



Technical Learning Outcomes

Stops and Starts

High Wave

- The ball should be moving forward throughout with opponent on the inside of your body
- Lift your foot in a motion as though you were about to stop or back heel the ball
- Wave your foot from front to back over the top of the ball, using the outside foot from your opponent so that your body shape shields the ball as you expose it
- Quickly take the ball in the same direction with the waving foot

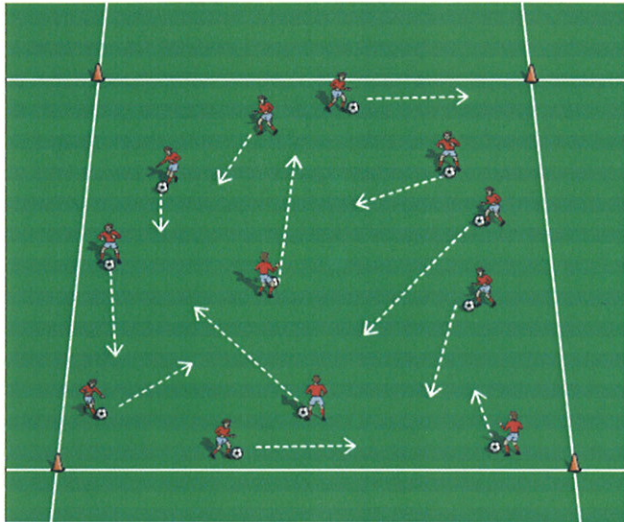
Low Wave

- The ball should be moving forward throughout with opponent on the inside of your body
- Lift your foot in a motion as though you were about to cut the ball with the outside of your foot
- Wave your foot to the side of the ball, using the outside foot from your opponent so that your body shape shields the ball as you expose it
- Quickly take the ball in the same direction with the waving foot



New York Red Bulls – Practice Activity

Activity #	W500	Curriculum	Advanced
Section	Warm Up	Topic	Stops and Starts
Key Learning Outcome(s)	Dribbling at high speed looking to experiment with stop starts		



Activity W500 – Advanced – Stop Starts

Organization

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

Instructions

1. All players dribble around the area
2. On command of "stop" players stop. On command of "start" players start dribbling again

Coaching Points

1. Keep the ball close to feet
2. Keep head up

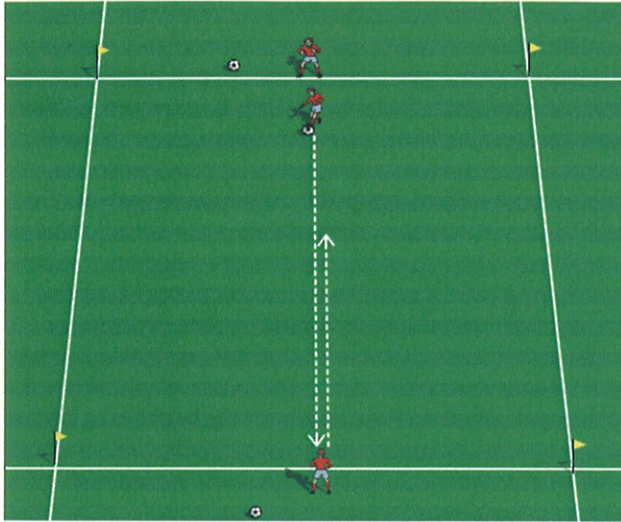
Progression/Regression:

1. P – Add defender(s)



New York Red Bulls – Practice Activity

Activity #	M500	Curriculum	Advanced
Section	Main Theme	Topic	Stops and Starts
Key Learning Outcome(s)	Ability to demonstrate various stop starts		



Activity M500 – Advanced – Stop Starts

Organization

1. 5 x 15 yard area (x4)
2. 3 players
3. 2 on one side and 1 on the other
4. 1 Ball

Instructions

1. Player dribbles out and performs a specific stop start near the middle of the area and then dribbles to opposite end
2. Opposite player then repeats
3. Players keep rotating

Coaching Points

1. Positive first touch out of feet
2. Keep ball under control
3. Technique (Specific one being used)
4. Accelerate away
5. Start slow and gradually build up to full speed

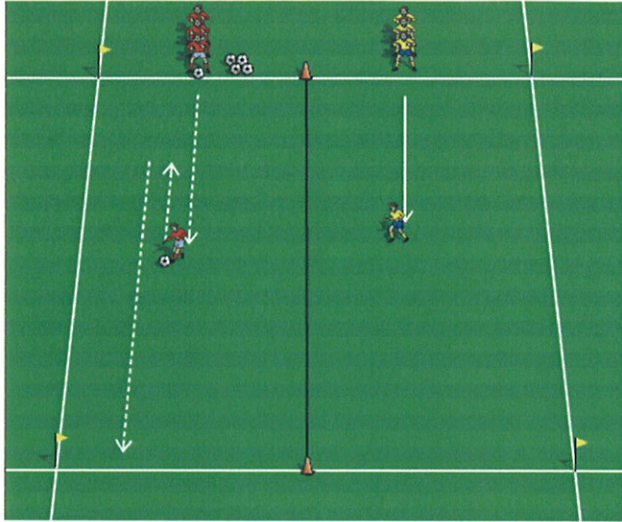
Progression/Regression:

1. Give players freedom to try any stop start or combination of them



New York Red Bulls – Practice Activity

Activity #	M501	Curriculum	Advanced
Section	Main Theme	Topic	Stops and Starts
Key Learning Outcome(s)	Ability to demonstrate various stop starts / turns to beat players		



Activity M501 – Advanced – Stop Starts

Organization

1. 10 x 15 yard area (x 2)
2. 6 players (3 vs. 3)
3. Markers divide the area in half
4. 6 balls

Instructions

1. Players score by dribbling over either end line before the defending player can run across it
2. Players must stay in their own areas
3. Defending players have to "mirror" attacker and beat them to end line
4. Each game is played for 5 seconds
5. Play for 2 minutes then change attackers and defenders

Coaching Points

1. Positive first touch out of feet
2. Get the defender moving at full speed
3. Technique (Specific one(s) being used)
4. Be creative

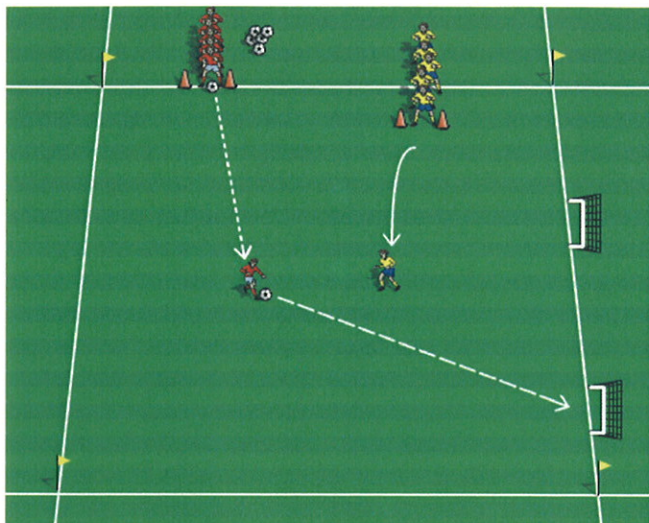
Progression/Regression:

1. P – Remove divide and play with full pressure



New York Red Bulls – Practice Activity

Activity #	M502	Curriculum	Advanced
Section	Main Theme	Topic	Stops and Starts
Key Learning Outcome(s)	Ability to demonstrate various stop starts / turns to beat players and score goals		



Activity M502 – Advanced – Stop Starts

Organization

1. 20 x 20 yard area
2. 12 players (6 vs. 6)
3. 12 balls
4. 2 pug goals set up as shown

Instructions

1. Players score by dribbling out and shooting into either goal
2. Players have 5 seconds to score
3. Defending players have to possess or get ball out of area to score
3. New game starts if defender wins the ball
4. Play for a time limit or for number of repetitions then change attackers and defenders

Coaching Points

1. Positive first touch out of feet
2. Get the defender moving at full speed
3. Technique (Specific one(s) being used)
4. Finish with good shot

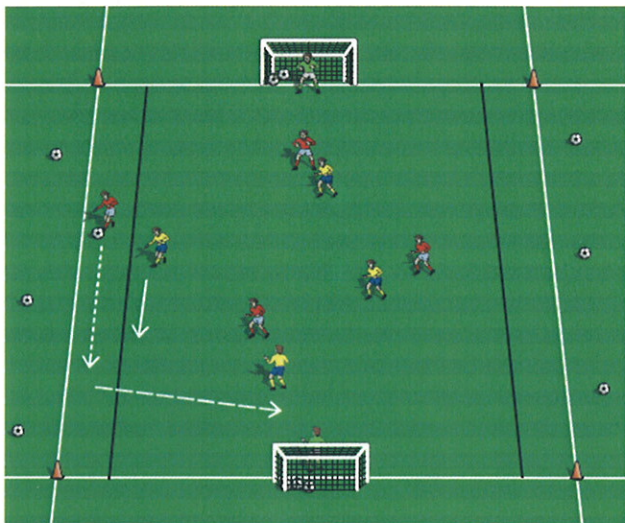
Progression/Regression:

1. P – Defender can move forward and defend before attacker moves



New York Red Bulls – Practice Activity

Activity #	C500	Curriculum	Advanced
Section	Conditioned Game	Topic	Stops and Starts
Key Learning Outcome(s)	Ability to demonstrate various stop starts / turns in full game situations		



Activity C500 – Advanced – Stop Starts

Organization

1. 40 x 35 yard area
2. 12 players (4 vs. 4, 1 team resting, 2 goalkeepers from resting team)
3. 12 balls (additional balls around the outside)
4. Age specific goals
5. Two 5 yard wide areas set up on each side

Instructions

1. Teams score by shooting into the goal
2. Players can only spend 2 seconds in the wide area if not in possession of the ball
3. Players can not be tackled if in the wide areas
4. If ball leaves the area, game is restarted with kick in on the sides
5. If the ball leaves the area for a corner, game restarts from the attacking team's goalkeeper

Coaching Points

1. Get the ball out wide to use wide areas
2. Be creative when in wide areas to get crosses in
3. Attacker can cut in if defender does not close down
4. End action
5. Play the game. Don't force things

Progression/Regression:

1. P – Allow one defender to go into wide area to add pressure
2. P – Remove wide area and have full pressure all over the area
3. P – Can only score from cross or after ball has been in wide area