



Training
Activities
for Players in
DIVISION A
(Under 19)

We at HGSC recommend the following for good soccer practices:

<input checked="" type="checkbox"/>	Do You Need a Goal or a Lined Field? Nope! If you have cones you can create your own area. However, a goal, even a small one, or a net backstop is handy if you are practicing shooting.
<input checked="" type="checkbox"/>	A Ball for Every Player. This is a MUST. Ask each player to bring a ball to practice with their name on it. Make it a team rule! Also, buy a hand pump to keep the balls inflated!
<input checked="" type="checkbox"/>	Small Soccer Cones. Disk cones are ideal for marking areas for small-sided games but any style will do. You need roughly 25 cones for your team. Disk cones look like an upside-down bowl and come in fluorescent yellow and orange. Consider buying a strap to keep your disk cones on. It's worth it!
<input checked="" type="checkbox"/>	A Way To Identify Groups or "Teams". You can use practice vests (also called "bibs" or "pinneys") which we loan to each team for the season. Another cheap way is to cut the sleeves & bottoms off old t-shirts & use the tops as practice vests; you can dye them in different colors to make enough for several teams. Another way is to buy a 3-pack of men's "Athletic T-shirts" (about \$6.00) in the X-Large size. Cut off the top about 3 inches below the bottom of the sleeve. If you need different colors, dye them.
<input checked="" type="checkbox"/>	Shin guards & Water. Every player should wear shin guards & bring a plastic water bottle with their name on it. Consider taking extra water because some players/parents always forget.
<input checked="" type="checkbox"/>	A Whistle. A cheap one will do. This will be hugely helpful in getting attention.
<input checked="" type="checkbox"/>	A Stopwatch/Timer. You can get by without this, but it makes it a lot easier to run timed games.
<input checked="" type="checkbox"/>	An Equipment Bag. To keep your gear in. If you coach in the Fall, Dick's usually supplies each HTRSA rec team with one. <i>You should put some Band-Aids or a small medical kit (about \$5) in it. One of the instant ice packs is good to have as well.</i>
<input checked="" type="checkbox"/>	A Great Attitude! If the players see the coach having a good attitude, that will rub off. Remember to keep it FUN!

1v1 to Goal Thru the BOX!

(from SoccerXpert.com)

SETUP:

Create a 12x5 yard box just outside that penalty area as shown. Assign one defender (red player) to the box and put a goalkeeper in the goal. Place a cone 8 to 10 yards outside the box where the remaining players (blue players) with a ball will line up to attack the goal.



THE GAME:

The defender's role is to STOP the attacker from getting through the box and out the other side while being restricted to ONLY DEFENDING WITHIN THE BOX. The defender cannot chase the attacker out of the box.

The attacker's role is to beat the defender and get a shot on goal, BUT the attacker MUST attack out of the BACK OF THE BOX, not out the sides. Keep control of the ball! No kicking it pass the defender!

Rotator the defender every 2 minutes OR if the attacking player is stopped by the defender, the attacker quickly becomes the defender attempting to stop the next attacker in line.

WHAT THIS TEACHES:

- Encourages players to take on their opponent.
- Learn to beat the defender with moves and change of speed.
- For the defender: it teaches them to defend an area and not back up to the goal they are defending.
- There is NO HIDING HERE! Every player gets to battle for the ball when it is their turn!

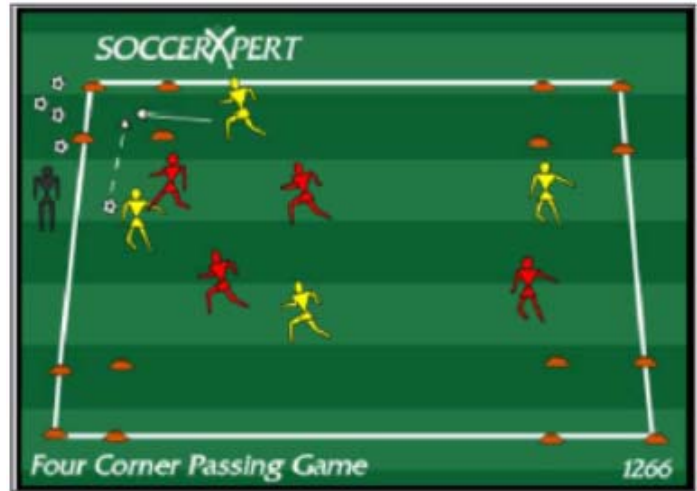
4 Corners Passing Game

(from SoccerXpert.com)

SETUP:

In a 40x40 yard (or similar) area, create four 5x5 yard boxes in each corner of the area with cones as shown at right.

Split your players into 2 teams and put at least one team in an alternate color using practice vests/pinnies.



THE GAME:

While each team is in possession of the ball, this team should pass among their teammates to keep possession of the ball. A point is scored by passing the ball to a teammate that is inside one of the corner boxes. The teams can score in ANY of the 4 corners HOWEVER, they cannot score in the same area twice in a row. Players CANNOT dribble into a corner for a point. Players CANNOT simply stand in a box. Players should work on the timing of runs into the box to receive the ball and score a point. Keep the game moving after a point is scored.

COACHING POINTS:

This game is great to focus the players on (1) changing the point of attack and (2) the timing of runs and passes.

