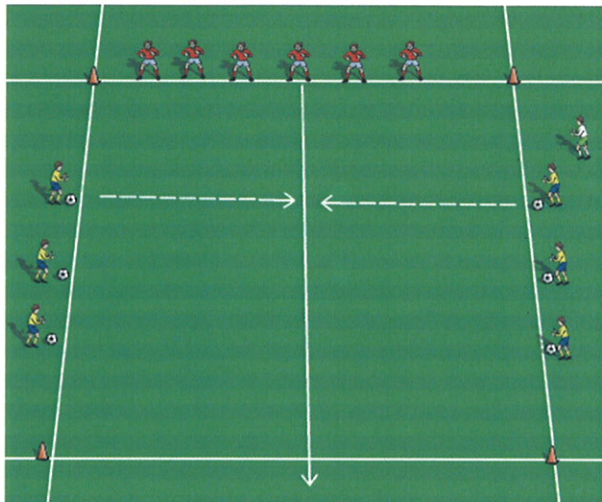




## New York Red Bulls – Practice Activity

Activity #	G2900	Curriculum	Beginners
Game	Road Kill	Topic	Striking & Control
Key Learning Outcome(s)	To Develop Correct Striking and control technique		



**Activity G2900 – Beginner – Striking & Control**

### Organization

1. 20 x 20 yard area
2. 12 players (6 players on the outside, 6 runners)
3. 1 ball for each player on the outside

### Instructions

1. Players are divided into two teams of 6 players
2. One team work on the outside as shooters, the others start at the top of the area
3. On the coaches command the players at the top of the area attempt to run to the other side
4. The shooting team attempts to strike the running players with a ball below the knee
5. Shooters must be behind the line when they strike
6. The shooting team scores points for each player they strike
7. Each team has three running attempts then switches; the score is kept between the two teams

### Coaching Points

1. Timing of your strike, wait until they close before you strike
2. Get your hips pointing in the direction you wish the ball to go
3. Place none kicking foot by the side of the ball
4. Strike the ball in middle to ensure it does go too high

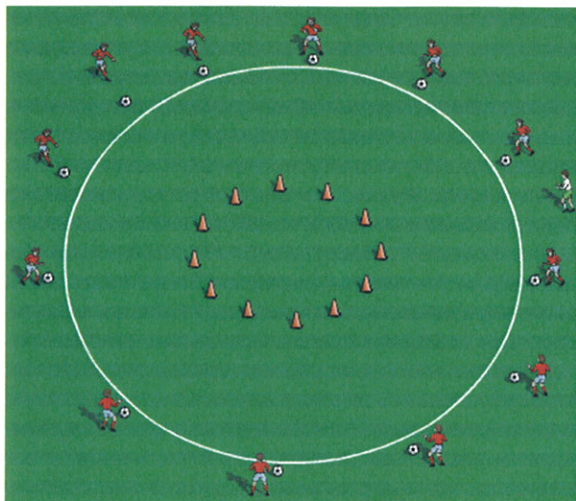
### Progression/Regression:

1. P – Players are now permitted to run back as soon as they touch the line, the practice carry on continuously
2. R – Allow players on the outside to have two soccer balls each



## New York Red Bulls – Practice Activity

Activity #	G2901	Curriculum	Beginners
Game	Cone Crusher	Topic	Striking & Control
Key Learning Outcome(s)	To Develop Correct Striking and control technique		



**Activity G2901 – Beginner – Striking & Control**

### Organization

1. Circle 10 yards in radius
2. 12 players
3. Tall cones make a smaller target area in the centre of the circle.
3. Each player has a ball

### Instructions

1. The idea of the activity is for player on the outside to knock over the middle cones
2. Players must be behind the line when they strike
3. Players are permitted to go inside the circle but only to collect the ball and then strike from correct distance
4. The coach times the group to see how quickly they can knock all cones down

### Coaching Points

1. Approach to the ball
2. None kicking foot and hips pointing in the direction you wish the ball to go
3. Contact on the ball should be centre to keep it low
4. Contact on the foot should be the instep

