

## DRIBBLING AND TRAPPING IN SQUARE

Materials: Spot Cones (20)

Game Length: 12-20 minutes

Soccer Skill: Dribbling and Trapping

First and foremost teach the kids the proper form and technique of trapping. Show them how to use their laces and not their toe and how to use their thigh and not their knee. Have them practice this while stationary for a few minutes. While holding the ball above their head they will drop the ball and attempt to trap it with their foot. Have them do the same while attempting to trap it with their thigh. *Note: The purpose of trapping is to get the ball down to your feet as quickly as possible so that you can make your next decision. Be it a pass, a shot or just advancing it by dribbling.* In a 25 X 25 yard grid each child will have a ball. Tell them to dribble the ball around the square. When you call out 'Foot' they have to stop dribbling, pick their ball up, throw it up in the air (just above their head) and trap it with their foot. When you call out 'Thigh' they have to stop dribbling, pick their ball up, throw it up in the air and trap it with their thigh. Once they have trapped it with either their foot or thigh they can resume dribbling again.

Note: The more the ball bounces when trapping the more time it will take for them to get the ball under control. Teach them how to deaden the ball when trapping and not to let it bounce.

○ - COACH

△ - KIDS

⊗ - Soccer Balls