- Focus on the weight and accuracy of the passing.
- Players WITHOUT the ball should be supporting the player with the ball at all times.
- Change the point of attack! Players should not be forcing passes into congested areas.
- Do NOT allow players to stand inside the boxes waiting for a pass! Instead, instruct the players to work on the timing of the runs and the timing of the pass to connect inside the corners.

Ball Thieves

SETUP:

LARGE island area marked with cones.

Split the team into 2 groups and give one group pinis to wear.

Give one team balls to dribble. Not every player on the team should have a ball! For example: If 6 players in a group, 4 have **soccer balls**.

THE GAME:

The team with the balls tries to dribble inside the area without losing possession of their ball to the other team.

The objective is to see which team has the most soccer balls at the end of the game.

Players with soccer balls should shield and Pass.

Players from the same team should work together to steal balls or keep possession of them.

Run game for 2 minutes and see which team is the winner!

WHAT THIS TEACHES:

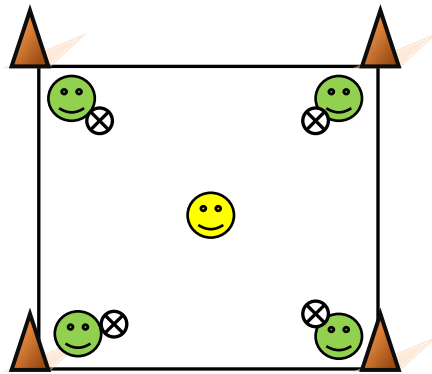
Working on keeping the ball from an opponent, passing the ball to a teammate, and tackling (taking away) the ball from a player!

Bull in the Ring!

SETUP:

Set up a square with 4 cones, 5 to 6 yards apart.

5 players – Put one player in the middle of four. The four players on the outside each have a soccer ball.



THE GAME:

Players on the outside with the ball alternate by serving by hand (or feet if capable) to the player in the middle. The middleman (the BULL!) receives the ball and controls it (feet, chest, thigh, etc.) and passes it back to the server and turns to the next.

Go for 60 to 90 seconds and switch.

WHAT THIS TEACHES:

Quick touches on the ball and trapping/collecting the ball and getting it back to a teammate.

Make sure the BULL gets his body behind the ball (move the feet, don't stick a leg out!). This is a great way to get them moving.

Cone Goal Pass

SETUP:

Group the players in pairs and each pair has one soccer ball.

Two cones about **1 to 3 yards apart** between **each pair** of players. The younger the age, the more space you should have between the cones!

THE GAME:

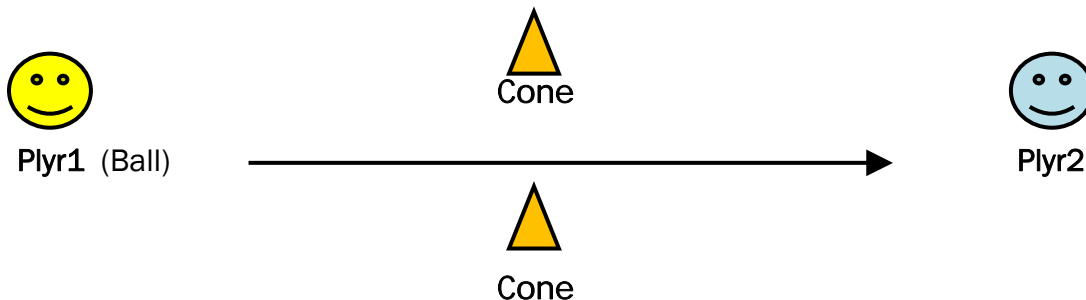
Go over the correct Inside of the Foot PASSING technique.

Players strike and pass their ball back and forth to each other between their cone goal ...**OR**...

NOTE! – You *MAY* want to play by having Player 1 on their knees rolling the ball to Player 2 to traps it and then passes back. This will give the player a more concentrated time with the ball and means less soccer balls flying everywhere! Switch after 90 seconds.

Feel free to practice both inside of the foot and instep (“LACES”) kicks.

Variation#1: After (if!) players get the hang of it, add some competition by seeing who can ‘score’ the most “goals” in 1 minute!



