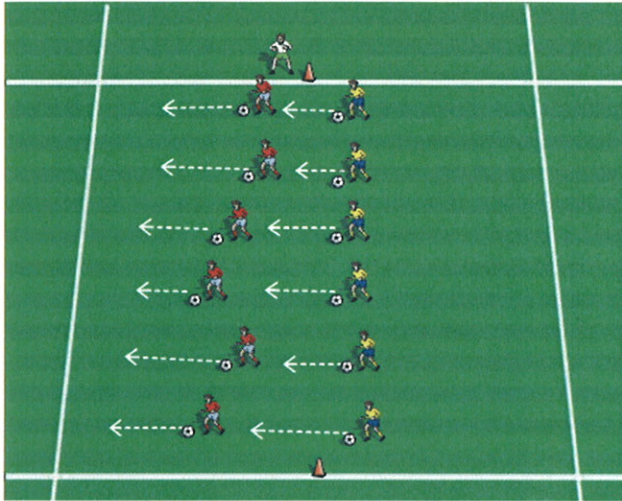




## New York Red Bulls – Practice Activity

Activity #	G2800	Curriculum	Beginner
Game	Cats and Dogs	Topic	Turning
Key Learning Outcome(s)	Use different surfaces of feet to change direction		



**Activity G2800 – Beginner – Turning**

### Organization

1. 20 x 30 yard area, divided lengthways with a centerline
2. 12 players
3. 12 balls

### Theme – Cats and Dogs

1. Players are paired up and stand almost opposite each other, one either side of the centerline. One side are the 'Cats' the other 'Dogs'
2. Upon coach instruction of either 'Cats' or 'Dogs', those players have to turn and retreat to the end line behind them. Their partner will chase and attempt to reach their end line before them. Points are scored for reaching the end line first
3. Once organization is understood, balls are introduced. Upon instruction both players have to dribble balls, with one player performing a drag back turn

### Coaching Points

1. Stand behind ball
2. Use sole of foot to pull the ball across the front of the body
3. Keep eyes on ball
4. Dribble away at speed

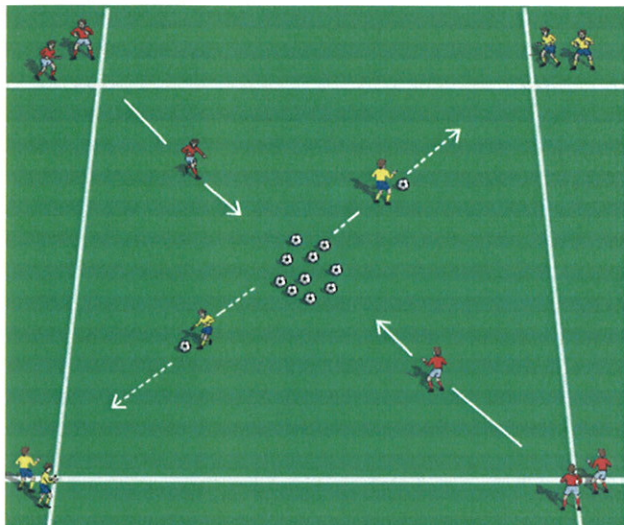
### Progression/Regression:

1. P – Player in pursuit does not need to dribble their ball
2. R – Increase the starting distance between the players



## New York Red Bulls – Practice Activity

Activity #	G2801	Curriculum	Beginner
Game	Burger Bar	Topic	Turning
Key Learning Outcome(s)	Correct demonstration of the drag back turn		



**Activity G201 – Beginner – Turning**

### Organization

1. 20 x 20 yard area
2. 12 players
3. 12 balls, supply of cones

### Theme – Burger Bar

1. Players are divided into four teams and given team names, Nuggets, French Fries, Apple Pies, Onion Rings. Players take position on the corners of area
2. All balls (burgers) are centrally located in area 'The Grill'
3. Players take turns to go to the Grill and get a Burger. The players are instructed to perform a drag back turn and then dribble back to their team
4. Game finishes when all burgers have been taken. Team with the most wins. Have all the burgers returned to the grill and repeat
5. Add cones to represent buns and cheese. Players have the choice of selecting a burger, bun or cheese award extra points for complete burgers!

