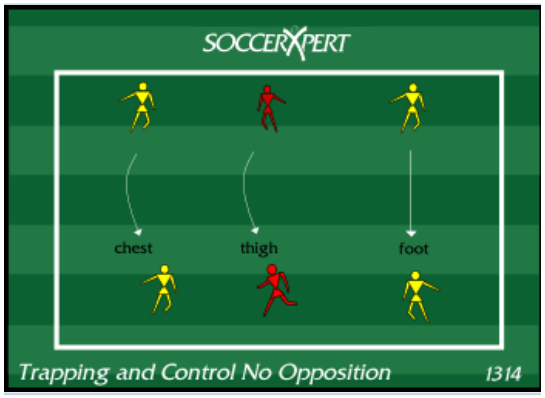


Drill Quick Glance

Age: 6+	**Field:** 10X20
Players: 2+	**Time:** 15 MINS.
Difficulty: EASY	**Focus:** PASSING
Keeper: NO	**Type:** INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Trapping and Control with No Opposition

Objective:
This soccer skills drill aims to practice trapping and control with the foot, chest, and thigh.

Setup

1. Split the team into two groups about 5-10 yards apart.
2. The distance between the players will vary based on their skill level.
3. Move players closer if they are beginners and further apart for more advanced players.

Instructions

One player serves the ball to his partner, who traps and controls the ball with the part of the body specified by the coach.

1. Inside of foot traps and control
2. Outside of foot traps and control
3. The instep of foot traps and control
4. Sole of foot traps and control
5. Thigh traps and control
6. Chest traps and control

When serving the ball to the thigh or chest, throw the ball underhand.

Balls served to the foot should be passed.

Advanced players can play the chest and thigh traps with their feet.

Coaching Points

Review each of these coaching points:

- How to Trap with the Chest
- How to Trap with the Thigh
- How to Trap with the Inside of the foot
- How to Trap with the Outside of the Foot
- How to Trap with the Instep of the Foot
- How to Trap with the Sole of the Foot

Variations

- Change the distance between players.
- Serve balls with the foot.