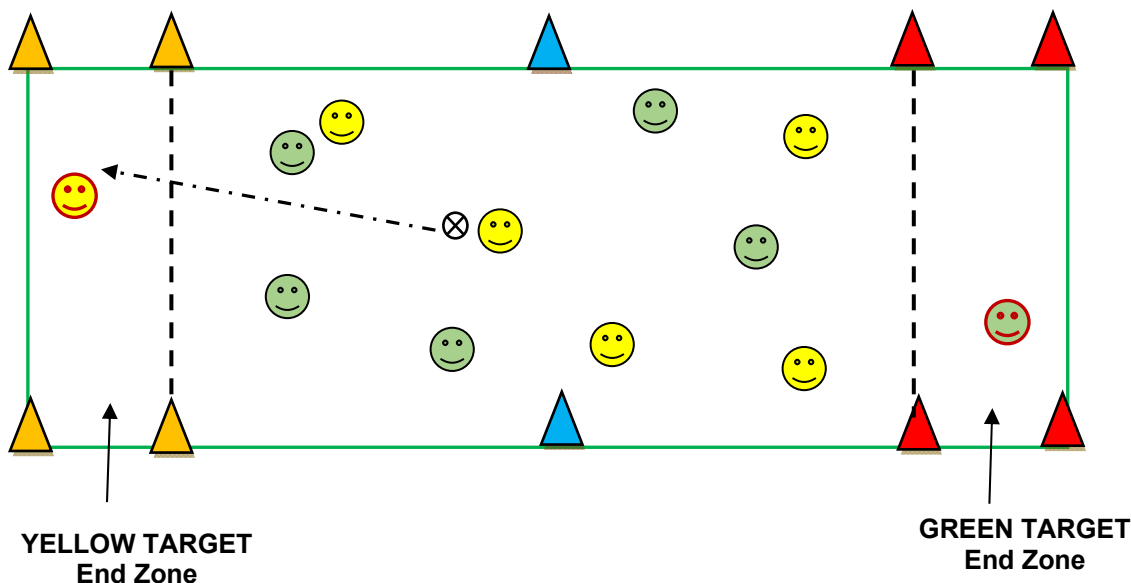
WHAT THIS TEACHES:

This teaches the Inside of the Foot pass and Instep Kick which is critical for players to learn and aiming through a target (goal).

****Warning!** BE PATIENT WITH THE PLAYERS AS THIS WILL LOOK VERY UGLY with soccer balls going everywhere! But it is necessary to spend time on this for their development! Gently correct any improper technique.

End Zone Soccer

SETUP: The playing field has End Zones (like American football) marked off by cones. Two teams with a TARGET PLAYER in their End Zone. In diagram below the YELLOW Team is attacking to the left while GREEN Team is attacking to the right.



THE GAME: Target Player for each team is in one End Zone (can be a goalkeeper). This is their TARGET (attacking) End. Target player may run anywhere in the End Zone to create space to receive a pass. No one else may enter the End Zone including the players of the Defending team! Object is to score by playing the ball to the feet (hands) of the target player who MUST receive and control the pass in the End Zone. This is a score. NOTE: If the ball stops moving before the target player reaches it then it is NOT a score and ball must be turned over to the other team.

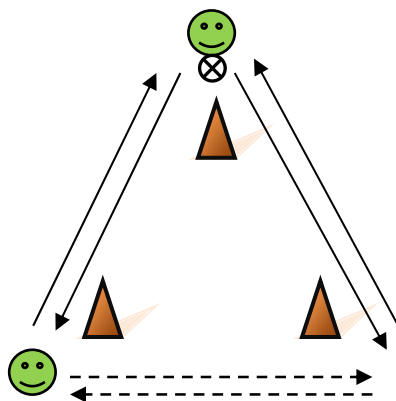
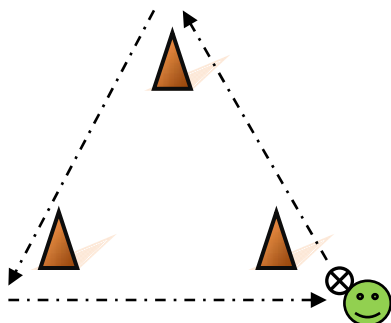
The Target player then passes the ball to the opposite team before midfield and they attempt to play the ball to their own target. Keep the game moving! Keep ball possession long enough to get a clear chance to play forward and get in good position to receive the ball!

VARIATION #1: For a round the Coach orders the players to limit their touches on the ball to 5 (or 3) then must play the ball! **VARIATION #2:** Teams MUST compete 3 (or 5) passes minimum they can score!

WHAT THIS TEACHES: PASSING! This activity encourages problem-solving, getting open to create space and passing to a target and receiving and passing to feet. Speed of the pass into the End Zone so the target player can receive it is important! Players will have to keep their head up and must work together! They should talk and communicate! Use the width of the field for open space. Encourage passing on the ground during play.

Everton Triangle

SETUP: Sets of 3 cones 5 to 7 yards apart in a TRIANGLE configuration. Two players each with a ball at a triangle.



Path of DRIBBLE = - - - - ->

Path of RUN = - - - - ->

Path of PASS = ———>

BALL = ⊗

THE GAME:

GAME#1: DRIBBLE TRIANGLE – One player dribbles and other player is the counter. First player dribbles their ball around the triangle keeping it under control- how many times can they go around in 60 seconds? Switch players and rest. Then have players go around the triangle the opposite way.
Variation: Player dribbles a COMPLETE CIRCLE around each cone before going to the next one.

GAME#2: PASS and MOVE – 1 player with the ball is the server and stays put at cone 1. The second player moves laterally from cone 2 to cone 3. Receives pass from the server on the outside of the triangle, returns the pass and moves to the other cone and repeats. Go for 60 seconds and switch. You can also do this as GOALKEEPERS! A great exercise!

