



Technical Learning Outcomes

Receiving on the Ground

- 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

Inside

- Receive with furthest foot from the ball
- Slight hop onto standing foot on contact to prepare for next action
- Receive with the toe pointed up and ankle locked

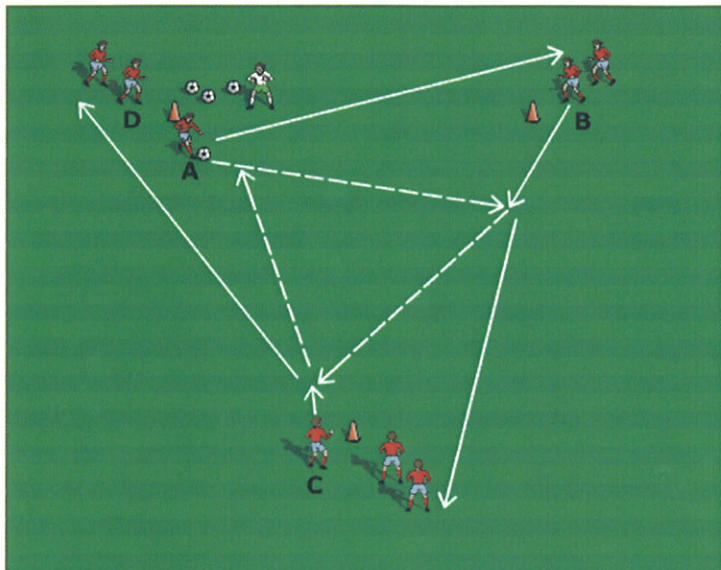
Outside

- Receive with the nearest foot to the ball
- Toe down ankle locked
- Arms out for balance to feel for defender
- Next action is to turn or protect the ball



New York Red Bulls – Practice Activity

Activity #	W1000	Curriculum	Advanced
Section	Warm Up	Topic	Receiving on the ground
Key Learning Outcome(s)	Learning to receive a pass along the ground		



Activity W1000 – Advanced – Ground Control

Organization

1. 15 x15 yard area set up as shown
2. 6 players set up as shown
3. 6 balls

Instructions

1. Player A starts with the ball and makes a pass to player B
2. Player B checks to the ball and selects the appropriate surface to receive the ball
3. Player A follows their pass and joins at the back of the line
4. Player B makes a pass to Player C
5. Player C makes a pass back to the starting point to player D
6. The activity is continuous

Coaching Points

1. Getting into line with the ball
2. Select appropriate surface
3. Receive with furthest foot from the ball

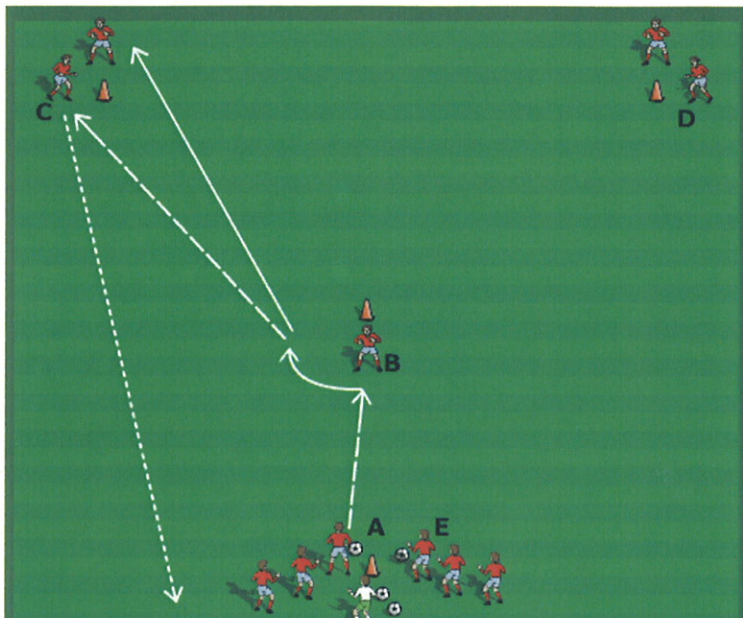
Progression/Regression:

1. P – Add a defender
2. P – Add a second/ third ball



New York Red Bulls – Practice Activity

Activity #	W1001	Curriculum	Advanced
Section	Warm Up	Topic	Receiving on the ground
Key Learning Outcome(s)	Receive the ball with the outside of the foot		



Activity W1001 – Advanced – Ground Control

Organization

1. 20 x 30 yard area set up as shown with markers
2. 12 players set up as shown
3. 12 balls

Instructions

1. Player A pass ball to player B who receives the ball
3. Player B then plays a pass to player C who receives the ball
4. Player C then dribbles back to the starting point
5. Player A becomes player B, player B becomes player C
6. Player E then restarts the activity and passes the ball to player B who then selects the surface to receive the ball and makes a pass to player D