### Progression/Regression:

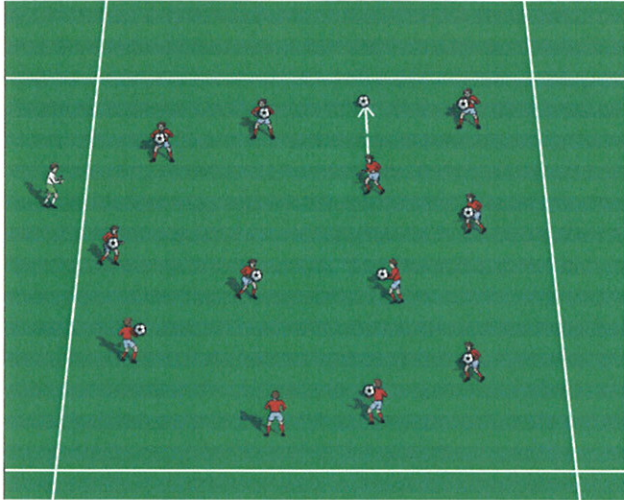
1. P – Increase the size of the outer circle
2. P – Reduce the number of cones to hit
3. R – Reduce the size of the outer circle
4. R – Add more target cones to hit





## New York Red Bulls – Practice Activity

Activity #	G2902	Curriculum	Beginners
Game	Blast Off	Topic	Striking & Control
Key Learning Outcome(s)	To Develop Correct Striking and control technique		



**Activity G2902 – Beginner – Striking & Control**

### Organization

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

### Instructions

1. Players start with the ball in their hands
2. On the coaches command player throw the ball into the air, 5,4,3,2,1 blast off.....
3. Players count the number of bounces as there rocket crashes to earth
4. After a few attempts the coach now asks the players to become the ocean and cushion the rockets flight back to earth
5. Players must attempt to touch there ball before it hit the ground to save the rocket from crashing
6. Make sure each player has lots of space to launch their rocket

### Coaching Points

1. Get into line with your rocket as it starts to come back down from space
2. Present the part of the body you want to use to save your rocket ship, foot or thigh
3. Put your arms out to the side to help you balance
4. Don't kick out, rather let the ball hit your foot (or thigh)

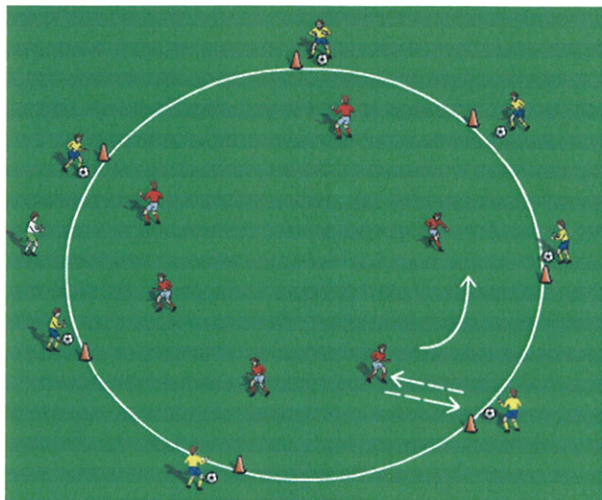
### Progression/Regression:

1. P – Look to control another players rocket ship
2. R – Try catching the ball before it hits the ground, this should help get players moving there feet into line with the flight of the ball.



## New York Red Bulls – Practice Activity

Activity #	G2903	Curriculum	Beginners
Game	Circle Work (passing)	Topic	Striking & Control
Key Learning Outcome(s)	To Develop Correct Striking and control technique		



**Activity G2903 – Beginner – Striking & Control**

### Organization

1. Circle 10 yards in radius
2. 12 players (6 on the inside and 6 on the outside)
3. Each player on the outside has a ball.

