requested by coach to maneuver around center marker (see B)
3. Players always fake left, and take right, to avoid colliding with each other
4. Players accelerate towards marker at opposite end of grid, and repeat
5. After 20 repetitions, the desired movement is changed

Coaching Points

1. Dribble in a straight line directly towards the marker, visualizing this as the defender's front foot
2. Perform move approx 1.5 yards away from marker – close enough to make the fake effective, but not so close as to be inside tackling range
3. Wide step out with the standing foot, creating platform to push off in opposite direction
4. Push ball away from marker with the outside of the right foot
5. Accelerate away from move toward end marker

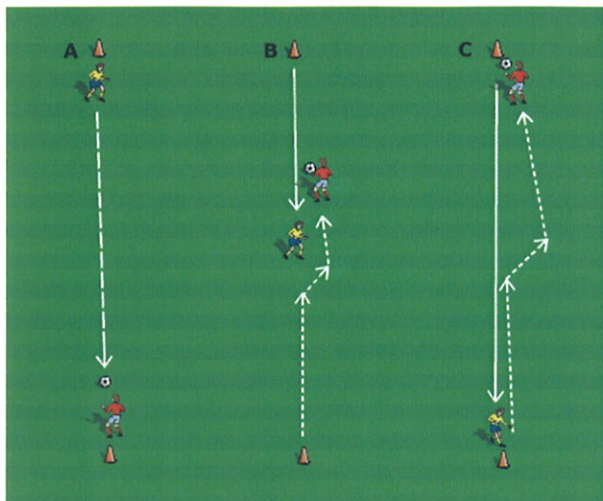
Progression/Regression:

1. P – Start with single scissors and body swerves, progressing to double scissors and double body swerves
2. P – Fake right and take left
3. R – Perform all moves at walking speed, progressing to a jog, then to a run



New York Red Bulls – Practice Activity

Activity #	M202	Curriculum	Advanced
Section	Main Theme	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Understand correct timing of move to beat an oncoming defender		



Activity M202 – Advanced – Dribbling to beat an opponent

Organization

1. 20 x 30 yard area
2. 6 players in pairs
3. Marker in center, 10 yards away from each end, in between each pair
4. 1 ball per pair
5. Repeat for 12 players

Instructions

1. Defending player starts by passing towards team mate at opposite end of area (see A)
2. Attacker dribbles towards defender, and performs set move requested by coach to maneuver around defender (see B)
3. Defender does not try to steal ball, but continues to walk forward at the same speed, thus creating pressure (see B)
4. Attacker accelerates toward end marker, with defender continuing to opposite end (see C)
5. Repeat in opposite direction

Coaching Points

1. Dribble in a straight line directly towards the oncoming defender's front foot
2. Perform move approx 1.5 yards away from defender – close enough to make the fake effective, but not so close as to be inside tackling range
3. Wide step out with the standing foot, creating platform to push off in opposite direction
4. Push ball away from defender with the outside of the right foot
5. Accelerate away from move toward end marker
6. The more complicated the move, the earlier, and further away from the defender it should be initiated

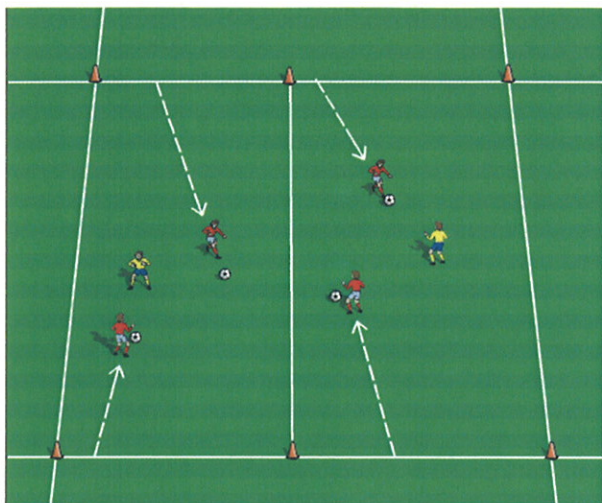
Progression/Regression:

1. P – Start with single scissors and body swerves, progressing to double scissors and double body swerves
2. P – Defender then follows his pass at a jogging speed, then a running speed
3. R – Defender can step in the opposite direction to the move, to allow more space to perfect technique



New York Red Bulls – Practice Activity

Activity #	M203	Curriculum	Advanced
Section	Main Theme	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Engaging defenders and isolating them in 1 v 1 situations		



Activity M203 – Advanced – Dribbling to beat an opponent

Organization

1. 20 x 10 yard area
2. 3 players (2 attackers and 1 defender)
3. 1 ball per attacker
4. Repeat for up to 12 players

Instructions

1. Attacking players start at opposite end of areas
2. Each attacker starts dribbling toward opposite end of area simultaneously
3. Defender must try to stop players from reaching opposite end
4. Attackers score one point for each successful run across area
4. If defender dispossesses attacker, and keeps ball in grid, they switch roles
5. First player to 10 points wins

Coaching Points

1. Dribble with head up, to see which player the defender is focusing on
2. If defender is engaged, dribble toward their front foot to maximize options
3. If defender is occupied with other player, use opportunity to accelerate into the space they are not guarding
4. Make move more pronounced by throwing full body weight into the move
5. Push ball away from defender with the outside of the foot, thus keeping the ball out of tackling range
6. Accelerate away from move toward end marker

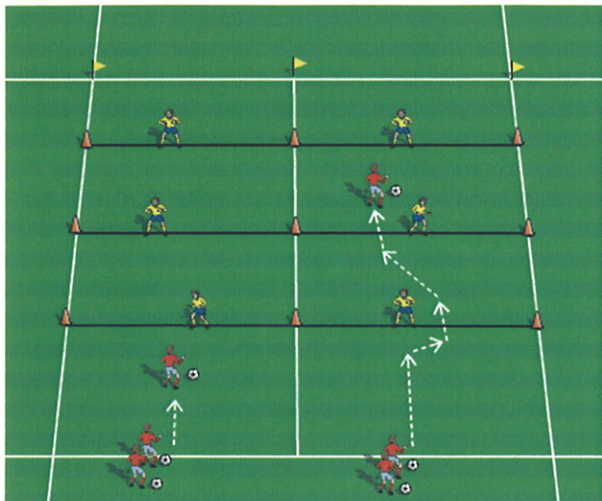
Progression/Regression:

1. P – Both attackers start from the same end line, and attack the same end
2. R – Defender must stay in the middle for 10 repetitions, even if they win the ball



New York Red Bulls – Practice Activity

Activity #	M204	Curriculum	Advanced
Section	Main Theme	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Keeping ball within reach after beating first defender		



Activity M204 – Advanced – Dribbling to beat an opponent

Organization

1. 40 x 10 yard area
2. 6 players (3 attackers and 3 defenders)
3. Markers indicating lines 10 yards apart
4. 1 ball per attacker
5. Repeat for 12 players

Instructions

1. Defending players start on a line each, and may not move off this line
2. Attackers must negotiate all three defenders and dribble past end line to score
3. If attacker is dispossessed, they go back to the start line
4. Next attacker can start run when second defensive line has been passed
5. Attackers get 4 repetitions each before switching roles

Coaching Points

1. Dribble toward defender's front foot, and perform move just outside tackling range
2. Touch should put ball into space behind defender, but not so far ahead that the next defender can reach ball from their defensive line
3. Attacker should slow down after beating each defender, and approach the next at a controlled speed
4. Make move more pronounced by throwing full body weight into the move
5. Accelerate away from final defender to cross end line at full speed

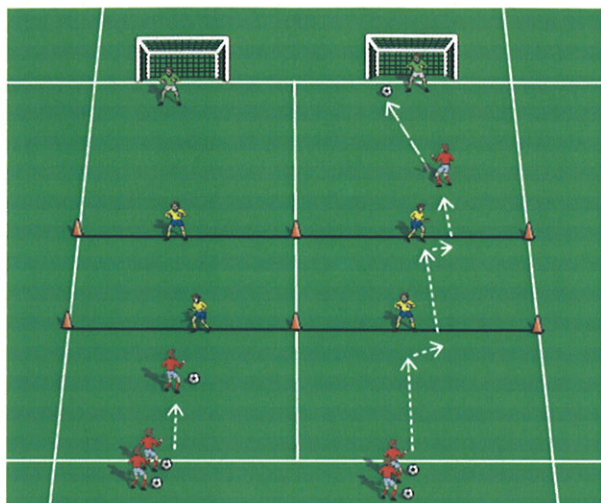
Progression/Regression:

1. P – Distance between defensive lines can be reduced to 6 yards
2. R – Middle defender can be removed to leave two defenders 20 yards apart. Spare defender becomes an extra attacker



New York Red Bulls – Practice Activity

Activity #	M205	Curriculum	Advanced
Section	Main Theme	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Combining move to beat opponent with preparation touch for next action		



Activity M205 – Advanced – Dribbling to beat an opponent

Organization

1. 40 x 10 yard area
2. 6 players (3 attackers, 2 defenders, 1 goalkeeper)
3. Markers indicating two defensive lines 10 yards apart
4. Goals at far end of each area
5. 1 ball per attacker
6. Repeat for 12 players

Instructions

1. Defending players start on a line each, and may not move off this line
2. Attackers must negotiate both defenders and score past goalkeeper
3. Goalkeeper must stay on their goal line until the attacker's first touch in the final area
3. If attacker is dispossessed, they go back to the start line
4. Next attacker can start run when second defensive line has been negotiated
5. Attackers get 5 repetitions each before switching roles

Coaching Points

1. Dribble toward defender's front foot, and perform move just outside tackling range
2. Touch should put ball into space behind defender, but not so far ahead that the next defender can reach ball from their defensive line
3. Attacker should slow down after beating each defender, and approach the next at a controlled speed
4. Combine final move with a preparation touch for final shot, by touching ball in direction of desired strike
5. Head up to view position of goalkeeper before deciding final action

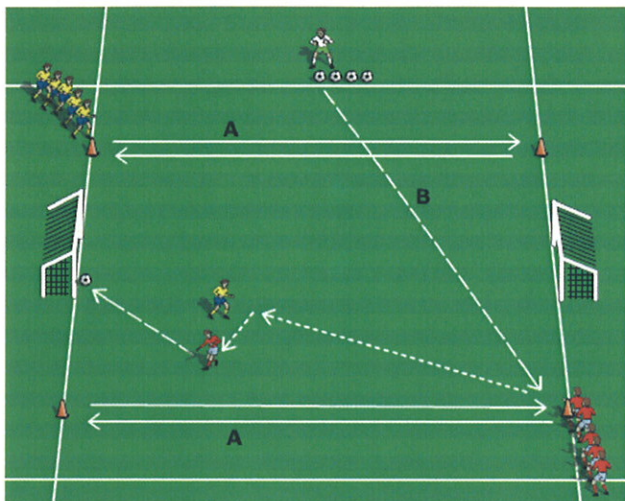
Progression/Regression:

1. P – Only one touch finishes allowed in final zone
2. R – Goalkeeper must stay on his line until after attacker's second touch



New York Red Bulls – Practice Activity

Activity #	M206	Curriculum	Advanced
Section	Main Theme	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Attacking defender at full speed		



Activity M206 – Advanced – Dribbling to beat an opponent

Organization

1. 20 x 20 yard area
2. 12 players (2 teams of 6)
4. Goals at end of each area
5. Markers 5 yards on each side of both goals
6. Supply of balls with coach at half way line

Instructions

1. On coach's command "go" first players in each line race to tag marker at opposite end of field, and back to tag their starting cone (see A)
2. Coach assesses which player will win the race, and plays ball toward winning player's marker (see B)
3. Players then play 1 v 1 in full area
4. Goal is scored by scoring in goal at opposite end of field
5. Players rejoin the back of the line, and the coach restarts the game with the next two players
6. First team to 10 points wins

