



# RED BULL TRAINING PROGRAMS

Ideas for Recreation  
Level Practices



Curriculum – Mini Kick

Activity # - 131

<b>Game Title:</b>	Red Bull Shoot Out	<b>Game Theme:</b>	Shooting
<b>Learning Outcome(s):</b>	Develop the ability to strike the ball		



**Organization:**

1. 10 x 20 yard are set up as shown
2. 2 groups of 5 players
3. 1 goal
4. 10 balls
5. Cones to show pathway to goal

**Story/Description:**

1. The group is divided into two teams
2. Each team chooses their own team name
3. The players in each team are assigned a number
4. When their number is called they run around the tall cone, through the gate (different color) and into the area
5. The coach serves in two balls for each player to shoot at the goal

**Coaching Points:**

1. Dribble the ball to get as close to the goal as you can
2. Get in line with goal before you strike
3. Strike the ball as hard as you can with the laces of your cleats

**Developments:**

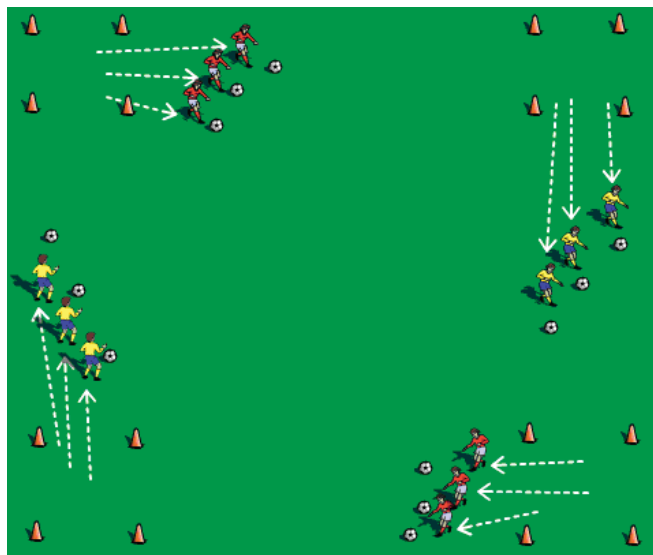
1. P – Use only one ball, players now compete to score
2. P – Add a goalkeeper



Curriculum – Technical / Skill

Activity # - 201

<b>Topic:</b>	Running with the ball	<b>Age:</b>	7 to 9
<b>Section:</b>	Warm up	<b>Ability Level:</b>	Recreation
<b>Learning Outcome(s):</b>	Using nearest foot and surface		



**Organization:**

1. 30 x 30 yard area with four 5 x 5 yard areas in each corner set up as shown
2. 12 players set up as shown
3. 1 ball per player

**Instructions:**

1. Players dribble in their own designated area
2. On coach's command (forward), all players must accelerate clockwise with their ball to the next area
3. On coach's command (back), all players accelerate counter-clockwise to the next area
4. First team to the next area wins a point. First team to 10 points wins

**Coaching Points:**

1. Positive first touch out of the feet
2. Play with the laces of the foot closest to the ball
3. Fewest number of touches to cover the distance quickly
4. Run in a straight line

**Progression:**

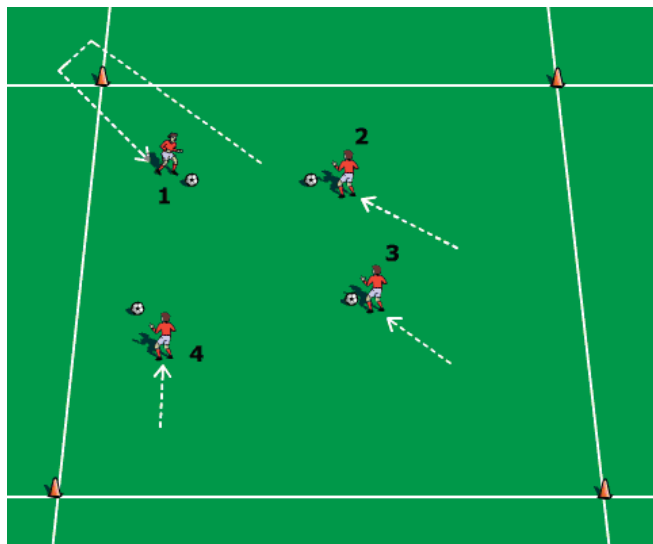
1. P – Use alternative command to indicate players to switch areas without taking the ball with them
2. P – Teams lose a point if any of their teams balls touch
3. R – Increase size of corners areas 8 x 8, thus decreasing the distance in between areas



Curriculum – Technical / Skill

Activity # - 203

<b>Topic:</b>	Running with the ball	<b>Age:</b>	7 - 9
<b>Section:</b>	Warm up	<b>Ability Level:</b>	Recreation
<b>Learning Outcome(s):</b>	Using outside surface of foot, and bending knees to accelerate into space		



**Organization:**

1. 20 x 20 yard area set up as shown
2. 4 players set up as shown
3. 1 ball per player

**Instructions:**

1. Each player has a number (1 - 4), and starts with 3 lives
2. When coach calls a number, that player must run with ball around their chosen corner marker, and back into the area
3. The three other players must chase first player, round the same marker and back into area
4. Last player to return to the grid loses a life. When any one player loses all their lives, all players get all lives back

**Coaching Points:**

1. Positive first touch out of the feet as your number is called
2. Play with the laces of the foot closest to the ball
3. Fewest number of touches to cover the distance quickly
4. Run in a straight line

**Progression:**

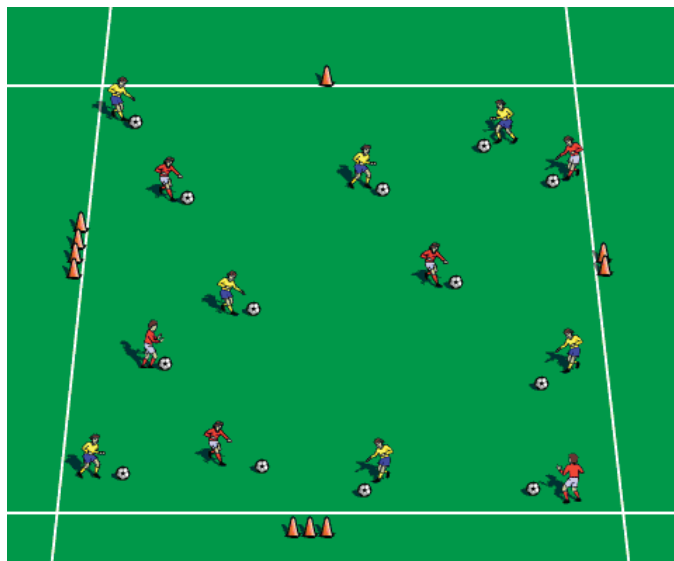
1. P – If a chasing player tags the player whose number is called, en-route to their chosen marker, they can take a life away from that player, and add it to their own tally
2. R – Players can speed dribble around any corner marker they chose, and not necessarily the one chosen by the player whose number is called