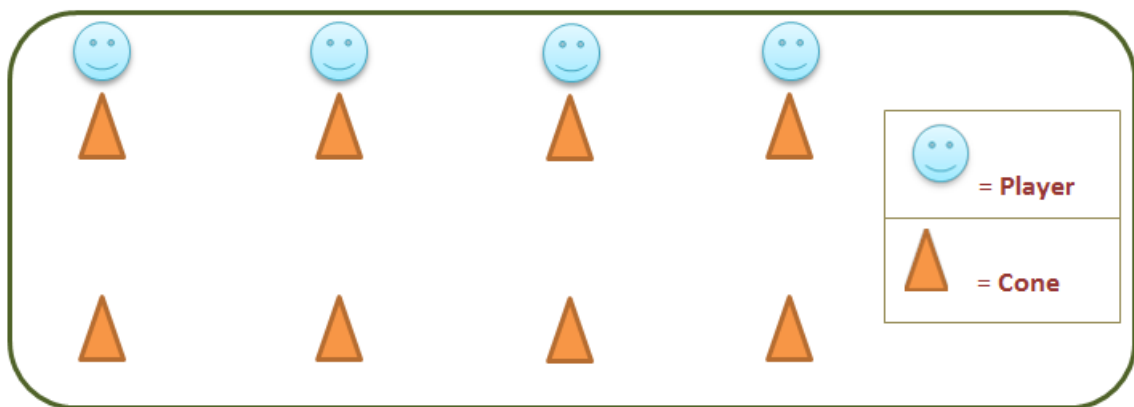
WHAT THIS TEACHES:

Getting the player comfortable moving, controlling, passing, and receiving the ball. Movement off the ball is worked on in Game#2 as well. Dribbling is NOT kick and chase!

Figure 8 Dribbling Race

SET-UP:

Split your players into 2 groups and let one group play while the other watches. Use disk cones to make 2 rows (like shown below), putting the cones opposite each other 3 or 4 steps apart (depending on age) and place the cones in each row also 3 or 4 steps apart so players will have enough room to turn around the cones without running into each other. Players will all start behind a cone and dribble around the opposite cone in a "Figure 8" pattern. The set-up is shown below:



THE GAME:

1. Each player has a ball. The players all start by standing behind a cone in the same row (as shown in the diagram above).
2. Players must only use one foot to dribble the ball. Show them how they can use the inside and outside of their foot to control the ball and make turns. Show them how they can use a "Outside Cut" to turn around the cone. Demonstrate how to dribble around the cones in a Figure 8 pattern (so they turn around one cone using the outside of the foot and around the other cone using the inside of the same foot). Allow players to use the bottom of their foot to help control the ball if they need to.
3. Tell them to use their preferred foot to dribble in the first game. This is so they are all competing using their strongest foot in the first game and their weaker foot in the second game. (Otherwise, it won't be as competitive).
4. On "Go" the players dribble in a "Figure 8" pattern around the other cone and back, until they have done it 5 times. Each time across and back is one trip. Tell players to yell "Done" when they have made 5 trips across and back. The first to make 5 trips across and back is the winner.
5. Then, play another game requiring each player to use the opposite foot.

WHAT THIS TEACHES:

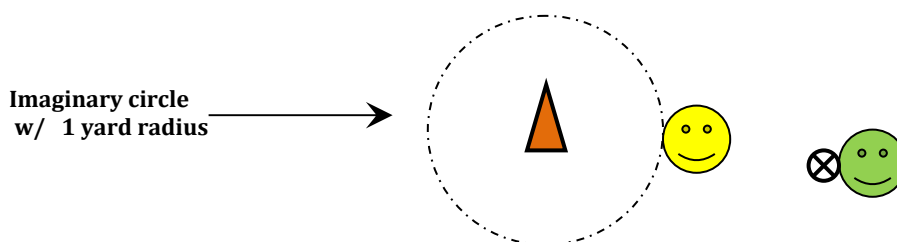
Using the inside and outside of the same foot to dribble and turn. Being able to control the ball using the inside and outside of the same foot is very useful in dribbling and shielding the ball.

Guard Your Cone!




SETUP:


Players are grouped in PAIRS and each pair has a soccer ball and a cone.

The stopwatch is set at two minutes!



THE GAME:

One player  is on offence trying to pass/shoot the ball  so it hits the cone  for a point.

The other player  is a defender trying to prevent the cone from being hit with the ball. However, he must stay 1 YARD AWAY from the cone at all times!

Attacking player may try to dribble around the defender or shoot. Have them use their moves (i.e. the Roll, Feint, Inside/Outside, Scissors, etc)!

Defender should defend their space. If he gets the ball just touch it back to the attacker and go again. Game goes for 2 minutes and then switch roles.

Variation: Make the Defender into a goalkeeper and let them use their hands to make themselves "BIG".

WHAT THIS TEACHES:

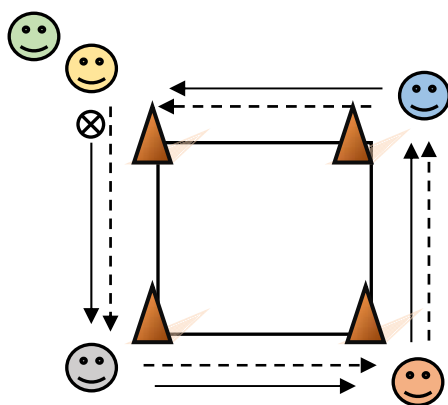
For the defender it's getting familiar with defending a space. The attacking player works on getting around a defender toward a desired space (the cone).

Kickabout the Square!


SETUP:


Set up a square with 4 cones, 7 to 15 feet apart.