Coaching Points

1. First touch should be out of feet, attacking space in front of goal
2. Use open space to get up to full speed to try and defender on back foot
3. Try to penetrate as soon as possible, with an early shot, or a dribble
4. Look for visual cues of defender, to see if they are balanced or unbalanced
5. Aim to score quickly, to prevent a recovering run from the defender

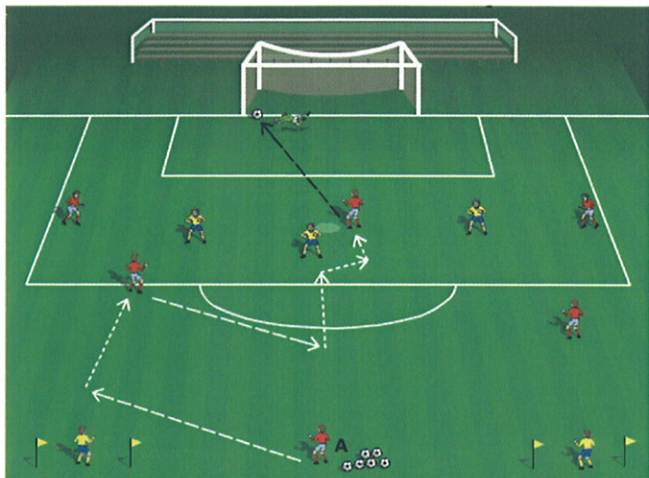
Progression/Regression:

1. P – Team that loses race to win possession sends in two players – one defender, and one goalkeeper
2. R – Any move to beat a defender wins a point, even if goal is not scored



New York Red Bulls – Practice Activity

Activity #	M207	Curriculum	Advanced
Section	Main Theme	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Recognizing opportunity to penetrate and score with a dribble		



Activity M207 – Advanced – Dribbling to beat an opponent

Organization

1. 40 x 30 yard area
2. 12 players (5 v 3 plus a goalkeeper, 1 additional attacker acting as server, and 2 additional defenders acting as counter targets)
3. Supply of balls with server (A)

Instructions

1. Attacking server (A) initiates game by passing infield to teammate. This player is the only attacker who is allowed to make a forward pass. Backward passes only are allowed from this point
2. Players then play 5 v 3 to the full size goal
3. Attackers score by scoring in the full size goal, but may only advance the ball by dribbling
4. Defenders score by dispossessing attacking team and playing to one of their two counter targets
5. If ball goes out, or a goal is scored, play always restarts from the attacking server
6. If attacking team makes a forward pass, play stops, and restarts from the server again
7. First team to 3 points wins, and then roles reverse

Coaching Points

1. Attacking team should always look to dribble, and get defense on back foot
2. Isolate players 1 v 1, and look to beat them and attack space behind
3. Attack at full speed to unbalance defenders more easily
4. Look to exploit space created by retreating defenders
5. Quality of preparation touches before end action, whether this is a shot or a cross from the end line

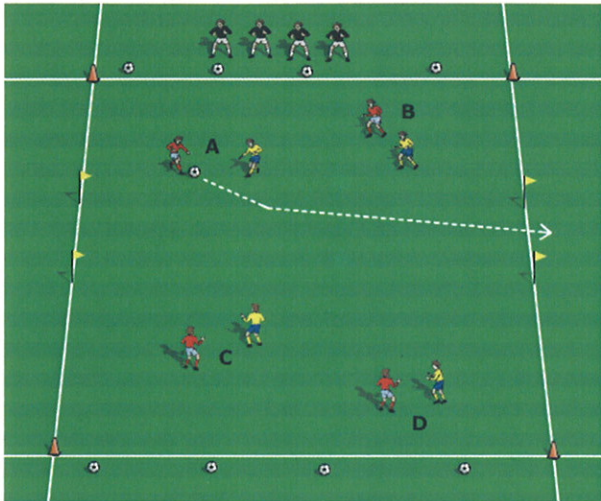
Progression/Regression:

1. P – Play becomes 5 v 4 in main area, with the defensive team playing to one central counter target
2. P – Shots may only be taken from inside the penalty area
2. R – Attacking team is allowed one forward pass in each attacking phase



New York Red Bulls – Practice Activity

Activity #	C201	Curriculum	Advanced
Section	Conditioned game	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Awareness of defender's positioning, and potential space to exploit		