Curriculum – Technical / Skill

Activity # - 204

<b>Topic:</b>	Running with the ball	<b>Age:</b>	7 - 9
<b>Section:</b>	Warm up	<b>Ability Level:</b>	Recreation
<b>Learning Outcome(s):</b>	Assessing field, to identify and exploit space at speed		



**Organization:**

1. 30 x 30 yard area set up as shown
2. 12 players set up as shown
3. 1 ball per player

**Instructions:**

1. Players dribble around the area until coach calls out a number. When that number is called, players must dribble to that side of the area which has the cones that correspond with the number that has been called
2. Each player has three lives
3. The last player to stop the ball on the appropriate side of the area loses a life. When one player loses all their lives, all players go back to three
4. When all players reach the side that has been designated, players start dribbling in area again

**Coaching Points:**

1. Positive first touch out of the feet
2. Head up and observe situation
3. Head down when playing the ball to ensure good contact
4. Play with the laces of the foot closest to the ball

**Progression:**

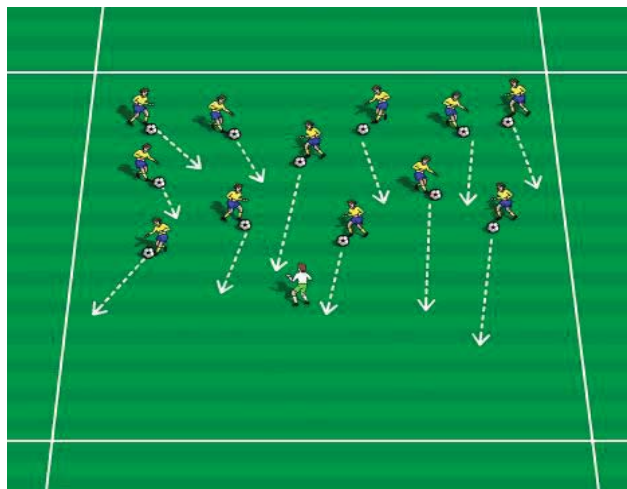
1. P – Coach can move markers around, changing the targets, and thus preventing the players from attacking certain areas from memory
2. P – Any players who collide with another player or ball automatically lose a life
3. R – Players start from one target line, and coach calls new target from there, thus meaning players always attack a space that is always in front of them, from a standing start



Curriculum – Technical / Skill

Activity # - 208

<b>Topic:</b>	Running with the ball	<b>Age:</b>	All Ages
<b>Section:</b>	Warm up	<b>Ability Level:</b>	Recreation
<b>Learning Outcome(s):</b>	Positive first touch, observing open space		



**Organization:**

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

**Instructions:**

1. Players line up on one side of area and attempt to get to the other side, avoid getting tagged by the coach
2. Players are safe from coach on or just behind the end lines
3. If a player is tagged they join the coach
4. Competition to see who is last to be tagged

**Coaching Points:**

1. Dribble at speed, keeping the ball close
2. Avoid coach by looking around and observing position
3. When beginning use a positive touch, use laces to push ball away with toe down
4. Push ball into space

**Progression:**

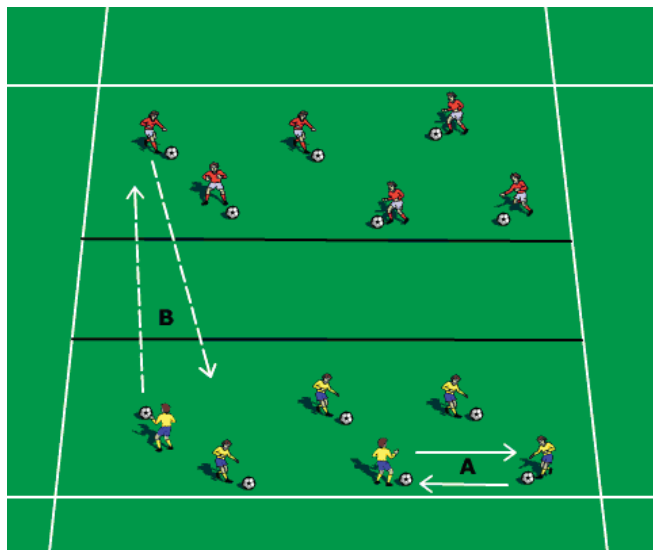
1. P – Allow players to regulate tempo, by taking away verbal instruction
2. R – Players perform without balls to understand movement/instruction



Curriculum – Technical / Skill

Activity # - 212

<b>Topic:</b>	Running with the ball	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Recognizing when to dribble and when to run with the ball		



**Organization:**

1. 20 x 20 yard area set up as shown
2. 12 players set up as shown
3. 1 team of 6 on either side of central zone
4. 1 ball per player

**Instructions:**

1. Players dribble ball within their own side of the field
2. On coach's command "change" the players must stop their ball and start dribbling with another ball within their own side (see A)
3. On coach's command "switch" the players must dribble their own ball across the central zone, and continue to dribble on the opposite side (see B)
4. First team to have all players complete the required movement wins a point
5. First team to 10 points win

**Coaching Points:**

1. Positive first touch out of the feet
2. Head up and observe situation
3. Head down when playing the ball to ensure good contact
4. Play with the laces of the foot closest to the ball
5. Fewest number of touches to cover the distance quickly

**Progression:**

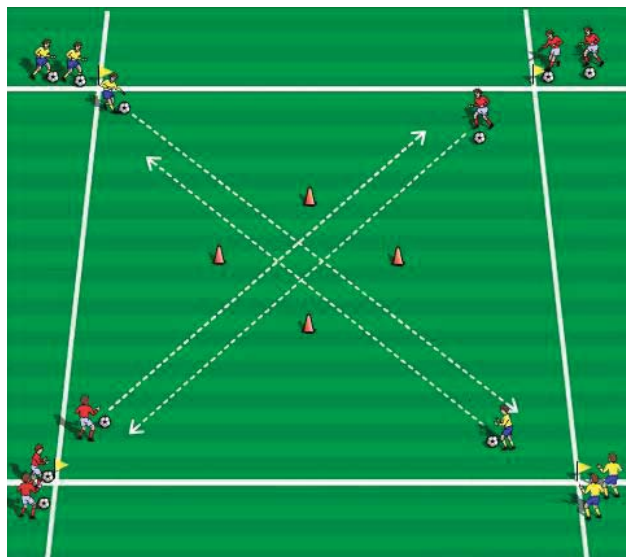
1. P – On coach's command "tag" players must leave their ball, run across the central zone to tag an opponent's ball, before rejoining their own side and dribbling their original ball
2. R – Increase area to 30 x 30 to increase space and reduce traffic



Curriculum – Technical / Skill

Activity # - 217

<b>Topic:</b>	Running with the ball	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	Recreation
<b>Learning Outcome(s):</b>	Taking advantage of open space, positive first touch		



#### Organization:

1. 20 x 20 yard area, 5 x 5 yard diamond centrally positioned in area set up as shown
2. 12 players (4 teams of 3) set up as shown
3. 12 balls

#### Instructions:

1. Divide players into groups of three and position them on the corners of the area
2. Upon instruction 'Go!' players run across area to other side, diagonally taking their ball with them
3. Players must avoid contact with others, and run with ball through central diamond
4. Upon reaching other side, the next player begins

