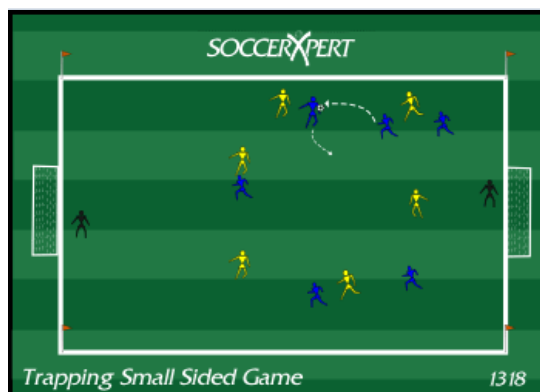




Drill Quick Glance

Age: 9+	Field: 40X60
Players: 10	Time: 20 MINS.
Difficulty: MEDIUM	Focus: RECEIVING
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Full-Size Goal

Soccer Control and Trapping Small Sided Game

Objective:

This control and trapping game is a great exercise that focuses on controlling balls out of the air. Players throw the balls into their teammates, making it easier to focus on controlling balls out of the air and deciding where to direct your touches.

Setup

1. Create a grid that is approximately 40X60 yards with goals on each end.
2. Split the teams into 6v6 and place a goalkeeper in each goal.
3. One team will start with the ball in their hands.

Instructions

1. This trapping game is not your typical 6v6 game as you play this game with your hands.
2. The play should follow this order:
 - (1) a player throws to a teammate
 - (2) the teammate (receiving player) must control the ball to the ground
 - (3) the receiving player then picks up his trapped ball and throws it to a teammate.
3. Players are not able to run while holding the ball.
4. The opposition should attempt to intercept the ball by controlling the ball out of the air or picking up a poorly trapped ball from the other team.
5. A goal can be scored at any point and from anywhere within the grid if the shot is taken immediately after controlling the ball to the ground.

Coaching Points

- Focus on how and where to trap the ball
- Make sure supporting players move off the ball to create space and avoid pressure.

Variations

- Change up the play by allowing players to:
 - (1) throw to a teammate;
 - (2) teammate controls the ball to the ground;
 - (3) he then passes the ball to the teammate;
 - (4) the teammate receiving the pass picks the ball up and throws it to another teammate.