Coaching Points

1. Receive with the nearest foot to the ball
2. Toe down ankle locked
3. Arms out for balance to feel for defender
4. Next action is to turn or protect the ball

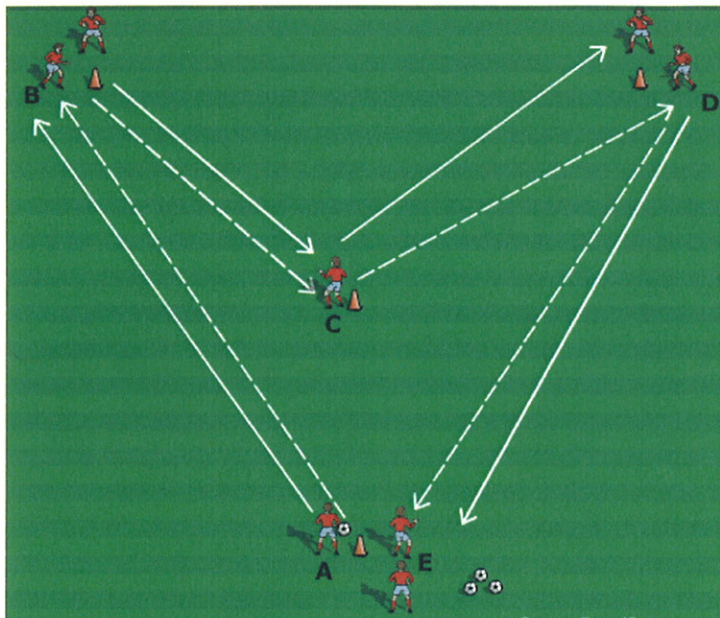
Progression/Regression:

1. P – Add a defender to the player receiving the pass



New York Red Bulls – Practice Activity

Activity #	W1002	Curriculum	Advanced
Section	Warm Up	Topic	Receiving on the ground
Key Learning Outcome(s)	Learning to receive the pass along the ground		



Activity 1002 – Advanced – Ground Control

Organization

1. Open area set up as shown
2. 8 players set up as shown
3. 5 balls

Instructions

2. Player A passes to player B and follows it
3. Player B passes to player C and follows it
4. Player C passes to player D and follows it
5. Player D passes to player E and follows it
6. The exercise now restarts

Coaching Points

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

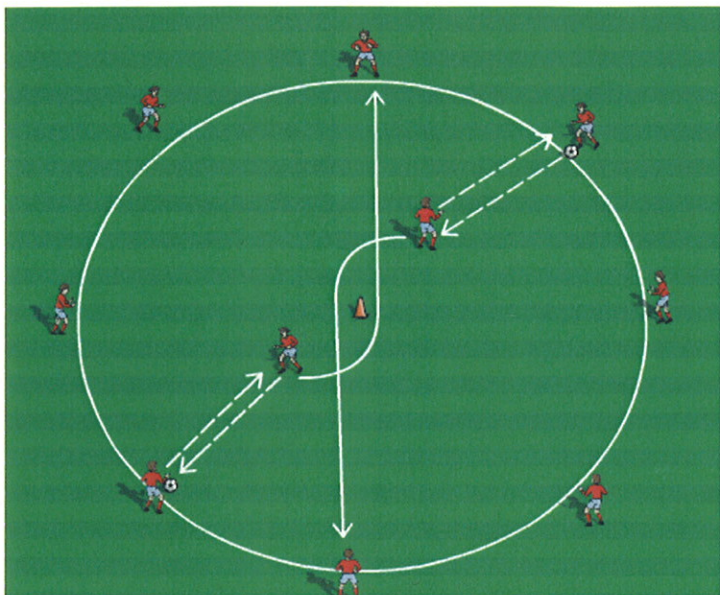
Progression/Regression:

1. P – Player making the pass must sprint after the ball to apply pressure to the player receiving the ball



New York Red Bulls – Practice Activity

Activity #	W1004	Curriculum	Advanced
Section	Warm Up	Topic	Receiving on the ground
Key Learning Outcome(s)	Receiving the ball along the ground		



Activity W1004 – Advanced – Ground Control

Organization

1. Large circle 20 yards in diameter
2. 10 players (2 attackers, 8 servers) set up as shown
4. 8 balls

Instructions

1. Players on the outside of the circle start with the ball
2. Players in the center have to receive from one of the servers
3. The receiver then plays back to the server
4. The receiver then moves away to find a new server
5. Play for a set time limit then rotate players