### Instructions

1. Players on the outside pass the ball to a player inside the circle
2. That player controls the ball and passes it back to the same player
3. After they have completed their pass they move anticlockwise (or clockwise) to the next player who repeats the action
4. Get players to count the number of passes they make
5. Rotate players after set time intervals

### Coaching Points

1. Make sure to get into line with the ball as you receive it
2. Body shape as you strike, none kicking foot and hips pointing at target
3. Contact on the foot and ball as you strike

### Progression/Regression:

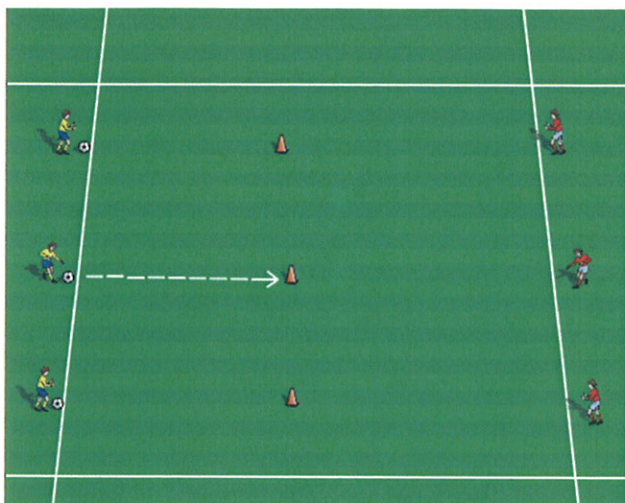
1. P – Allow player to move in any direction to find there next pass
2. R- Keep players in pairs with no movement





## New York Red Bulls – Practice Activity

Activity #	G2904	Curriculum	Beginners
Game	Jose's shoot out	Topic	Striking & Control
Key Learning Outcome(s)	To Develop Correct Striking and control technique		



**Activity G2904 – Beginner – Striking & Control**

### Organization

1. 20 x 20 yard area
2. 6 players
3. 1 large target cone
4. 1 ball per pair

### Instructions

1. Players work in pairs to compete against each other
2. To score a point you need to knock over the target marker in the center (this can be a ball on a disk cone if you do not have tall cones)
3. Players alternate there shots and keep their own score
4. Rotate players at set time intervals

### Coaching Points

1. None kicking foot planet by the ball for balance pointing at the target
2. Strike the centre of the ball
3. Lock the ankle as you strike

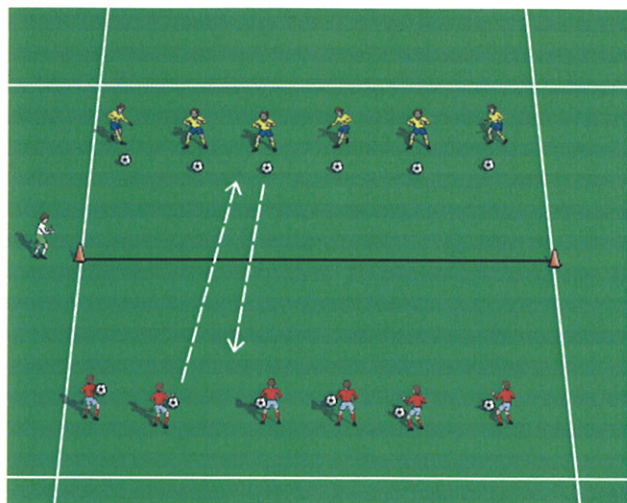
### Progression/Regression:

1. P – Give two points for any player that hits the target cone 1<sup>st</sup> time after their partner misses
2. R – Reduce the distance of the target cone



## New York Red Bulls – Practice Activity

Activity #	G2905	Curriculum	Beginners
Game	Clear the decks	Topic	Striking & Control
Key Learning Outcome(s)	To Develop Correct Striking and control technique		



**Activity G2905 – Beginner – Striking & Control**

### Organization

1. 30 x 30 yard area
2. 12 players (two teams of six players)
3. 12 balls (each team starts with six)

### Instructions

1. Each team is made up of six players
2. Each player has a ball
3. The idea of the game is to keep as many balls as possible in your opponents half of the area
4. You can only pass from your assigned half of the area and must stay in that side for the duration of the activity
5. Any ball that misses the area is counted on the teams score that missed the area
6. The activity is timed
7. When the coach shouts stop the balls are counted to determine a winning team

### Coaching Points

1. Weight and accuracy of the pass
2. Direction of the pass, can you pass the ball into space?
3. Ability to strike first time

