

Stopping & Starting STEP 1



Dribble around stopping & starting.

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**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.**

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**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.

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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.

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Encourage stops & starts.

Can they keep a shape?

Stop & start?
Or stop, start & pass?



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