#### Coaching Points:

1. Positive first touch out of the feet
2. Head up and observe situation
3. Head down when playing the ball to ensure good contact
4. Play with laces of foot closest to the ball
5. Fewest number of touches to cover the distance quickly
6. Run in a straight line

#### Progression:

1. P – Decrease the size of the central diamond
2. P – Balance balls on top of cones, to enforce accuracy
3. R – Increase size or remove the central diamond
4. R – Play activity without balls to understand movement





Curriculum – Technical / Skill

Activity # - 219

<b>Topic:</b>	Running with the ball	<b>Age:</b>	7 – 9
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	Recreation
<b>Learning Outcome(s):</b>	Running with the ball in a straight line		



**Organization:**

1. 10 x 30 yard area set up as shown
2. 8 players set up as shown
3. 12 balls

**Instructions:**

1. 4 players in each 'lane' 2 at each end
2. A player from each lane runs with the ball 20 yards and then passes to the waiting player at the opposite end, repeat
3. Players should observe movement of approaching player.
4. Competition between the players for how many repetitions can be made in 1 minute. Rest. Repeat

**Coaching Points:**

1. Positive first touch out of the feet
2. Head up and observe situation
3. Head down when playing the ball to ensure good contact
4. Play with laces of foot closest to the ball
5. Fewest number of touches to cover the distance quickly
6. Run in a straight line
7. Execution of final pass

**Progression:**

1. P – Players have to stop the ball after 10 yards, emphasizing the positive first touch
2. R – Run with the ball the whole way through



Curriculum – Technical / Skill

Activity # - 220

<b>Topic:</b>	Running with the ball	<b>Age:</b>	7 - 9
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	Recreation
<b>Learning Outcome(s):</b>	First touch and execution of final pass		



**Organization:**

1. 10 x 30 yard area set up as shown
2. 12 players set up as shown
3. 4 balls (Additional around the outside)

**Instructions:**

1. 4 players in each area. 2 at each end, centrally lined cones at 5, 10, 15, 20, 25 yard distances
2. A player from each lane runs with the ball 20 yards and then passes diagonally to the waiting player at the opposite end through the space between the final two central cones. Join opposite end
3. Competition between the players for how many repetitions can be made in 1 minute. Rest. Repeat

**Coaching Points:**

1. Positive first touch out of the feet
2. Head up and observe situation
3. Head down when playing the ball to ensure good contact
4. Play with laces of foot closest to the ball
5. Fewest number of touches to cover the distance quickly
6. Run in a straight line
7. Execution of final pass

**Progression:**

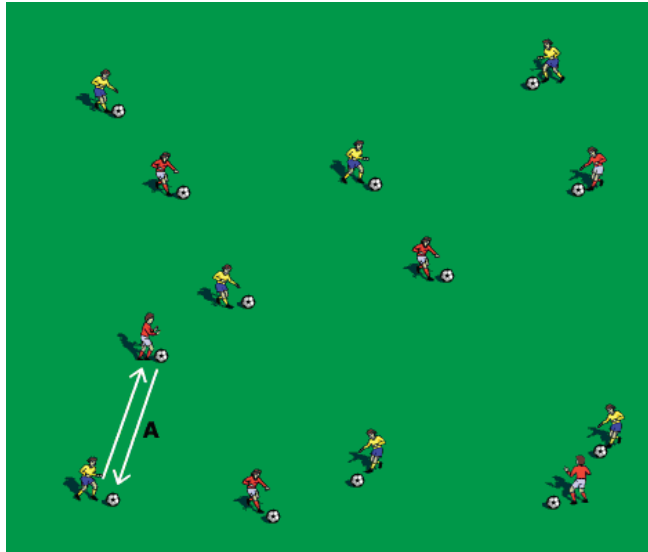
1. P – Players have to follow their pass, closing the receiving player, emphasizing the need for a positive first touch
2. P – Add a player to each end (reduce total areas to 2). Have a following defender after the player takes their first touch
3. R – Run with the ball the whole way through, players must have their own ball



Curriculum – Technical / Skill

Activity # - 300

<b>Topic:</b>	Dribbling	<b>Age:</b>	All Ages
<b>Section:</b>	Warm up	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Keeping the ball close to feet, with head up to view the field		



**Organization:**

1. 20 x 20 yard area set up as shown
2. 12 players set up as shown
3. 1 ball per player

**Instructions:**

1. All players dribble around the area
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
6. Play for set time period

**Coaching Points:**

1. Change of speed and direction
2. Head up, accelerate away

**Progression/Regression:**

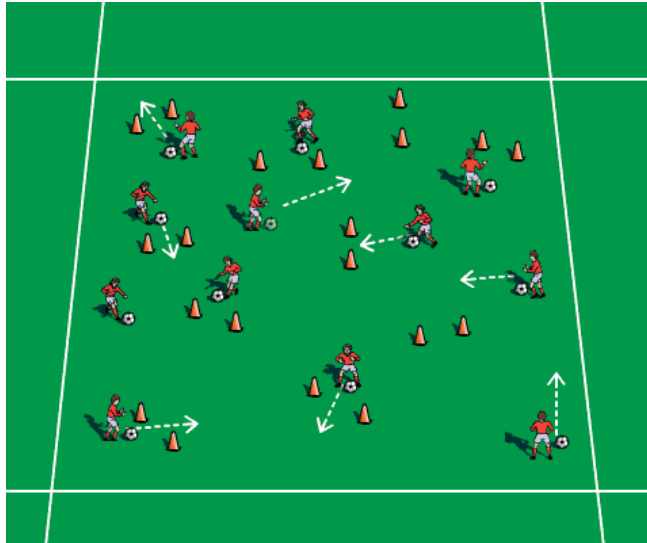
1. P – Coach can restrict the surfaces players may use to control the ball, e.g. inside only, outside only, soles only
2. P – Players can steal the ball back from the person who stole it from them, immediately
3. R – Add in more balls than players



Curriculum – Technical / Skill

Activity # - 307

<b>Topic:</b>	Dribbling	<b>Age:</b>	All Ages
<b>Section:</b>	Warm up	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Keep ball close to feet, and head up to view field		



**Organization:**

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

**Instructions:**

1. Players dribble around area trying to pass through as many gates as possible
2. Players should perform a turn if a gate they are going to already is blocked by another player

**Coaching Points:**

1. Dribble at speed, keeping the ball close
2. Avoid collisions by looking around and observing positions of other players

**Progression/Regression:**

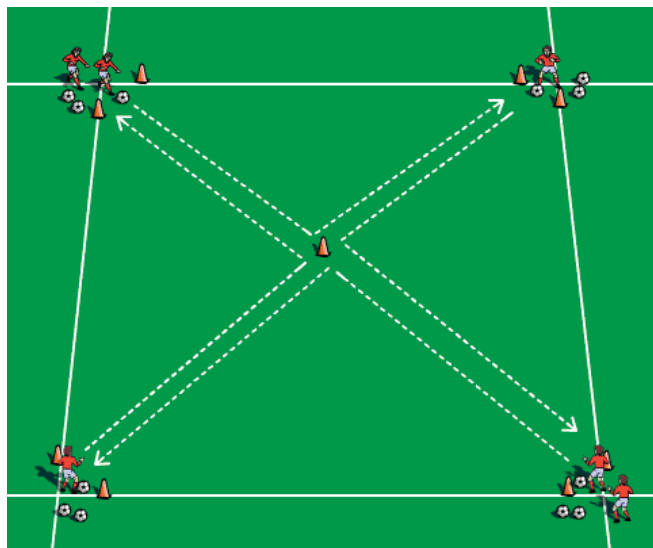
1. P – Add a defender in each area to sustain intensity
2. R – Increase the amount of gates