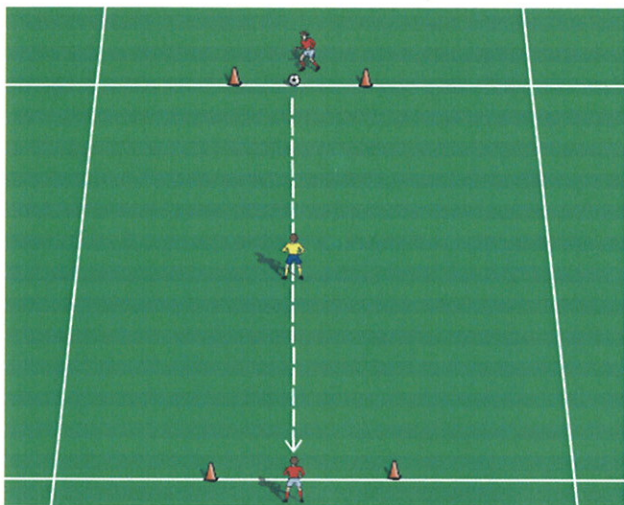
### Progression/Regression:

1. P – Players must make one pass in their half first before passing any ball over the halfway line
2. R – Reduce the number of balls to 6



### New York Red Bulls – Practice Activity

Activity #	G2906	Curriculum	Beginners
Game	Through the Garden Gate	Topic	Striking & Control
Key Learning Outcome(s)	To Develop Correct Striking and control technique		



**Activity G2906 – Beginner – Striking & Control**

#### Organization

1. 10 x 10 yard area
2. 3 players (one player acts as target)
3. 1 ball between three players

#### Instructions

1. Three players per group
2. One player acts as a target gate for the other two to pass through
3. The target gate stands equal distance from each outside player
4. Strikes must be made behind the cones
5. Points are scored for each successful attempt

#### Coaching Points

1. Approach
2. Position of hips and none kicking foot
3. Strike the centre of the ball
4. Use the inside of the foot

#### Progression/Regression:

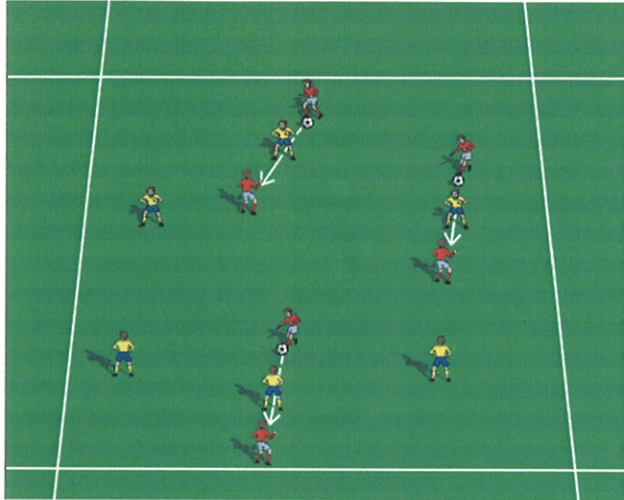
1. P – Award players extra points for first time passes through the legs
2. R – Replace player in the centre with a target goal defined with markers





## New York Red Bulls – Practice Activity

Activity #	G2907	Curriculum	Beginners
Game	Through the Gates	Topic	Striking & Control
Key Learning Outcome(s)	To Develop Correct Striking and control technique		



**Activity G2907 – Beginner – Striking & Control**

### Organization

1. 20 x 20 yard area
2. 12 players (6 reds, 6 yellows)
3. 3 balls, 1 ball per pair scoring.

### Instructions

1. The group is split into two teams
2. One team becomes the human gates the other team works in pairs to try and score through the gates
3. A point is scored by a success pass through any gate (players' legs).
4. Once a point is scored in one gate you must then attempt to score in a new gate with your next attempt
5. You get one shot at each gate; if you miss you must move on to the next gate
6. Keep track of each pairs score and add this up as one team score for the other team to beat
7. Switch teams after a set time interval

### Coaching Points

1. Weight and accuracy of the pass
2. Angle and distance of support to the ball
3. Receive the ball into the next space you wish to go