Activity C201 – Advanced – Dribbling to beat an opponent

Organization

1. 30 x 20 yard area
2. 12 players (4 v 4, 1 team resting)
3. Central markers to indicate 6 yard goal in center
4. 1 ball (additional balls situated around the outside of the area to keep an even flow to the game)

Instructions

1. Each player is assigned a letter, A, B, C or D
2. Opposing players are paired with their opposite letter, and may only steal from this player
3. If defensive player steals from the wrong partner, a free kick is awarded
4. Goal is scored by dribbling through central goal at opposing end
5. If ball goes out, team restarts with a pass or dribble in
6. If goal is scored, conceding team restart with a dribble in from own end line
7. First team to score wins, with losing team switching with resting team

Coaching Points

1. Play with head up to be aware of positioning of defender
2. First touch is away from defender and in to open space
3. If defender is beaten, immediately look to accelerate into space behind them

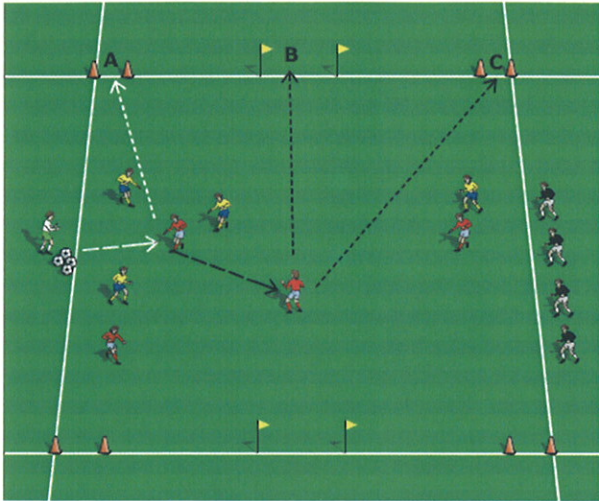
Progression/Regression:

1. P – Defensive players can steal from their nominated partner, plus one other
2. P – Increase to 40 x 30 yard area



New York Red Bulls – Practice Activity

Activity #	C202	Curriculum	Advanced
Section	Conditioned game	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Penetrate defense with a dribble, through central or wide areas.		



Activity C202 – Advanced – Dribbling to beat an opponent

Organization

1. 40 x 30 yard area
2. 12 players (4 v 4, 1 team resting)
3. 6 goals, wide goals 2 yards wide, central goal 3 yards wide
4. Supply of balls by coach at half way line.

Instructions

1. Coach starts game by serving to player who has positioned himself best to make a penetrating dribble
2. Teams score by dribbling through either wide gate, worth 1 point (see A and C), or central gate, worth 2 points (see B)
3. If ball goes out, coach restarts with a pass to the team who did not concede possession
4. If goal is scored, conceding team restarts with a dribble or kick in from their back line
5. First team to 4 points wins, with losing team being replaced by resting team

Coaching Points

1. Recognize opportunity to attack with a penetrating dribble
2. Try to isolate and commit defenders in 1 v 1 situations
3. Look to beat defenders on the inside wherever possible, and on the outside as a second option

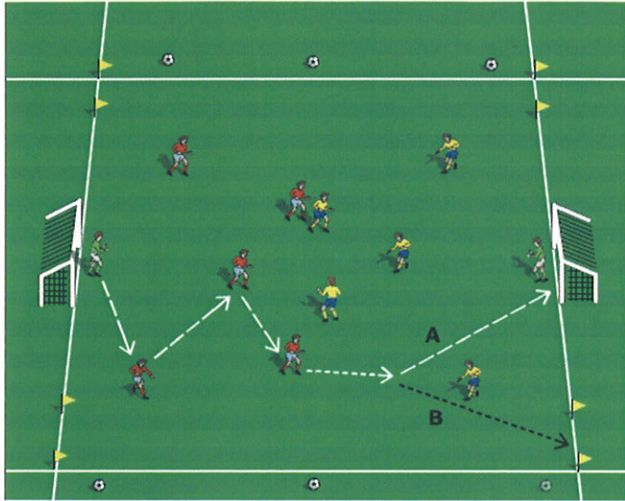
Progression/Regression:

1. P – Wide gates are removed, and only the central gates score points
2. R – Increase to a 50 x 30 area
3. R – Restart with kick-ins, and make first touch free for attacking team



New York Red Bulls – Practice Activity

Activity #	C203	Curriculum	Advanced
Section	Conditioned game	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Combine move to beat opponent with a preparatory touch for shot on goal		



Activity C203 – Advanced – Dribbling to beat an opponent

Organization

1. 50 x 30 yard area
2. 12 players (5 v 5, plus goalkeepers)
3. 6 goals, wide goals 2 yards wide, central goal regular size
4. 1 ball (additional balls situated around the outside of the area to keep an even flow to the game)

Instructions

1. Team starts with kick off from center of field
2. Teams score by shooting into the center goal, worth 2 points (see A), or by dribbling through either wide gate, worth 1 point (see B)
3. If ball goes out, team restarts with a pass or dribble in
4. If goal is scored, conceding team restart with a kick off from center of field

Coaching Points

1. Recognize opportunity to attack with a penetrating dribble
2. Try to isolate and commit defenders in 1 v 1 situations
3. Look to beat defenders on the inside wherever possible, and on the outside as a second option
4. Try to combine move to beat an opponent, with a preparatory touch for a shot on goal

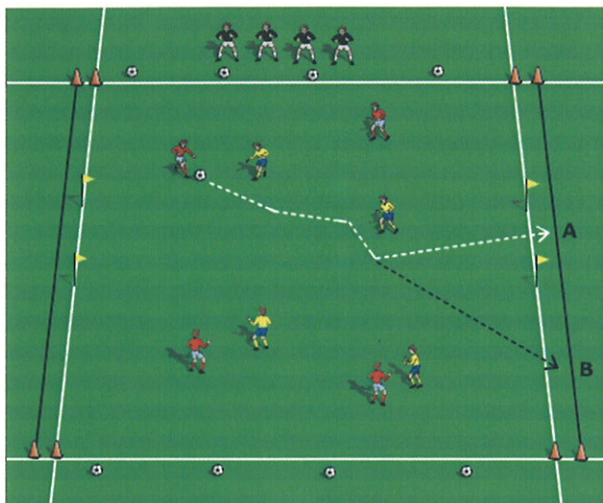
Progression/Regression:

1. P – Wide gates are removed, and only the central gates score points
2. R – Increase wide gates to 3 yards wide
3. R – Make first touch free for attacking team, when restarting play from a kick in



New York Red Bulls – Practice Activity

Activity #	C204	Curriculum	Advanced
Section	Conditioned game	Topic	Dribbling to beat an opponent
Key Learning Outcome(s)	Cutting in behind defenders to prevent recovering runs		



Activity C204 – Advanced – Dribbling to beat an opponent

Organization

1. 40 x 30 yard area
2. 12 players (4 v 4, 1 team resting)
3. End zone, 1 yard wide, at each end of field
Central markers to indicate 4 yard goal in center
4. 1 ball (additional balls situated around the outside of the area to keep an even flow to the game)

Instructions

1. Team starts with kick off from center of field
2. Teams score by dribbling through center markers, worth 2 points (see A), or by dribbling into any other area of end zone, worth 1 point (see B)
3. Players are not allowed inside their own defensive end zone
4. If ball goes out, team restarts with a pass or dribble in
5. If goal is scored, conceding team restart with a dribble in from own end zone
6. First team to 4 points wins, with losing team switching with resting team

Coaching Points

1. Recognize opportunity to attack with a penetrating dribble
2. Try to isolate and commit defenders in 1 v 1 situations
3. Look to beat defenders on the inside wherever possible, and on the outside as a second option
4. Cut across defender after beating them, to prevent recovering run

Progression/Regression:

1. P – Players cannot pass forward
2. P – Use resting team to put goalkeepers in central goal, and make a 5 v 5 situation
3. R – Make first touch free for attacking team, when restarting play from a dribble in