Curriculum – Technical / Skill

Activity # - 414

<b>Topic:</b>	Turning	<b>Age:</b>	7 to 9
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Controlled approach - accelerate away after turning		



**Organization:**

1. 20 x 20 yard area set up as shown
2. 6 players set up as shown
3. 2 balls (Additional by starting points)

**Instructions:**

1. Two players from opposite sides of the area dribble to the middle marker make a turn and dribble to finish at the marker on their right hand side
2. When they arrive the next two players set off to repeat the action
3. The practice is continuous
4. Play for a set time limit

**Coaching Points:**

1. Controlled approach
2. Appropriate turn to change direction
3. Use upper body to add disguise
4. Change of speed after turning

**Progression/Regression:**

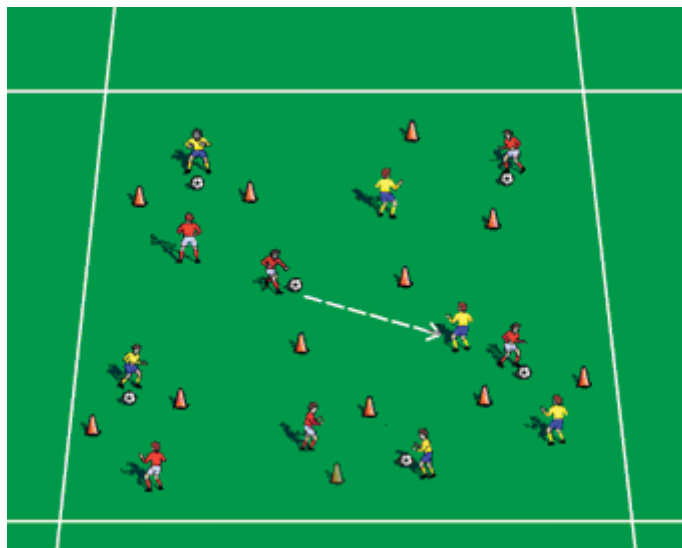
1. P – Coach determines which turn is used
2. P – Players must make a pass from the centre marker after turning
3. P – Change centre marker for a passive defender
4. R – Reduce the size of the area so that players approach is decreased
5. R – Start with players working in straight lines and returning to original marker



Curriculum – Technical / Skill

Activity # - 602

<b>Topic:</b>	Passing	<b>Age:</b>	7 to 9
<b>Section:</b>	Warm up	<b>Ability Level:</b>	Recreation
<b>Learning Outcome(s):</b>	Control, weight and accuracy of the pass		



**Organization:**

1. 40 x 40 yard area set up as shown
2. 12 players (6 Attackers, 6 Targets)
3. 6 Balls
4. 12 + cones (These are placed randomly around the area to make mini gates to pass the ball through)

**Instructions:**

1. Players are paired together one attacker one target player
2. Players move around the area in their pairs
3. Once the pair reaches a gate, the attacker must pass to their target player through the gate
4. After the ball has been received through the gate, the pair switches roles and find another gate to play through
5. Players keep count of the gates the ball is passed through

**Coaching Points:**

1. Head up, observe your target
2. Weight and accuracy of pass

**Progression/Regression:**

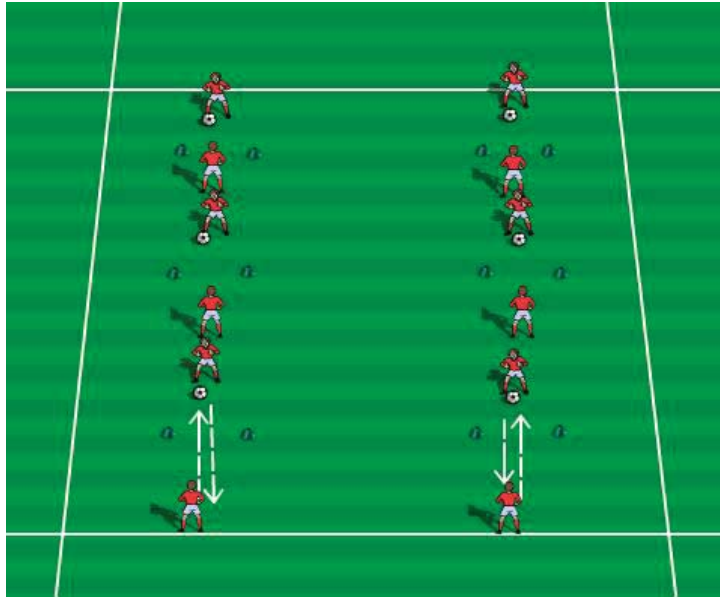
1. P – Can you find a double Gate to get double points
2. P – Limit to two touch so that the players have to continue to pass moving to the gates
3. R – Plays stop at the gate before passing the ball on



Curriculum – Technical / Skill

Activity # - 632

<b>Topic:</b>	Passing	<b>Age:</b>	7 – 9
<b>Section:</b>	Warm Up	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Develop short sharp passing		



**Organization:**

1. Open area with six sets of cones set up 2 yards apart set up as shown
2. 12 players (6 groups of 2) set up as shown
3. 6 balls

**Instructions:**

1. Players have to pass the ball back and forth through the middle of the cones
2. Players score points for every time they play between the cones
3. If the ball goes wide of the cones, no point is scored
4. Play for 30 seconds

**Coaching Points:**

1. Angle of approach – center
2. Supporting foot is next to the ball pointed at target
3. Head up observe your target
4. Contact ball - middle
5. Contact foot - inside
6. Weight and accuracy of pass

**Progression:**

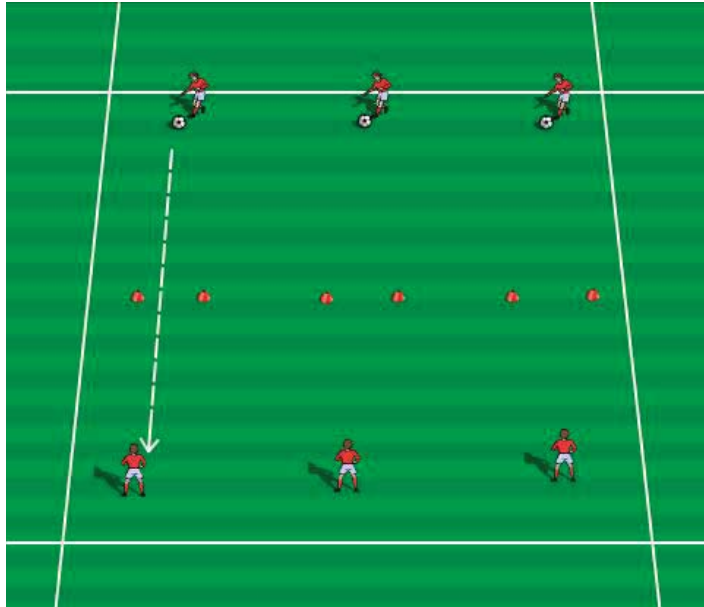
1. P – Increase the distance between the players
2. P – Play one touch