### Progression/Regression:

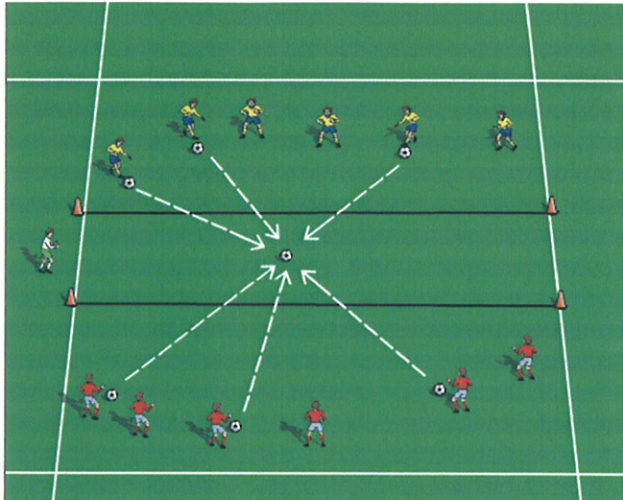
1. P – Players must make two successful passes through the gate
2. R – Allow players a second chance to score on each gate





## New York Red Bulls – Practice Activity

Activity #	G2908	Curriculum	Beginners
Game	Power Ball	Topic	Striking & Control
Key Learning Outcome(s)	To Develop Correct Striking and control technique		



**Activity G2908 – Beginner – Striking & Control**

### Organization

1. 30 x 30 yard area (split up into three zones of 10 x 30)
2. 12 players (two teams of six)
3. 1 large ball in the centre (sizes five or better still a beech ball).
4. 3 balls for each team

### Instructions

1. The group is split into two teams
2. Each team works within an assigned end zone
3. The goal of the game is to hit the larger centrally placed ball (the power ball) so that it moves into your opponents' area
4. Players are only permitted to strike within their assigned end zone
5. The game is over when the power ball enters a teams end zone

### Coaching Points

1. Accurate powerful shots will help move the power ball further
2. Strike with the laces
3. Land on striking foot as you follow through

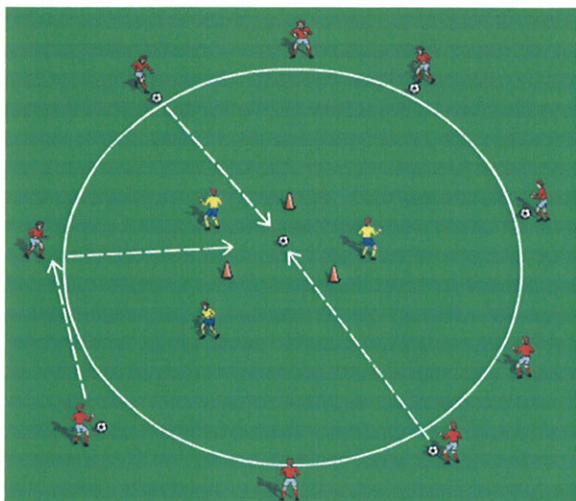
### Progression/Regression:

1. P - Increase the size of the central zone
2. R – Add a second or third power ball as a target



## New York Red Bulls – Practice Activity

Activity #	G2909	Curriculum	Beginners
Game	Star Wars	Topic	Striking & Control
Key Learning Outcome(s)	To Develop Correct Striking and control technique		



**Activity G2909 – Beginner – Striking & Control**

### Organization

1. Circle 10 yards in radius
2. 12 players (three players on the inside, nine on the outside)
3. 1 large target ball placed in the centre of a triangle defined by markers
4. 5 balls on the outside of the circle

### Instructions

1. Players on the outside attempt to hit the larger target ball placed in a central triangle area in the middle of the circle
2. The object of the game is to knock the ball outside the triangle
3. Players in the middle work to protect the ball
4. If centrally players win the ball they simply kick the ball back outside the circle
5. Players on the outside can shoot or pass to a player better placed to shoot
6. All shots must be outside the circle
7. Rotate players after a set time limit or when the ball is knocked outside the triangle

### Coaching Points

1. Decision making, when to shoot, when to pass
2. Take shooting opportunities quickly
3. Pace of the shot will be important so that if shot is missed it runs through the circle for the next player to strike