### Coaching Points

1. Approach ball slowly, keeping a low body position
2. Use sole of foot to pull the ball across the front of the body
3. Keep eyes on ball
4. Dribble away at speed

### Progression/Regression:

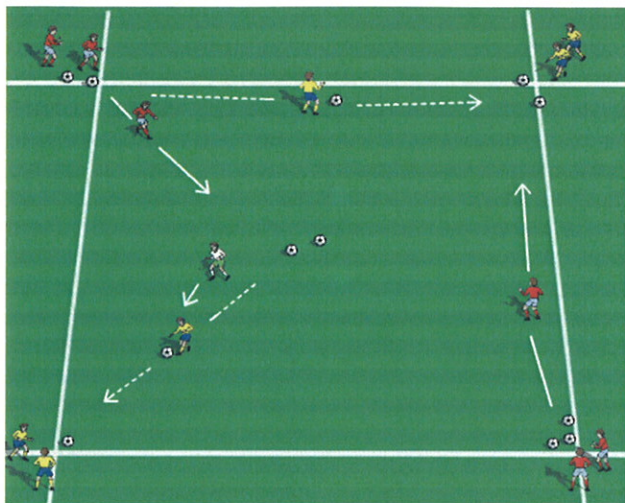
1. P – Have the coach decide whether burgers are 'cooked' If the coach instructs that a burger is not ready, the player must perform another drag back, replace the burger and select a new one
2. R – Rather than have players take the burgers away. Have them come to the Grill and flip three burgers (3 consecutive drag back turns) before returning, provides more repetition and takes away the pressure of competition





## New York Red Bulls – Practice Activity

Activity #	G2802	Curriculum	Beginner
Game	Bank Robbery!	Topic	Turning
Key Learning Outcome(s)	Correct demonstration of turns		



**Activity G2802 – Beginner – Turning**

### Organization

1. 20 x 20 yard area, with a 3 x 3 yard area in each corner
2. 12 players
3. 12 balls

### Theme – Bank Robbery!

1. Players are divided into four teams and take position on the corners of area
2. All balls (gold) are centrally located in area 'The Bank'
3. Players take turns to go to the Bank and get some Gold. The players are instructed to perform a turn and then dribble back to their team
4. Game finishes when all Gold has been taken from the bank. Team with the most wins. Return all the Gold to the Bank and repeat
5. Once all the Gold has been taken from the Bank, players can then steal Gold from each other
6. Watch out for the Police (Coach) who will try to catch you. The corner areas are 'safe'

### Coaching Points

1. Approach ball slowly, keeping a low body position
2. Use sole of foot to pull the ball across the front of the body
3. Keep eyes on ball
4. Dribble away at speed
5. Look around to observe the Coach, if they are obstructing the route, turn and go back home

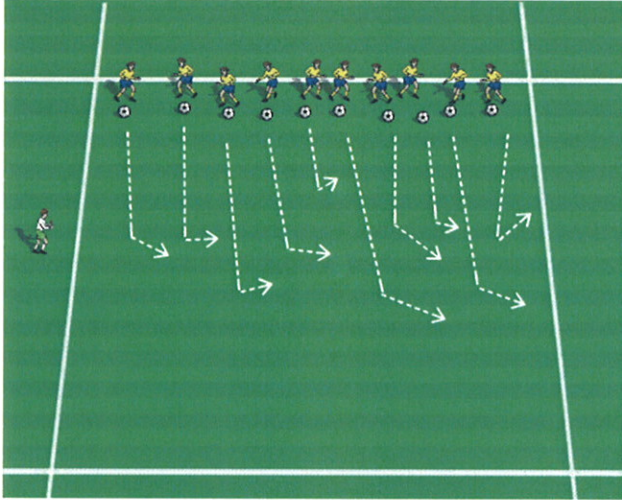
### Progression/Regression:

1. P – Watch out for the Police (Coach) who will try to catch you. The corner areas are 'safe'
2. R – Perform at walking speed until correct technique is observed



## New York Red Bulls – Practice Activity

Activity #	G2803	Curriculum	Beginner
Game	North - South	Topic	Turning
Key Learning Outcome(s)	Correct demonstration of turns		



**Activity G2803 – Beginner – Turning**

### Organization

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

### Theme – North, South, East, West

1. Each side of the area is named after a point on the compass
2. Players instructed to dribble around area
3. Upon instruction by coach, players have to dribble to that point on the compass