**Curriculum – Technical / Skill**

**Activity # - 642**

<b>Topic:</b>	Passing	<b>Age:</b>	10 – 12
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Develop driven passing technique		



**Organization:**

1. 30 x 30 yard area with three 2 yard gates set up as shown
2. 6 players set up as shown
3. 3 balls

**Instructions:**

1. Players have to take a touch out of their feet and drive the ball to the player opposite ensuring the ball goes between the gate
2. Players score a point every time pass is completed successfully
3. If the player misses the other player gets a point
4. Play for one minute and find out which player won. Winners move up a league, losers move down one
5. Play the game again

**Coaching Points:**

1. Angle of approach – off center
2. Head up to observe target
3. Head down at the point of contact
4. Non kicking foot placed to side, slightly behind the ball
5. Ankle locked, toe down
6. Contact ball – middle above the mid line
7. Contact foot – laces (Instep)
8. Body weight forward chest and knee over the ball at contact
9. Follow through

**Progression:**

1. P – Players have to use weaker foot
2. P – Make the gates smaller
3. P – Make the distance longer

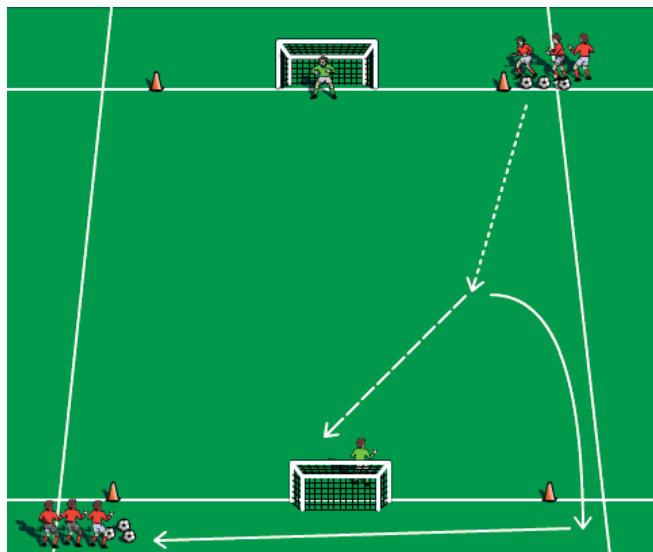




Curriculum – Technical / Skill

Activity # - 809

<b>Topic:</b>	Shooting	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Finishing from a breakaway dribble		



**Organization:**

1. 40 x 20 yard area set up as shown
2. 8 players (6 Attackers, 2 Goalkeepers) set up as shown
3. 12 balls

**Instructions:**

1. Both lines start off at the same time dribbling towards their goal
2. Attackers then shoot at goal from distance
3. Attackers then finish off by running around the goal and joining the opposite line
4. Play for a set time period

**Coaching Points:**

1. Angle of approach is off centre
2. Ankle locked, toe down
3. Contact Foot – Laces
4. Body weight forward chest and knee over the ball at contact
5. Follow through landing on striking foot

**Progression/Regression:**

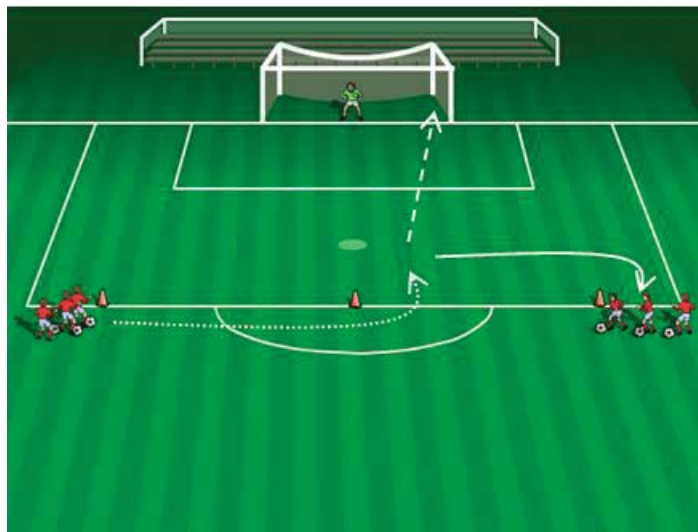
1. P – Players have 3 seconds to score
2. P – Add defender from each team to put pressure on attackers



Curriculum – Technical / Skill

Activity # - 811

<b>Topic:</b>	Shooting	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Finishing from a dribble		



**Organization:**

1. Penalty area set up as shown
2. 7 players (6 Attackers, 1 Goalkeeper) set up as shown
3. 6 balls

**Instructions:**

1. Attackers split into two lines of three
2. First attacker dribbles out and around the cone, then shoots on goal
3. Players then join the back of the line on the opposite side to work both feet

**Coaching Points:**

1. Head up to observe the position of the goalkeeper
2. Non-kicking foot placed to side, slightly behind the ball
3. Ankle locked, toe down
4. Contact Foot – Laces (Instep)
5. Body weight forward chest and knee over the ball at contact

**Progression/Regression:**

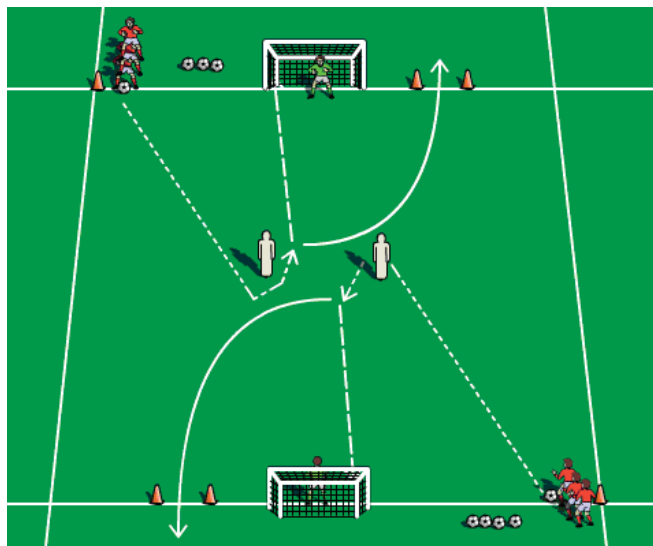
1. P – Players from each line go at the same time to add a small amount of traffic



Curriculum – Technical / Skill

Activity # - 814

<b>Topic:</b>	Shooting	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Finishing quickly after turning		



**Organization:**

1. 30 x 20 yard area set up as shown
2. 8 players (6 Attackers, 2 Goalkeepers) set up as shown
3. 1 ball per attacker (additional around the outside)

**Instructions:**

1. The first attackers dribble out to the mannequin
2. Once the player reaches the marker they turn back to the goal, dribble away and then shoot
3. Attacker then jogs through the gate on the side of the goal, collects their ball and rejoins the line
4. Play for 2 minutes then rest

