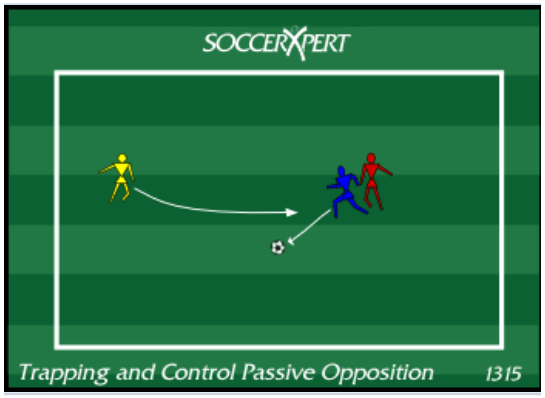


Drill Quick Glance

Age: 8+	**Field:** 20X20
Players: 3+	**Time:** 15 mins.
Difficulty: MEDIUM	**Focus:** RECEIVING
Keeper: NO	**Type:** INDIVIDUAL
Author: Chris Johnson	

Equipment

Soccer Balls

Trapping with Passive Opposition

Objective:
This soccer trapping drill focus on trapping and control with the addition of a passive defender. The defender causes the receiving player to be more aware of their surroundings.

Setup

1. Set up players into groups of three.
2. Assign one player as a server, one player as a receiver working on control and trapping, and one player as a passive defender.
3. The server starts 10 yards from the receiver and defender.

Instructions

1. The server plays a ball into the receiving player.
2. The passive defender stands close enough to touch the receiving player and tries to distract the receiving player.
3. The passive defender should not attempt to win the ball at this point.
4. The server should play to the chest, thigh, or feed as specified by the coach. Serves to the chest and thigh should be thrown underhanded, and trapping with the feet should be served by the feet.
5. After the ball is trapped and under control, the receiving player should playback to the server and repeat.

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

- Allow the defender to apply minimal pressure.
- Increase defensive pressure