5 players, the 3 without balls stand alone in front of a cone. The other 2 players have 1 ball and stand behind the last cone.



Path of RUN = 

Path of PASS = 

BALL = 

THE GAME:

Player 1 with the ball passes the ball to Player 2 at the cone on his right. Player 1 runs to the cone where Player 2 is and stops.

During this, Player 2 traps the ball, turns it with his foot and passes it to Player 3 at the cone on HIS right. Player 2 runs to the cone where player 3 is and stops...

And so it goes. Ball is played on the outside of the square. Keep the ball and players moving! Go for 3 to 4 minutes.

WHAT THIS TEACHES:

Quick touches on the ball and change of direction and running to a space.

Try to get them to get to the point where they can do this two touch. One touch to set up the ball and the next to pass it. This is a great way to get them moving.

‘Outta Here! (U10+)

(from the US Youth Soccer Coaching Manual)

SETUP:

Create a small sided field approximately 40X20 yards with a goal of ANY SIZE on each end line. Split the group into two even teams and line them up on the same sideline with the coach in the middle with a pile of soccer balls. It would help if one group wore alternate jerseys.

THE GAME:

The coach will play a ball into the area and call out a players names. Those players must then sprint onto the field and play. The game should continue until a goal is scored or the ball goes out of bounds. Tell them NO BLASTING the BALL down the field or it's pushups as punishment! Play ball on the ground.

If a goal is scored the scoring team/player stays on while the defending team comes off.

If ball goes out of bounds coach shouts "Get Outta-Here!" and all players must leave the field and sprint back to their team's line!

Variation#1: No small goals available? Set up some cones for them to knock over for a score.

Variation#2: Call out more players to create a 3v2 or 3v3.

Variation#3: Require 3 passes before a team can score!

WHAT THIS TEACHES:

- Encourages players to take on their opponent.
- Encourages players to shoot when they have a chance of a goal.
- Gives players concentrated time in a game like situation. It's a game...just like Saturday!

Pass & Chase, Turn & Shoot!

SETUP:

Use a regular size soccer goal. Two lines of players with 2 cones on each side of the GOAL. Cone A in each line is just outside the penalty box area with second (Cone B) about 12-15 yds behind it. Two groups of players with balls line up behind cone B in each line. At Cone A is a Player 1 without a ball with their back to the goal. Goalkeeper in the goal.

All extra soccer balls are nearby. Lots!

 = Cone  = Ball

 = Player/Passer

 = Player/Shooter

Path of DRIBBLE/TURN = 

Path of RUN = 

Path of PASS = 

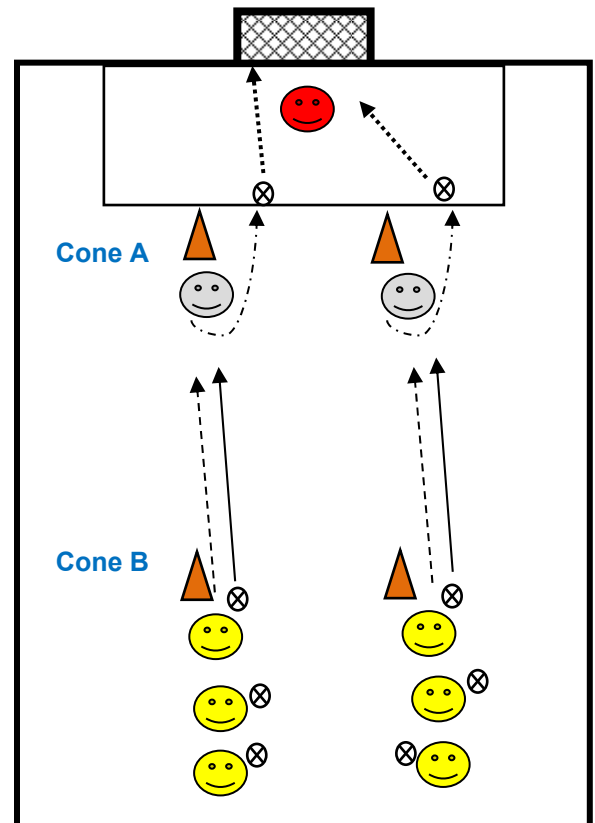
THE GAME:

Player 2 in the line at Cone B passes to Player 1 who has their back to the goal at Cone A. Player 1 gets a good first touch on the ball and turns (2 touches max) and shoots on goal then gets in line at Cone B. Meanwhile Player 2 runs to Cone A (* OR see variation description) and takes the place where Player 1 was. And so it continues. Put a goalkeeper in the goal and alternate lines (one line goes then another). Do until all balls are gone. Have players get the balls after the game. Switch sides.

PROGRESSION/VARIATION: Turn the passer to a chasing defender after the pass! They should run and try to get the ball away from Player 1 before they shoot, which will force a quicker shot from the shooter!! After they chase then they are the shooter.

WHAT THIS TEACHES:

Getting comfortable turning the ball and shooting. Look UP before you SHOOT! Shoot at the NET! NOT the Goalkeeper!! Variation gets players to turn & shoot under pressure.



Pass N' Go Squares: Pass & Replace

SETUP: Sets of 5x5 yards SQUARES set with cones in an area. Half of the players IN squares (1 per square) WITHOUT a ball. The other players in the area outside the squares each with a ball.