**Coaching Points:**

1. Head up to observe the position of the goalkeeper
2. Head down at the point of contact
3. Non-kicking foot placed to side, slightly behind the ball
4. Contact Foot – Laces (Instep)
5. Follow through landing on striking foot
6. Follow in for rebounds

**Progression/Regression:**

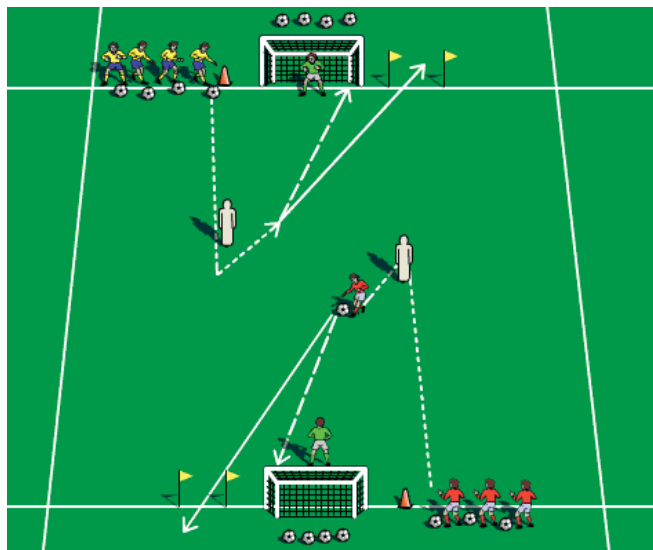
1. P – Players run out to mannequin and the ball is passed to them from the next player in line
2. R – Bring mannequins closer to goal



Curriculum – Technical / Skill

Activity # - 818

<b>Topic:</b>	Shooting	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Learning to shoot using the driven shot technique		



**Organization:**

1. 40 x 30 yard area set up as shown
2. 10 players (8 attackers, 2 goalkeepers) set up as shown
3. 8 balls (Additional around the outside)

**Instructions:**

1. Players start out each with a ball at the end line to the right of the goalkeeper
2. Each player then takes their turn running out to the mannequin (or marker) with the ball, turning, take a set up touch before getting a shot on goal
3. Once they shoot they must then sprint as fast as they can through the flags at the end line to the left of the goalkeeper.

**Coaching Points:**

1. Angle of approach off center
2. Observe the position of the goalkeeper
3. Non-kicking foot is placed to the side and slightly behind the ball
4. Contact foot- Instep (Laces)
5. Follow through and land on striking foot

**Progression/Regression:**

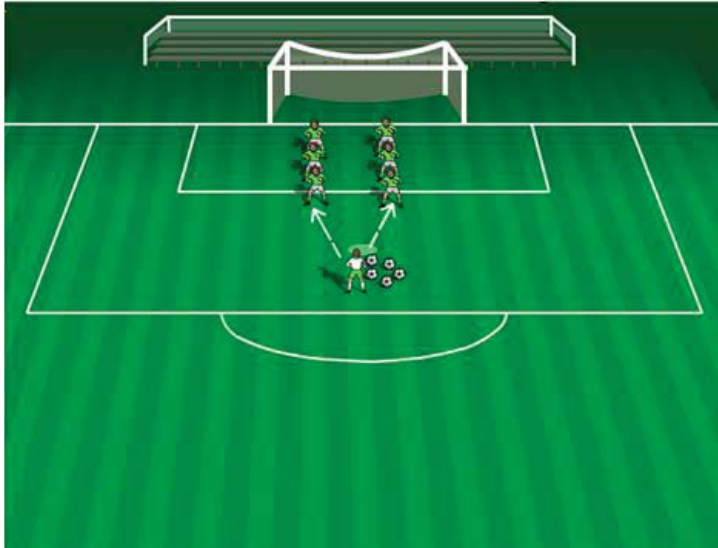
1. P – Allow the attackers to follow in for rebounds before sprinting through the flags
2. R – Shorten the length of the field so players can get more shots on goal



## Curriculum – Goalkeeping

Activity # - 1907

<b>Topic:</b>	Handling and Footwork	<b>Age:</b>	10 to 12
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Reacting quickly to save using W and basket techniques		



### Organization:

1. Penalty area set up as shown
2. 6 goalkeepers set up as shown
3. 1 ball (additional by the server)

### Instructions:

1. Server serves to the first goalkeeper of one of the two lines who saves and then throws the ball back
2. Goalkeeper then moves to the back of the line and next goalkeeper steps forward
3. Goalkeepers keep rotating until the ball is dropped
4. Server then serves to the opposite line

### Coaching Points:

1. Move quickly into set position
2. Body weight on the balls of feet
3. Get in line with the ball
4. Head still with eyes on the ball
5. Handling technique (Basket or W)

### Service:

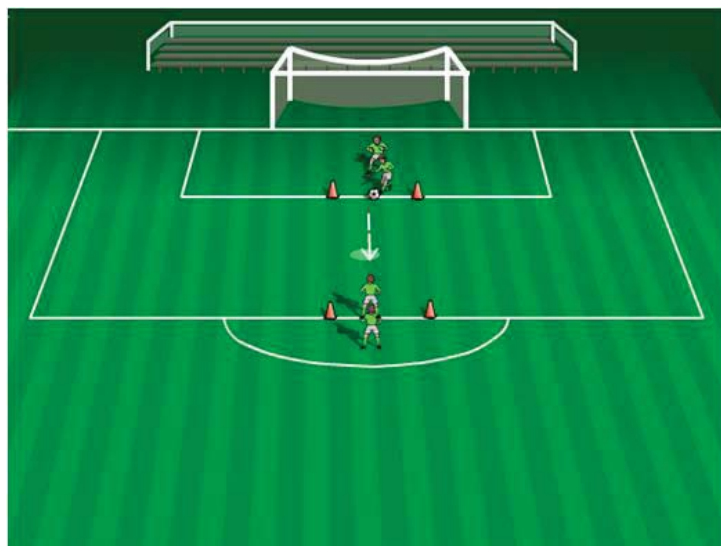
1. Underarm throw
2. Half Volley
3. Volley



**Curriculum – Goalkeeping**

**Activity # - 2200**

<b>Topic:</b>	Distribution	<b>Age:</b>	10 to 12
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Use correct scoop technique on slow, low moving balls		



**Organization:**

1. Penalty area set up as shown
2. 4 goalkeepers set up as shown
3. 1 ball

**Instructions:**

1. First goalkeeper at the start of the line passes the ball to the opposite goalkeeper and follows their pass to the opposite line
2. GK receiving scoops the ball and then rolls the ball back to the opposite line

**Coaching Points:**

1. Get in line with the ball
2. Move towards the ball
3. Get low towards the ball
4. Place foot nearest the ball slightly to the side so head and body are behind the ball
5. Move hands together towards the ball with fingers pointing down
6. Scoop the ball up into chest