### Coaching Points

1. Dribble at speed, keeping the ball close
2. Approach ball slowly, keeping a low body position
3. Use the correct turn, hook or chop turn to go left or right, drag back to turn around
4. Speed up after performing maneuver

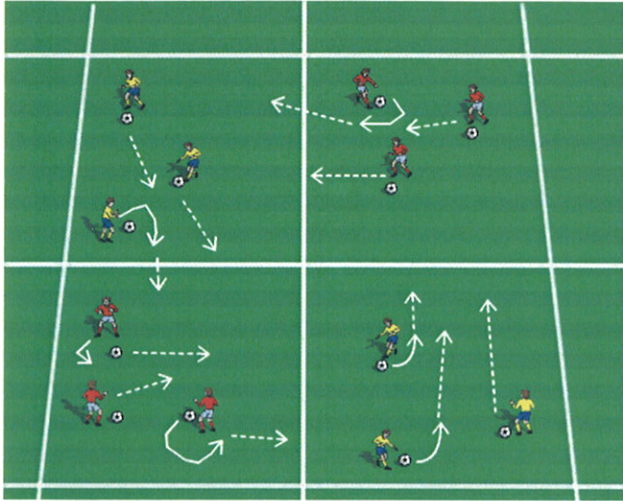
### Progression/Regression:

1. P – Reverse the instructions, e.g. North = South
2. R – Instruct to turn left or right only



## New York Red Bulls – Practice Activity

Activity #	G2804	Curriculum	Beginner
Game	Hop it!	Topic	Turning
Key Learning Outcome(s)	Correct demonstration of turns		



**Activity G2804 – Beginner – Turning**

### Organization

1. 20 x 20 yard area, divided into 4 quarters
2. 12 players
3. 12 balls

### Theme – Hop it!

1. Players divided into 4 groups and into quarters, and instructed to dribble their ball in their area
2. Upon instruction 'Hop it!' players then move into next area
3. Players should perform a turn if they are not already going in the right direction

### Coaching Points

1. Dribble at speed, keeping the ball close
2. Approach ball slowly, keeping a low body position
3. Use the correct turn, hook or chop turn to go left or right, drag back to turn around
4. Speed up into new area after performing maneuver

### Progression/Regression:

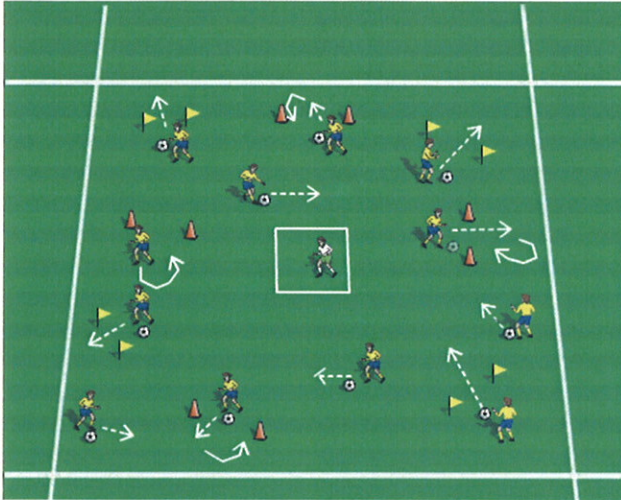
1. P – Instruct 'Hop it and Back!' Players dribble into an adjacent area and then return after performing a turn
2. R – Have players perform without balls to understand movement





## New York Red Bulls – Practice Activity

Activity #	G2805	Curriculum	Beginner
Game	King Henry's Castle	Topic	Turning
Key Learning Outcome(s)	Correct demonstration of turns		



**Activity G2805 – Beginning – Turning**

### Organization

1. 20 x 20 yard area, central area marked out with 4 red gates and 4 blue gates scattered around the area
2. 12 players
3. 12 balls

### Theme – King Henry's Castle

1. Hampton Court in London is famous for its maze and who lived there, Henry VIII!
2. Players are lost in the maze, and a hungry King Henry (coach) is waiting for his dinner in the central area
3. Instructed to dribble around the maze, through the gates. Players can go straight through blue gates, but when they go through a red gate it is a 'dead end' and must perform a turn and come back
4. Upon instruction 'I want my dinner' players must dribble to the castle tower to feed the grumpy King Henry!