Coaching Points

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

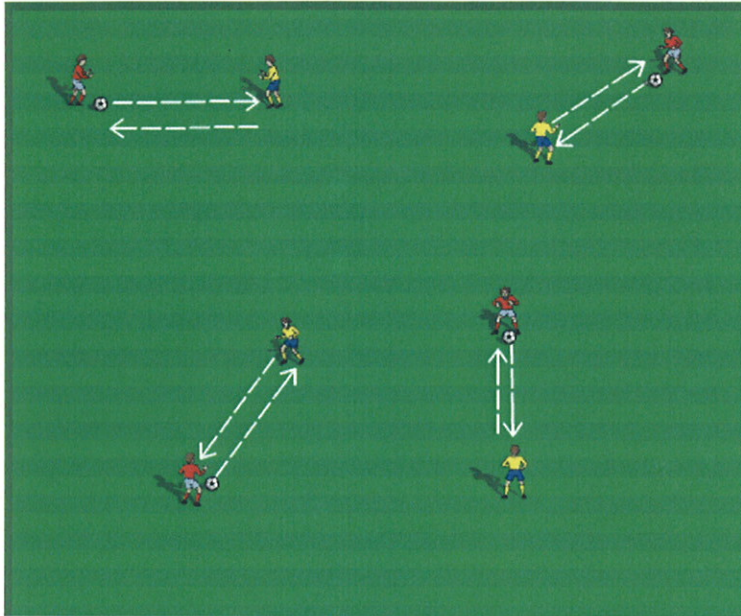
Progression/Regression:

1. P – Receiving the ball turn, dribble and find an open server
2. P – Add passive defender



New York Red Bulls – Practice Activity

Activity #	M1000	Curriculum	Advanced
Section	Main Theme	Topic	Receiving on the ground
Key Learning Outcome(s)	Receiving the ball along the ground		



Activity M1000 – Advanced – Ground Control

Organization

1. 30 x 40 yard area
2. 8 players set up as shown
3. 4 balls

Instructions

1. Players have to play passes to each other
2. The player receiving has to control the ball quickly and play back to partner
3. If a player miss controls the ball, they get a point
4. If the player playing the pass misplaces it, they get the point
5. Play to 5 points then change partners

Coaching Points

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

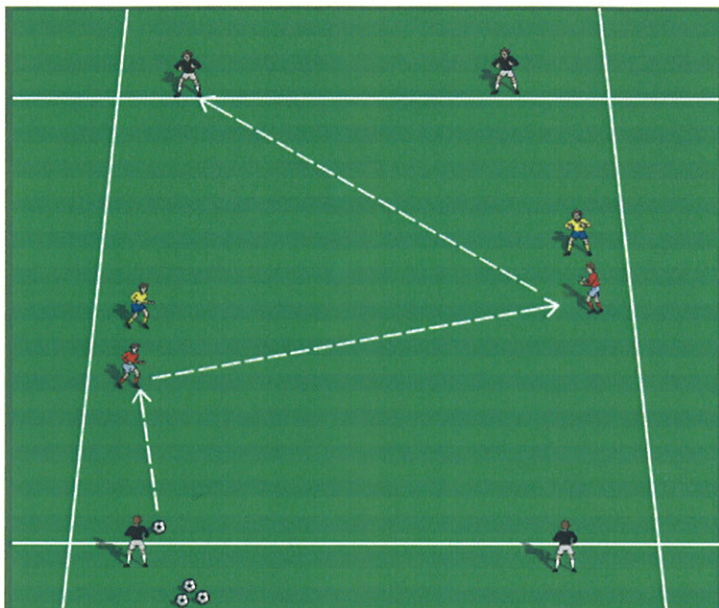
Progression/Regression:

1. P – Players are allowed to vary the weight and accuracy of the pass
2. R – Play softer passes



New York Red Bulls – Practice Activity

Activity #	M1001	Curriculum	Advanced
Section	Main Theme	Topic	Receiving on the ground
Key Learning Outcome(s)	Receiving the ball along the ground		



Activity M1001 – Advanced – Ground Control

Organization

1. 30 x 20 yard area
2. 8 players (2 attackers, 2 defenders, 4 targets) set up as shown
3. 1 ball (additional on the outside)

Instructions

1. Teams score by getting the ball into one of the target players
2. The target players then play back to the opposite team
3. If the ball leaves the field of play then the targets start the game again with kick in
4. Play for 2 minutes then switch target players