**Service:**

1. Side foot pass
2. Underarm roll
3. Half Volley

**Progression/Regression:**

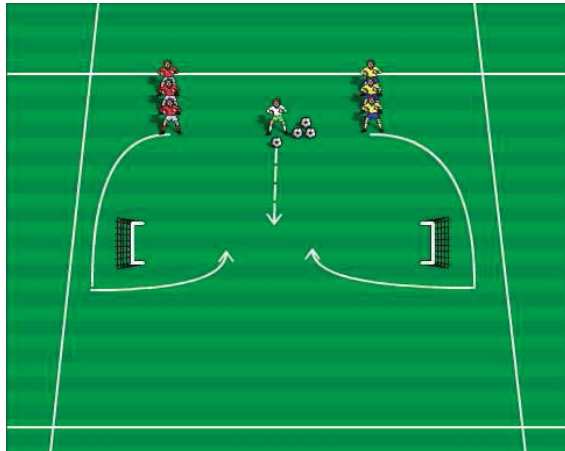
1. P – Remove cones closest to the goal and work directly with goal



Curriculum – Camp

Activity # - 2604

<b>Topic:</b>	Turning	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Using turns to beat a defender and exploit space		



**Organization:**

1. 20 x 25 yard area set up as shown
2. Two teams
3. Lots of balls with the coach

**Instructions:**

1. First two players race out on coaches command and run round the goals into the field
2. Coach plays a ball in and the first player to the ball is the attacker and the other becomes the defender
3. Objective is for the attacker to score in one of the two pugg goals
4. Defender tries to win the ball back and score themselves
5. The game is over when a goal is scored or the ball leaves the area
6. Players return to their team and the next players in line go

**Coaching Points:**

1. Observe defenders position
2. Decision making
3. Execution of the turn
4. Protect ball with body
5. Accelerate out of the turn

**Progression:**

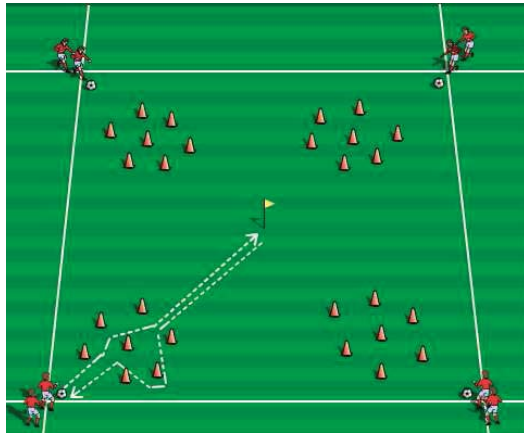
1. P – Coach has multiple 1v1's going at the same time to limit space
2. P – Turn the pugg goals round to face out
3. R- Add more goals to score in



Curriculum – Camp

Activity # - 2606

<b>Topic:</b>	Turning	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Close control when dribbling and execution of turning techniques		



**Organization:**

1. 20 x 20 yard area set up as shown
2. Group is divided across the four corners of the area
3. 1 ball per corner

**Instructions:**

1. On the coaches command the first player in each corner dribble through the cones towards the central marker (flag)
2. When the player reaches the center they perform a turn and head back towards their corner
3. Players must dribble through the cones each time attempting not to hit them
4. The first player back scores a point (without hitting any cones)
5. The next player then gets ready to go

**Coaching Points:**

1. Close control
2. Slowed approach
3. Quality of the turn
4. Acceleration out of the turn

**Progression:**

1. P – Players now finish in the corner to their right after turning around the central marker
2. R – take away the cones

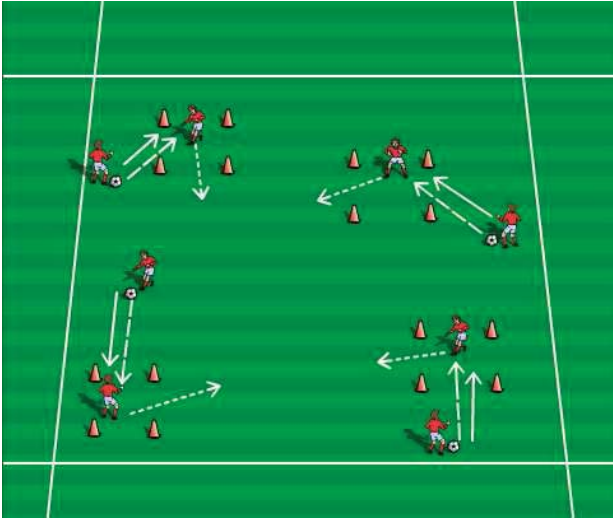




Curriculum – Camp

Activity # - 2707

<b>Topic:</b>	Control	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability</b>	All Levels
<b>Learning Outcome(s):</b>	Improve players awareness and first touch		



**Organization:**

1. 30 x 30 yard area set up as shown
2. 5 x 5 yard squares set up throughout area
3. Half of players in squares
4. Half of the players in area with a ball

**Description:**

1. The players with ball at their feet dribble and look for an open player inside a square
2. The player passes ball into square and the receiving player takes the ball into main area exiting out of a different side than where the ball entered
3. The passing player then replaces the receiving player inside that square
4. The player on the ball must then look for a new square to pass into
5. Play for set period of time

**Coaching Points:**

1. Head up to observe open receiver
2. Communication between players
3. Push pass inside square
4. Open body up to receive on back foot
5. Play ball out of square with 1 touch
6. Head up to observe next action

**Progression:**

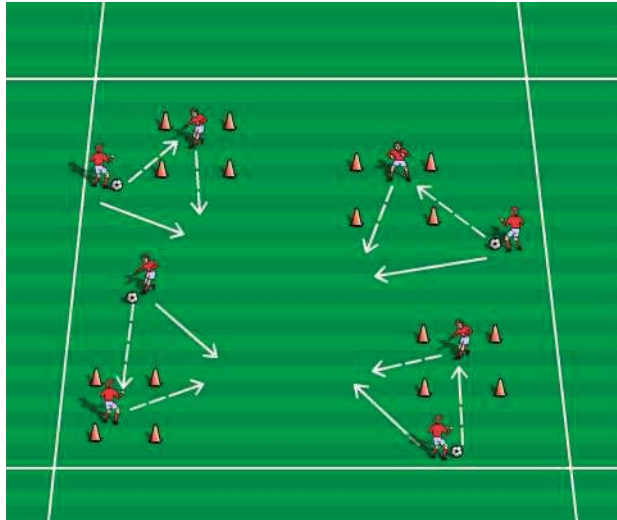
1. P - Receivers can only use 1 touch to move ball out of square
2. P – Add a roaming defender to prevent passes been made to open players
3. R – Players can exit the square using any four sides
4. R – Have the receiving player first stop the ball inside the square before exiting



Curriculum – Camp

Activity # - 2708

<b>Topic:</b>	Control	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability</b>	All Levels
<b>Learning Outcome(s):</b>	Improve a players ability to combine		



**Organization:**

1. 30 x 30 yard area as shown
2. 5 x 5 yard squares throughout area
3. Half of players in squares
4. Half in area with a ball

**Description:**

1. The players with ball at their feet dribble and look for open player inside square
2. The player with the ball pass to the player inside the square who receives this and then sets back out to the same player (Wall pass)
3. The player then looks for another square to exchange the next wall pass with
4. Play for set period of time then rotate players inside square

**Coaching Points:**

1. Head up to observe open receiver
2. Communication between players
3. Push pass inside square
4. Open body up to receive on back foot
5. Head up to observe next action