THE GAME:

1. All of the players with ball at their feet dribble and look for an open player inside a square. (make eye contact or call name!).
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 90 seconds! Have players count how many times they switch!

Variations: (Progression/Regression)

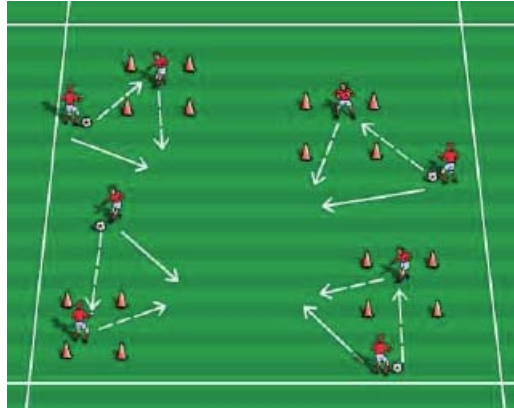
1. P - Receivers can only use 1 touch to move ball out of square
2. P – Add a roaming defender to prevent passes being made to open players
3. R – Players can exit the square using any four sides
4. R – Have the receiving player first stop the ball inside the square before exiting

WHAT THIS TEACHES:

Communication between players! Use inside of foot push pass NOT toe or in-step!
Use good 1st touch to get out of square and HEADS UP and figure out where player will go next!

Pass N' Go Squares: Wall Pass

SETUP: Sets of 5x5 yards SQUARES set with cones in an area. Half of the players IN squares (1 per square) WITHOUT a ball. The other players in the area outside the squares each with a ball.



THE GAME:

1. All of the players with ball at their feet dribble and look for an open player inside a square. (make eye contact or call name!).
2. The player with the ball passes the ball to the player inside the square. The receiving player traps (settles) the ball and then passes the ball back to the same player (Wall pass) in main area exiting out of a different side than where the ball entered.
3. The player then looks for another square to exchange the next wall pass with.
4. Play for 90 seconds! Have players count how many times they pass!

Variations: (Progression/Regression)

1. P – Players in the square must use 1 touch to pass the ball out of square
2. P – Add a roaming defender to prevent passes being 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

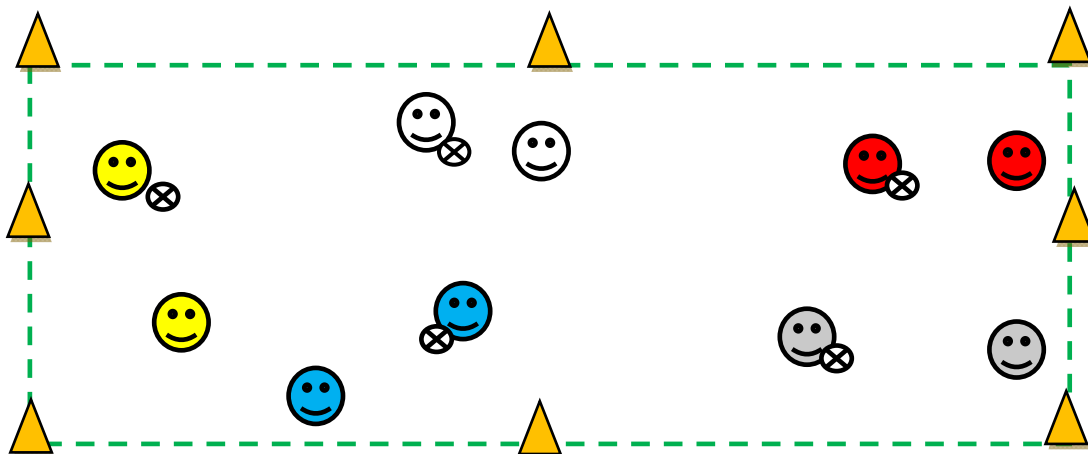
WHAT THIS TEACHES:

Communication between players! Use inside of foot push pass NOT toe or in-step!
HEADS UP and figure out where player will go next!
Use this for ALL age groups!

Passing & Moving in Pairs

SETUP: in Penalty Area or a marked off island area.

Players in pairs and each pair has a soccer ball. Everyone goes at once!



THE GAME: Players move freely in the area. When coach says, "AND...BEGIN!" Player receives a pass from their partner, does a move (scissors, step-over, Maradona, U-Turn, Stop-turn etc.) make 2 touches on the ball & passes back to partner who does the same!

Partners without the ball should move and get open while staying 8 and 10 yards away but remain in the Penalty Area...! Players need to keep their heads up to find open space.

Each player should try the bunch of different moves! Check out the Red Bull Academy list for more complicated ones. Players should relax and have fun with it!

Coach can call out moves to do as well.