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

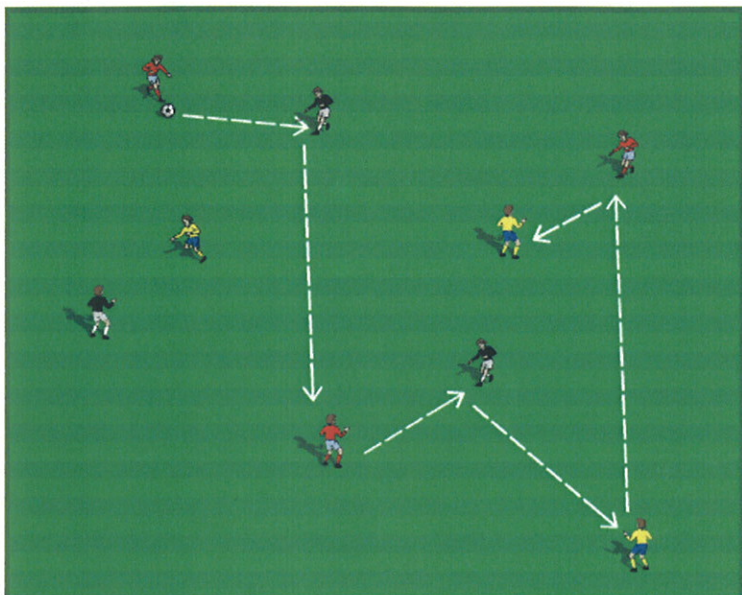
Progression/Regression:

1. P – Make targets specific to each team
2. P – Players are allowed 2 touch



New York Red Bulls – Practice Activity

Activity #	M1002	Curriculum	Advanced
Section	Main Theme	Topic	Receiving on the ground
Key Learning Outcome(s)	Receiving the ball along the ground		



Activity M1002 – Advanced – Ground Control

Organization

1. 40 x 30 yard area
2. 9 players in three teams set up as shown
3. 2 balls

Instructions

1. All players passing and moving in the area
2. The game has three levels 1) Players can play to anyone 2) Players can not play to players who are the same color 3) Players can not play to a player who is the same color as the person they just received the ball from
3. Play for a set time limit

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

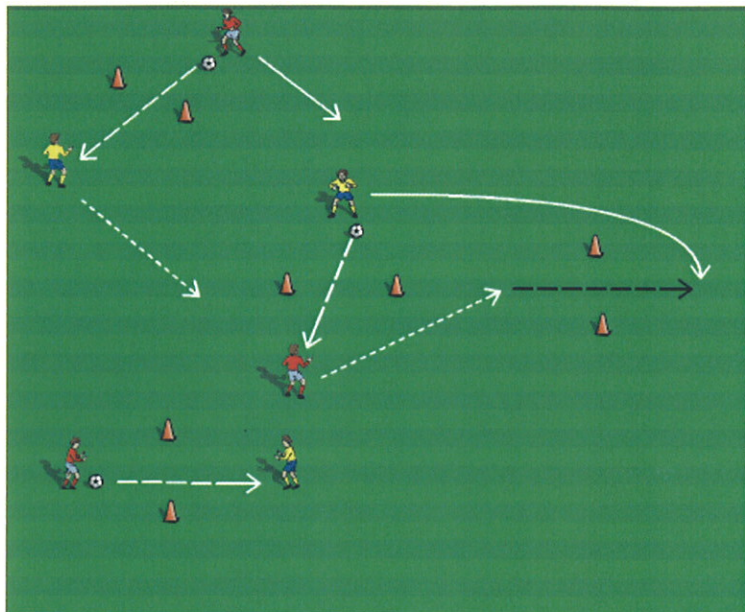
Progression/Regression:

1. P – Players have a 2 touch limit
2. P – Add extra balls



New York Red Bulls – Practice Activity

Activity #	M1003	Curriculum	Advanced
Section	Main Theme	Topic	Receiving on the ground
Key Learning Outcome(s)	Receiving the ball along the ground		



Activity M1003 – Advanced – Ground Control

Organization

1. 30 x 40 yard area with four 2 yard gates set up as shown
2. 6 players (set up as shown)
3. 3 balls

Instructions

1. Teams score by passing through as many different gates as possible
2. Players have to play through each gate to their teammate and then move to the next gate
3. Play for a set time limit then change partners

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

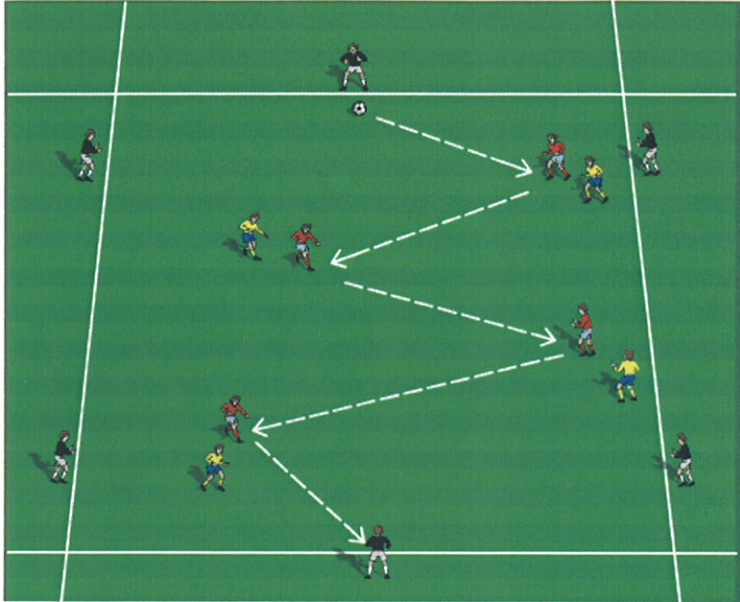
Progression/Regression:

1. P – Teams lose their points if the ball touches another player or if it hits one of the gates
2. P – Reduce the number of gates
3. R – Add more gates



New York Red Bulls – Practice Activity

Activity #	M1004	Curriculum	Advanced
Section	Main Theme	Topic	Receiving on the ground
Key Learning Outcome(s)	Receiving the ball along the ground		



Activity M1004 – Advanced – Receiving on the ground

Organization

1. 40 x 50 yard area
2. 14 players (4 attackers, 4 defenders, 4 neutrals, 2 targets) set up as shown
3. 1 ball (additional around the outside)

Instructions

1. Teams score by getting the ball into the lone target player at one end, they then have to get the ball to the opposite target player
2. Players can use the neutrals on the side for give – go's
3. If the defenders win the ball they can play to either target
4. If the ball leaves the field of play it is restarted with kick in from one of the neutrals

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. P – Reduce players touches
2. R – Add a neutral in the playing area to give numbers up



New York Red Bulls – Practice Activity

Activity #	M1006	Curriculum	Advanced
Section	Main Theme	Topic	Receiving on the Ground
Key Learning Outcome(s)	Receiving the ball along the ground		



Activity M1006 – Advanced – Receiving on the ground

Organization

1. 10x10 yard box
2. 40x40 yards overall
3. 16 players
4. 8 balls
5. 16 cones

Instructions

1. 4 players to each box
2. Ball in each box
3. Players have to pass to each other within the box. On the coaches command the ball get played clockwise
4. Looking at receiving the pass within their own box and the ball coming from another box.

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

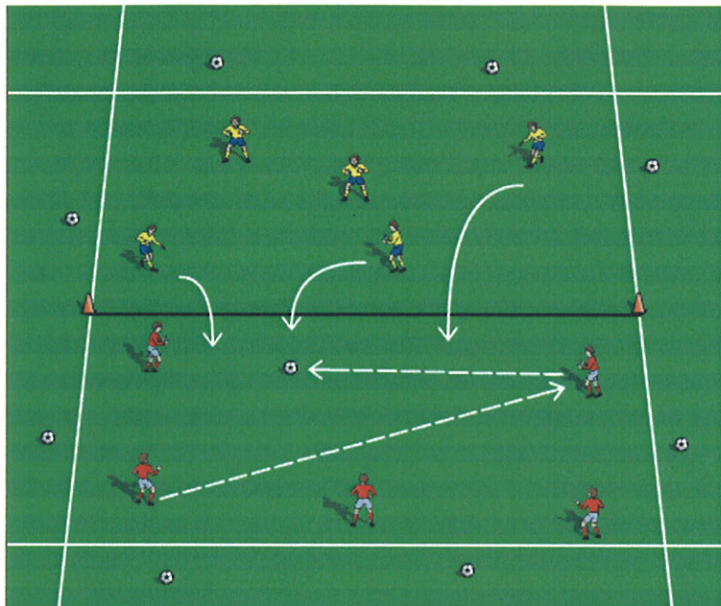
Progression/Regression:

1. P – Turn one of the players into a defender making it a 3 v 1 inside each box. Still looking to play ball to other box on coaches command
2. R – Take away the four boxes making a large field, make two teams. Object is to keep possession and score at an end zone line



New York Red Bulls – Practice Activity

Activity #	M1007	Curriculum	Advanced
Section	Main Theme	Topic	Receiving on the ground
Key Learning Outcome(s)	Receiving the ball along the ground		



Activity M1007 – Advanced – Ground Control

Organization

1. 40 x 30 yard area divided in half set up as shown
2. 10 players (5 attackers, 5 defenders) set up as shown
3. 1 ball (additional around the outside)

Instructions

1. Teams score by completing 5 consecutive passes
2. Players have to stay in their half of the field when in possession
3. When the opposition is in possession, 3 defenders are allowed to enter the other half to win the ball back
4. If the defenders win the ball they have to get the ball back to their team. The game then continues
5. If the ball leaves the area the game is restarted with a kick in. If the kick in is for the defenders they are allowed to play directly back to their team
6. Play for a set time period then rotate players