**Progression:**

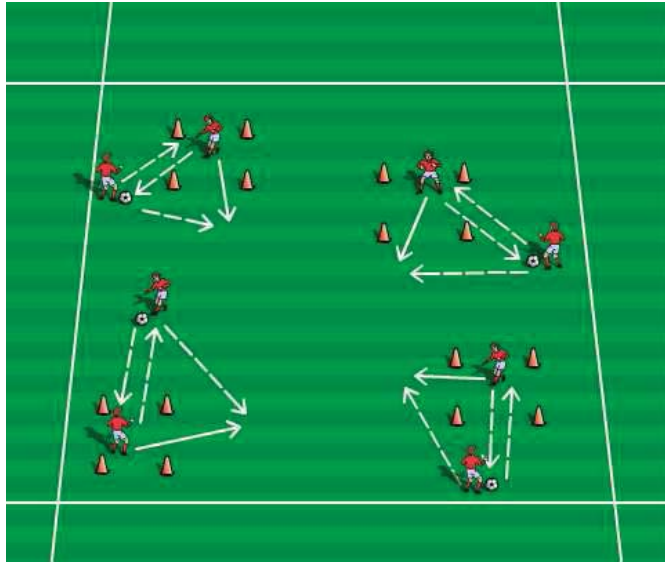
1. R - Ball cannot leave the same side of the square it entered from
2. R - Add a roaming defender that must prevent passes into the squares



Curriculum – Camp

Activity # - 2709

<b>Topic:</b>	Control	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability</b>	All Levels
<b>Learning Outcome(s):</b>	Improve a players ability to combine		



**Organization:**

1. 30 x 30 yard area as shown
2. 5 x 5 yard squares throughout area
3. Half of players in squares
4. Half in area with a ball

**Description:**

1. The players with ball at their feet dribble and look for open player inside square
2. The player passes into square, the receiver sets back out to passer and the passer plays into space (Double pass)
3. The receiving player then looks for the next square to combine with
4. Play for set period of time

**Coaching Points:**

1. Head up to observe open receiver
2. Communication between players
3. Open body up to receive on back foot
4. Play ball out of square in 1 touch
5. Play angled pass for receiver to collect on the move
6. Head up to observe next action

**Progression:**

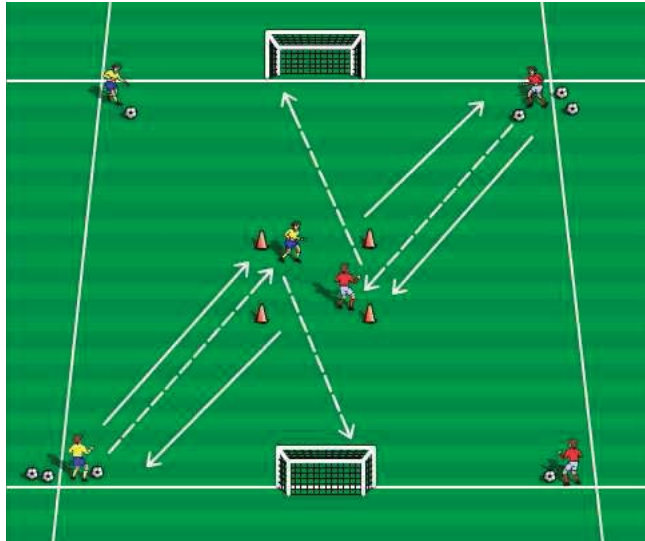
1. R – Players must use both feet when combining
2. R - Add a roaming defender that must prevent passes into the squares



Curriculum – Camp

Activity # - 2901

<b>Topic:</b>	Shooting	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Improve players ability to strike the ball quickly		



**Organization:**

1. 30 x 20 yard area, set up as shown
2. 10 x 10 yard area set up as the shooting area
3. Two goals (if full size, use GK's)
4. Two teams of 3 or more players
5. Lots of balls

**Description:**

1. Ball is served into shooting player in central square
2. Shooting player controls ball then shoots at goal
3. Shooting player retrieves ball and moves to position of server
4. Serving player moves into shooting square
5. Third player serves next ball into shooting area
6. Rotate as described – Shooter always moves to back of line where serve was made
7. Two teams compete against each other to score as many goals as possible in set period of time

**Coaching Points:**

1. Open body to receive with back foot
2. Move ball forwards with 1<sup>st</sup> touch
3. Angle of approach to ball is off center
4. Head down at point of contact
5. Ankle locked, toe down
6. Body weight forward, chest down

**Progression:**

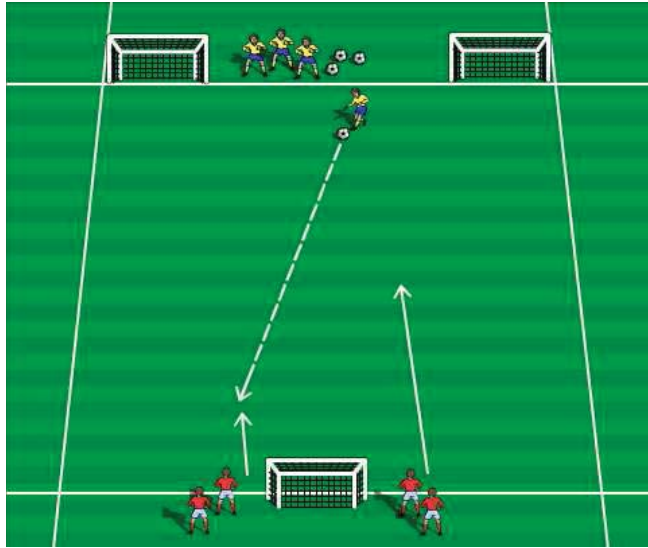
1. P – Add a goalkeeper from the opposing team
2. P – Shots must be made first time
3. R – Allow players to control the ball outside the box and move closer to the goal before striking
4. R – Allow players two strikes



Curriculum – Camp

Activity # - 2906

<b>Topic:</b>	Shooting	<b>Age:</b>	All Ages
<b>Section:</b>	Main Theme	<b>Ability Level:</b>	All Levels
<b>Learning Outcome(s):</b>	Improve players ability to shoot in 2v1 situations		



**Organization:**

1. 30 x 20 yard area, set up as shown
2. Three goals, set up as shown
3. Group divided into two teams
4. Lots of balls

**Description:**

1. The Defending team serves the ball to attacking team
2. The Defending team becomes active upon attacker's 1<sup>st</sup> touch
3. The Attacking team play 2v1 to score in either top goal (1 point)
4. If defender wins the ball, they attempt to score in bottom goal (2 points)
5. If ball leaves field the game is over and the next defender re-starts
6. Play for set period then rotate teams, keep score

**Coaching Points:**

1. 1<sup>st</sup> attacker to commit defender to the ball
2. 2<sup>nd</sup> attacker to offer support
3. Angle and distance of 2<sup>nd</sup> attacker
4. Decision making of each player
5. Timing of combination
6. Use 2<sup>nd</sup> attacker as a decoy
7. Play at speed
8. Score quickly

**Progression:**

1. P – Shots must be made with one touch
2. P – Add goalkeeper in each goal