WHAT THIS TEACHES:

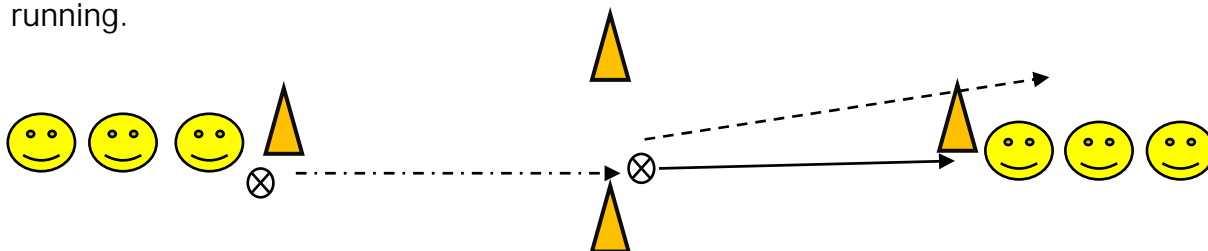
This activity encourages moving and being creative with the soccer ball. They get a chance to work on their individual ball skills free from pressure.

Receiving Line (Dribble and Pass)

SETUP:

Two cones, spaced apart, half of the group on one side (side A) in a line and the other half behind the other cone (side B) facing them in a line.

One ball. No more than 8 players per game! If more, have 2 games running.



Path of DRIBBLE = - - - - ->

Path of RUN = - - - - ->

Path of PASS = ———>

BALL = ⊗

THE GAME:

Player1 (Side A) with the ball dribbles the ball (touch it with every step!) through the cone(s) at the middle. Once at the middle they pass the ball the Player2 at the other line on Side B. Then player on Side B dribbles the ball through the cone(s) at the middle and does the same. Players go back to the end of line they passed to.

WHAT THIS TEACHES:

Gets players used to dribbling the ball with purpose/to a specific target

Passing while moving!

First touch sets up your second touch!

Shooting Gallery

SETUP:

Use a Regular size soccer goal. Two lines of 3 to 4 cones starting on the 18-yard box. Two groups of players with balls line up behind the first cone.

All extra soccer balls are in the center circle.

▲ = Cone

P = Player

THE GAME:

First player in the line starts dribbling. When the player gets to a cone they must dribble around the cone in a complete circle and go to the next cone. Do this for all the cones in their line.

After the last cone they shoot the ball (instep drive kick) on frame (on goal). The next player in the line goes.

Then they go back, get another ball and go to the end of the same line and repeat.

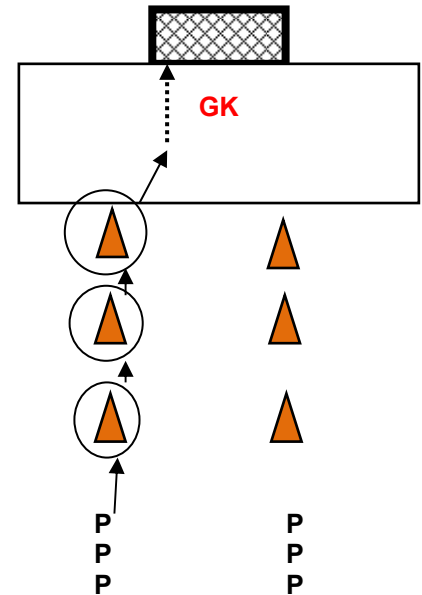
Do until all balls are gone. Have players get the balls after the game. Switch sides. This game can easily be done as a race!

VARIATION: Line up the cones so the players are dribbling ACROSS the 18-yard box. In soccer shots come from all directions!

WHAT THIS TEACHES:

Controlling the ball and getting comfortable shooting the ball. To change it up, move the cones closer or further away from the goal. Plus, gets your goalkeeper used to handling shots.

If you have more than 10 players, add another line!



EXTRA BALLS HERE

Snakes

SETUP:

This is a great warmup for the older players! Every player has a soccer ball and starts with the ball between their feet with their knees bent.

THE GAME:

To start with, on coach's command each player moves their RIGHT foot behind the ball and touches it with the OUTSIDE of that foot.

Before the ball get beyond reach, the player immediately taps the ball BACK to their center using the INSIDE of the RIGHT foot.

Then the player moves their LEFT foot behind the ball and touches it with the OUTSIDE of that foot.

Again, before the ball get beyond reach, the player immediately taps the ball BACK to their center using the INSIDE of the LEFT foot.

While doing all this the player should try to remain as stationary as possible! They should NOT be moving across the field!

Do this for 60 seconds and rest. Have players work on their technique on getting comfortable touching the ball in this way.

How many touches can each player get? Repeat 2 or more times!

WHAT THIS TEACHES:

We are helping develop the player's fine motor skills! This teaches and reinforces control of the ball. This works on developing skills for using the OTUSIDE and INSIDE of the foot at the same time!

Taps

SETUP:

Every player has a soccer ball and starts with the ball between their feet with their knees bent.

THE GAME:

To start with, on coach's command each player bends down & touches the ball **between their hands** as many times as they can in 10 seconds. Do the same activity for **elbows**!

Use hands and elbows as the confidence builder. It's the FOOT touches that require balance and is harder!

Then, the next time, each player taps the ball **between their feet**. This is tricky as it requires balance and more coordination!

How many touches can each player get? Repeat 2 times

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VARIATION#1:

Do 'Tap on Tops' where the players touch the top of the ball with the bottom of their foot/toes. Start stationary and then see if they can tap alternating feet while going around the ball.