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

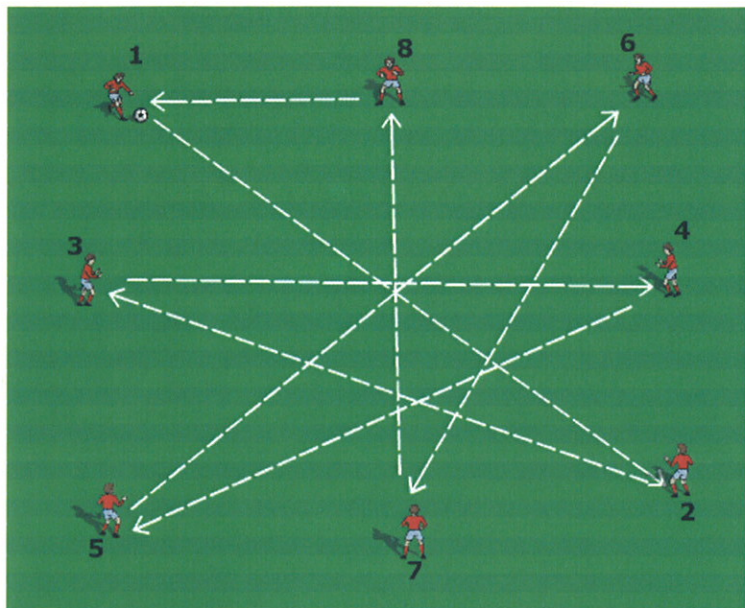
Progression/Regression:

1. P – Add an extra defender
2. P – Attackers are only allowed 2 touch
3. R – Reduce the defenders



New York Red Bulls – Practice Activity

Activity #	M1008	Curriculum	Advanced
Section	Main Theme	Topic	Receiving on the ground
Key Learning Outcome(s)	Receiving the ball along the ground		



Activity M1008 – Advanced – Ground Control

Organization

1. 30 x 40 yard area
2. 8 players set up as shown
3. 1 ball (additional around the outside)

Instructions

1. Players are given a number in order 1 – 8
2. Players have to play passes in number sequence
3. Players must be moving around

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

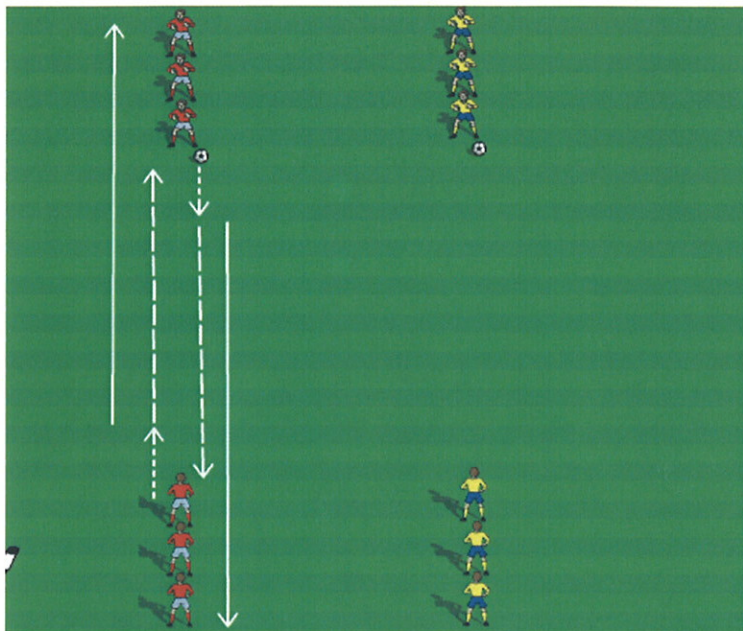
Progression/Regression:

1. P – Add additional ball(s)
2. P – Play 3 touch maximum
3. P – Change the sequence i.e 1 to 3, 3 to 2, 2 to 4, 4 to 6, 6 to 5, 5 to 7
4. R – Allow players to play to anyone



New York Red Bulls – Practice Activity

Activity #	M1009	Curriculum	Advanced
Section	Main Theme	Topic	Receiving on the Ground
Key Learning Outcome(s)	Receiving the ball along the Ground		



Activity M1009 – Advanced – Receiving on the ground

Organization

1. 10x15 yards
2. 12 players
3. 6 balls
4. 4 cones

Instructions

1. Set two teams facing each other about 15 -20 yards away
2. One team will start with the ball and dribble 5 yards towards the their teammate
3. They will then make a pass, follow the pass and join the end of the line to repeat
4. Pending on numbers of players try and make 2 or 3 teams to keep them involved

Coaching Points

Inside

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

Outside

4. Receive the nearest foot to the ball
5. Toe down ankle locked
6. Arms out for balance to feel for defender
7. Next action is to turn or protect the ball