### Coaching Points

1. Dribble at speed, keeping the ball close
2. Keep a low body position when performing the turn
3. Use sole of foot to pull the ball across the front of the body
4. Keep eyes on ball
5. Dribble away at speed

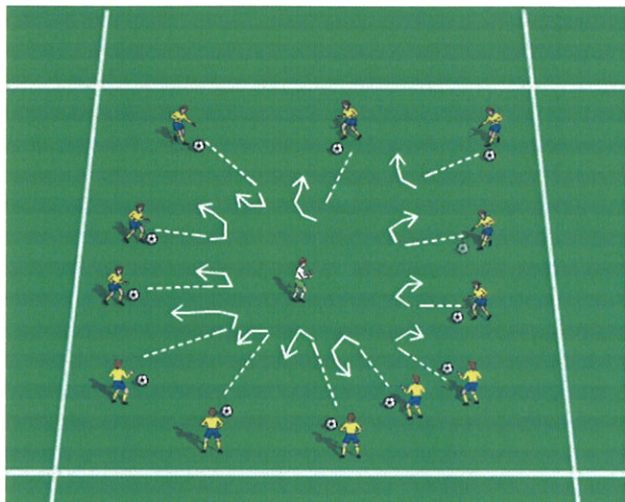
### Progression/Regression:

1. P – Increase the amount of red gates, decrease distance between the cones
2. R – Have players perform at walking speed to ensure correct technique



## New York Red Bulls – Practice Activity

Activity #	G2806	Curriculum	Beginner
Game	Don't Wake the Giant	Topic	Turning
Key Learning Outcome(s)	Correct demonstration of turns		



**Activity G2806 – Beginner – Turning**

### Organization

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

### Theme – Don't wake the Giant

1. Players begin on the perimeter of area. Coach lies on the ground and pretends to be asleep. Objective is get as close as possible to the Giant with out waking him/her up!
2. Should the players wake the Giant, he will be grumpy and will try to catch the players. They must turn and dribble back to the perimeter, stopping their ball under control
3. Coach goes back to sleep, and repeat

### Coaching Points

1. Dribble at speed, keeping the ball close
2. Keep a low body position when performing the turn
3. Use sole of foot to pull the ball across the front of the body
4. Keep eyes on ball
5. Dribble away at speed

### Progression/Regression:

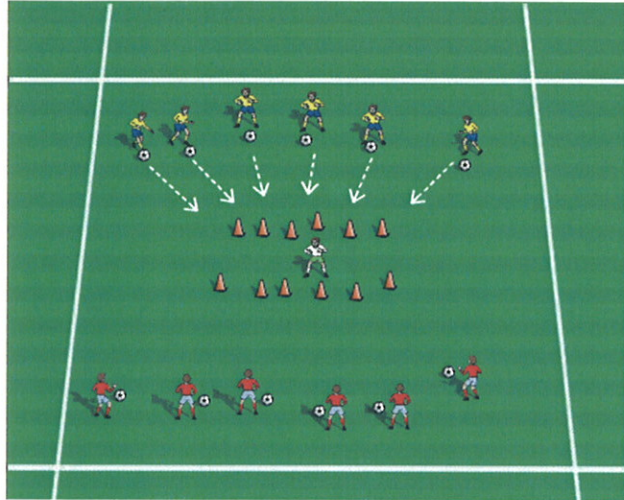
1. P – Drop cones around area, players have to dribble around to collect all the cones without waking the giant
2. R – Decrease the size of the area





## New York Red Bulls – Practice Activity

Activity #	G2807	Curriculum	Beginner
Game	Cookie Monster	Topic	Turning
Key Learning Outcome(s)	Correct demonstration of turns		



**Activity G2807 – Beginner – Turning**

### Organization

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

### Theme – Cookie Monster

1. Players begin either side of area, and approach the centrally located Cookie Monster (Coach)
2. Around the Cookie Monster are 12 cookies (cones). Objective is to approach when the Cookie Monster is looking away and try and steal his cookies!
3. If the Cookie Monster sees you moving, he will chase you to protect his cookies
4. Players must turn and run home

### Coaching Points

1. Dribble at speed, keeping the ball close
2. Keep a low body position when performing the turn
3. Use sole of foot to pull the ball across the front of the body
4. Keep eyes on ball
5. Dribble away at speed

### Progression/Regression:

1. P – Players have the choice of either turning and dribbling to safety or dribbling past the coach to the other side
2. R – Decrease the size of the area, put cones closer to players