### Progression/Regression:

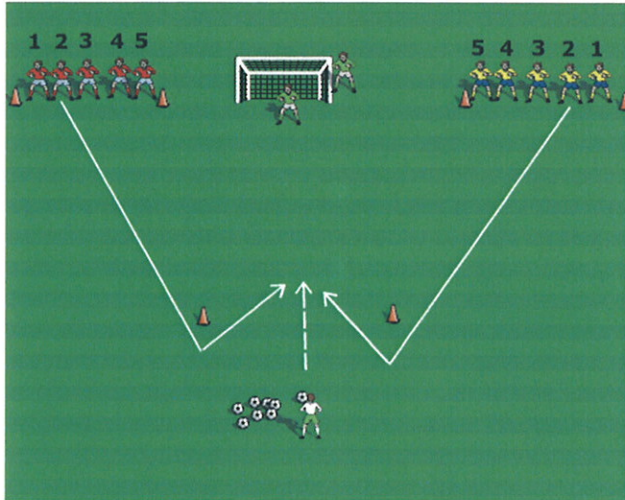
1. P – Allow player in the middle to keep any balls they win
2. R – Reduce the number of the player in middle protecting the ball





## New York Red Bulls – Practice Activity

Activity #	G2910	Curriculum	Beginners
Game	Shoot on Sight	Topic	Striking & Control
Key Learning Outcome(s)	To Develop Correct Striking and control technique		



**Activity G2910 – Beginner – Striking & Control**

### Organization

1. Open area – organization as shown
2. 12 players (5 players in each team, 2 goalkeepers that rotate)
3. Coach starts with all balls by his feet

### Instructions

1. The group is split into two teams
2. Each player within the team is assigned a number
3. Each team has its own starting position which is defined by markers
4. The coach calls out one number, that number from each team runs out, through the central markers
5. The coach then passes a ball in for the two players to compete against each other to goal
6. The game is over when a goal is scored or the ball leaves the area
7. The coach then calls out a new number
8. Each team keeps their own score

### Coaching Points

1. If you're first to the ball and the defender is behind or to the side, take the shot
2. Before you shoot look to see where the goalkeeper is standing
3. Shoot with instep for power
4. Follow in your shot; you may get a second chance

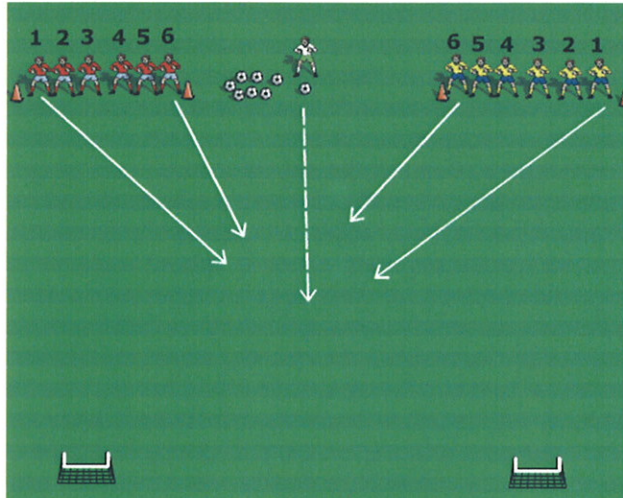
### Progression/Regression:

1. P – Call two players at a time
2. R – Allow players to each start with a ball and dribble this out to shoot, award one point for any shot made, two for a goal



## New York Red Bulls – Practice Activity

Activity #	G2911	Curriculum	Beginners
Game	Strike Partners	Topic	Striking & Control
Key Learning Outcome(s)	To Develop Correct Striking and control technique		



**Activity G2911 – Beginner – Striking & Control**

### Organization

1. Open area – Organization as shown
2. 12 players (two teams of six players)
3. The coach starts with all balls by there feet

### Instructions

1. The group is split into two teams
2. Each player within the team is assigned a number
3. Each team has its own starting position, this is defined by markers
4. The coach calls out two numbers, those numbers from each team run out to the middle
5. The coach then passes a ball in for the players to compete against each other to score in any of the two goals
6. The game is over when a goal is scored or the ball leaves the area
7. The coach then calls out a new number
8. Each team keeps their own score

### Coaching Points

1. First option should be to shoot
2. Body position when striking
3. Contact on the foot and ball

### Progression/Regression:

1. P – Add goalkeepers
2. R – Call one number at a time