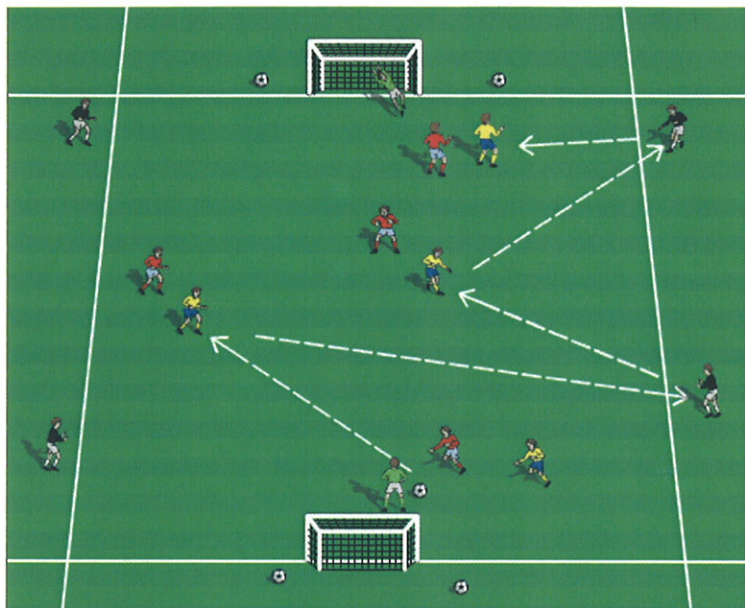
Progression/Regression:

1. P – Ask the players that once they make a pass they must pressure the player receiving the ball
2. P – If you have two teams see if they can play diagonal
3. R – Turn this into a rely race, 1st complete a full rotation (back to where they started wins)



New York Red Bulls – Practice Activity

Activity #	C1001	Curriculum	Advanced
Section	Conditioned Game	Topic	Receiving on the ground
Key Learning Outcome(s)	Receiving the ball along the ground		



Activity C1001 – Advanced – Receiving on the ground

Organization

1. 40 x 30 yard area set up as shown
2. 14 players (4 attackers, 4 defenders, 4 neutrals, 2 goalkeepers) set up as shown
3. 1 ball (additional balls by both goals)

Instructions

1. Teams score in regular fashion
2. Players have three touches maximum
3. Neutrals have 1 touch
4. If the ball leaves the area the game is restarted with regular rules
5. Play for a set time period and rotate players

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

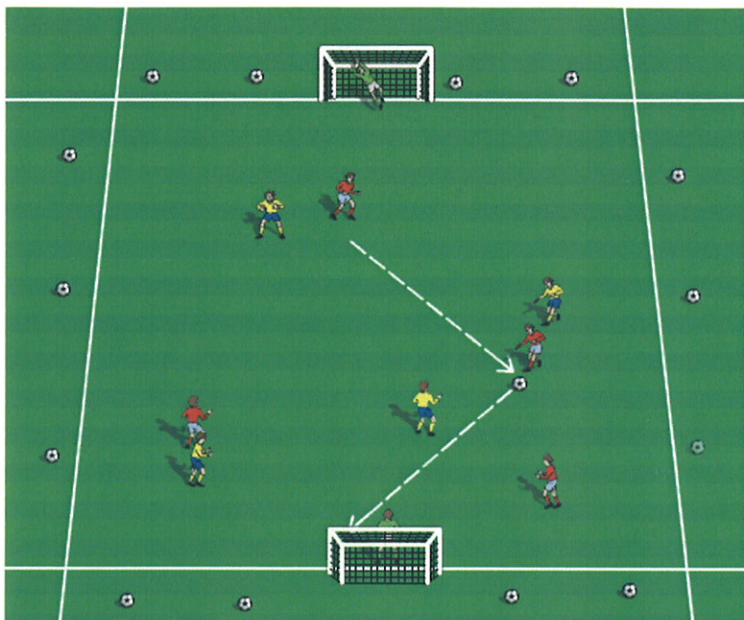
Progression/Regression:

1. P – Players have two touch if their team is winning
2. R – Players have unlimited touches



New York Red Bulls – Practice Activity

Activity #	C1002	Curriculum	Advanced
Section	Conditioned Game	Topic	Receiving on the ground
Key Learning Outcome(s)	Receiving the ball along the ground		



Activity C1002 – Advanced – Ground Control

Organization

1. 40 x 30 yard area set up as shown
2. 10 players (4 attackers, 4 defenders, 2 goalkeepers) set up as shown
3. 1 ball (additional around the outside)

Instructions

1. Game is played as a regular scrimmage
2. If the team leads by 1 goal, they have a 3 touch limit
3. If they lead by 2 goals they have a 2 touch limit
4. If they lead by 3 goals they have a 1 touch limit
5. If the ball leaves the area, the game is restarted with regular rules
5. Play for a set time period

Coaching Points

Inside

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

Outside

4. Receive the nearest foot to the ball
5. Toe down ankle locked
6. Arms out for balance to feel for defender
7. Next action is to turn or protect the ball