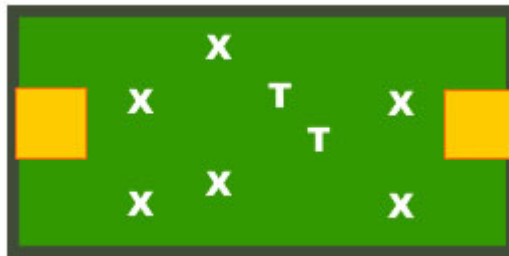
WHAT THIS TEACHES:

We are helping develop the player's fine motor skills! This teaches and reinforces control of the ball. Keep knees bent & tap ball with the front of the foot (this gives better control than the back of the foot).

Welcome to the Jungle! (Tigerball)

SETUP:

Mark off a field about 30x20 yards with two 5x5 yard squares at each end or near the end. Start with 8 players on the field, 6 players (X) with a ball each, and 2 players as the "tigers" (T) or defenders.



THE GAME: On the whistle the pair of tigers work together to win a ball and place the ball in one of the collection squares.

The tigers must work together and can only attack and win one ball at a time.

If a dribbler loses his ball to the tigers, she can attempt to regain possession until the ball is put in a collection square, then the dribbler must leave the field.

If a ball goes out of bounds the coach should have 1 or 2 extra balls at his disposal and immediately throw another ball onto the field towards the player(s) who did not play the ball out.

Keep track of how long it takes each tiger pair to collect all 6 balls. Rotate the "tigers" and rotate in the players on the sidelines. If you have 16 just have two groups of 8 players or have your other coach do something else with the other players.

WHAT THIS TEACHES: Gets defenders working together! Tip: Before playing explain how one tiger should pressure the dribbler while the other tiger should lurk 3-8 yards behind and to the side of his partner anticipating where the dribbler might go. The first tiger wants to force the dribbler into his partner or into a mistake and the second tiger, if necessary, should pounce on the ball when that happens.

Turning Moves from NY Red Bull Academy!



For video clips of these go to: <https://www.youtube.com/user/NYRBTrainingPrograms/featured> and look under "Ball Mastery" section!

Try these for your players at your training sessions! These are (for the most part) listed from easy to difficult!

The OUTSIDE CUT

Contact is made with the OUTSIDE of the foot while the non-kicking foot comes past the ball and plants allowing the player to pivot. Next touch is made with the nearest surface of the nearest foot while shielding the ball

The INSIDE CUT

Contact is made with the INSIDE of the foot taking the ball ACROSS the body into space. At the point of contact the knees bend to create a platform from which to accelerate!

The STOP TURN

Stop the ball with the SOLE/BOTTOM of the foot. Step PAST THE BALL and plant with the foot that stopped the ball. The knees bend to create a platform from which to accelerate. The next touch is made with the nearest surface of the nearest foot taking the ball in the opposite direction.

The U TURN

The non-kicking foot plants as the kicking foot reaches for the ball. Drag the ball BACK in the opposite direction shielding the ball as you turn. The next touch is made with the nearest surface of the nearest foot.

The CRYUFF TURN

Fake to strike the ball by planting the non-kicking foot in front of the ball. Use the inside of the opposite foot to move the ball BEHIND the non-kicking foot shielding the ball as you turn.

The STEP OVER

Pretend to play the ball with the INSIDE of the foot but move the foot around the front of the ball instead. Plant that foot and pivot back in the opposite direction. Take the ball away using the same foot.

The SLAP CUT

The ball is moved across the front of the body with the sole/bottom of the foot. The player IMMEDIATELY cuts the ball back with the OUTSIDE of the SAME FOOT creating space to pass or shoot.

Dribbling Moves from NY Red Bull Academy!



<https://www.youtube.com/user/NYRBTrainingPrograms/featured> and look under "Ball Mastery" section!

Try these for your players at your training sessions!

The ROLL

As the player approaches a defender, they drag ('roll') the ball across the front of the body using the SOLE/BOTTOM of their RIGHT foot and then takes the ball past the defender with the inside of the LEFT foot.

The FEINT (Outside cut)

As you approach the defender, lean to the left, dropping the left shoulder and planting the LEFT foot outside the line of the ball, and take the ball away with the outside of the RIGHT foot in the opposite direction.

The DOUBLE FEINT

As you approach the defender, lean to the left, drop the left shoulder and plant the LEFT foot outside the line of the ball, move the RIGHT foot BEHIND the ball planting on the other side dropping the right shoulder and take the ball away with the outside of the LEFT foot in the opposite direction.

The INSIDE/OUTSIDE

Move the ball with the INSIDE of the RIGHT foot to the left side, plant the right foot quickly and then take the ball away in the opposite direction with the outside of the RIGHT foot.

The SCISSORS (Reverse Step-Over)

Player moves their RIGHT foot in a clockwise direction OVER the ball planting their foot to the right of the ball, dropping the right shoulder as the right foot plants, and then takes the ball past the defender with the outside of the LEFT foot. You can do double or triple scissors as well!

The STEP OVER

As the attacker approaches the defender they place their RIGHT foot over the ball to the left and plant it and take the ball away with the OUTSIDE of the RIGHT foot in the opposite direction.

The PUSH AND RUN

Approach the defender quickly and push the ball around the defender with the outside of the foot. The player quickly bursts around the other side of the defender and re-connects with the ball.

For video clips of these go to: <https://www.youtube.com/user/NYRBTrainingPrograms/featured> and look under "Ball Mastery" section!