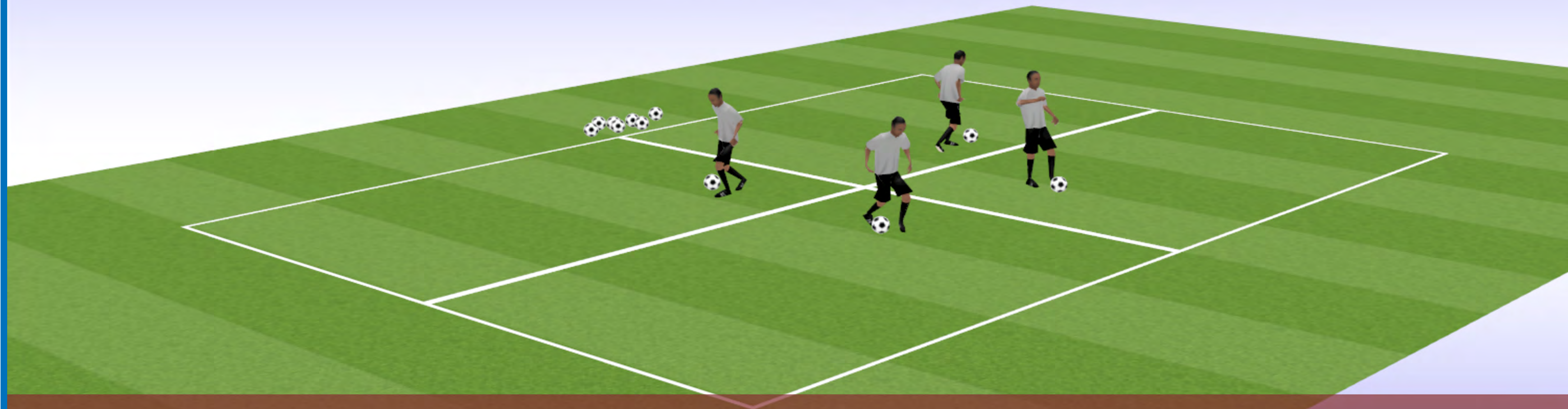


# Stopping & Starting STEP 1



**Dribble around stopping & starting.**



**Use inside,  
outside, &  
sole of the  
foot.**

**Change feet.**



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# Stopping & Starting STEP 2



**Players collect balls from the center.  
Then players can go get balls back.**



**Encourage deception.**

**Use change of speed & body shape to disguise intent.**



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# Stopping & Starting STEP 3



**1 v 1 to corner goals.**



**Can attackers go, stop, start & pass?**

**Dribble in one direction and pass in the other?**



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# Stopping & Starting STEP 4



Half v half to 2 end goals.



**Encourage stops & starts.**

**Can they keep a shape?**

**Stop & start?  
Or stop, start & pass?**



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