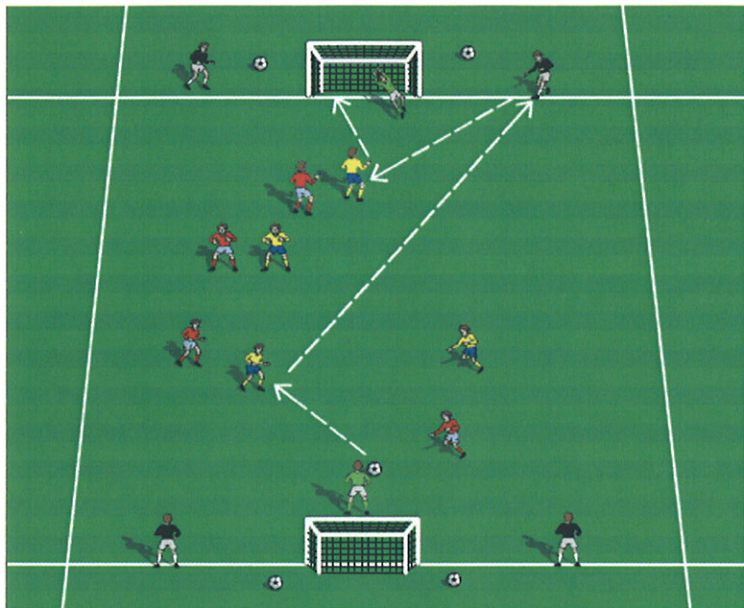
Progression/Regression:

R – Remove touch restriction



New York Red Bulls – Practice Activity

Activity #	C1003	Curriculum	Advanced
Section	Conditioned Game	Topic	Receiving on the ground
Key Learning Outcome(s)	Receiving the ball along the ground		



Activity C1003 – Advanced – Ground Control

Organization

1. 50 x 40 yard area set up as shown
2. 14 players (4 attackers, 4 defenders, 4 neutral, 2 goalkeepers) set up as shown
3. 1 ball (additional around the outside)

Instructions

1. Teams score by getting the ball into the goal
2. Neutral players have 2 touches
3. Teams have to complete 4 passes before shooting
4. Play for a set time period then rotate players

Coaching Points

Inside

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

Outside

4. Receive the nearest foot to the ball
5. Toe down ankle locked
6. Arms out for balance to feel for defender
7. Next action is to turn or protect the ball

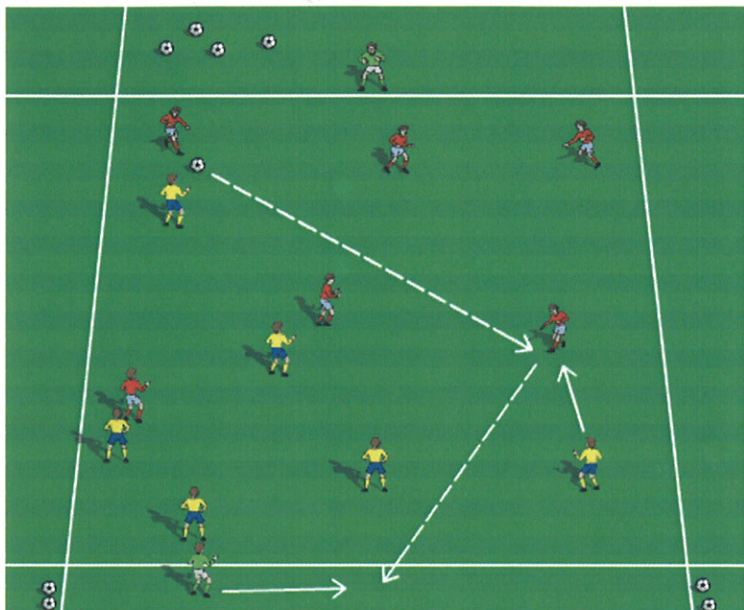
Progression/Regression:

1. P – Players have two touch limit
2. R – Add second ball to relieve pressure



New York Red Bulls – Practice Activity

Activity #	C1004	Curriculum	Advanced
Section	Conditioned Game	Topic	Receiving on the ground
Key Learning Outcome(s)	Receiving the ball along the ground		



Activity C1004 – Advanced – Receiving on the ground

Organization

1. 50 v 40 yard area
2. 14 players (6 attackers, 6 defenders, 2 targets/goalkeepers) set up as shown
3. 1 ball (additional around the outside)

Instructions

1. Teams score by getting the ball to the target player. Once the team has scored one way they then have to play to the other target player
2. If the defending team wins the ball they can play to any target
3. Targets are free to move along the side line
4. Play for set time periods

Coaching Points

Inside

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

Outside

4. Receive the nearest foot to the ball
5. Toe down ankle locked
6. Arms out for balance to feel for defender
7. Next action is to turn or protect the ball

Progression/Regression:

1. P – Teams must complete 5 passes before playing to target
2. R – Add neutral players to give a numbers up advantage