

WEEK 3: TRAPPING

- **Key teaching points:** Reviewing passing techniques because they will build to trapping skills, trapping the ball with feet and thighs
 - **Let players know what they will be learning + what's expected of them today!**

Warm Up: Ball Skills (5-7 minutes)

- The players should be getting used to the warm-up pattern by now and will be showing improvement in the drills, especially the fast footwork drills.
- Do the fast foot work drills for 5 minutes, and then go to the drill with the players dribbling in a square (climb the mountain and happy feet)
- If you'd like- you can incorporate balancing, running, walking, bending, twisting, changing direction, skipping, hopping, high knees throughout the warm up
- *See warm up activity handout*

Activity #1: Passing *review activity from last week* (10-15 minutes)



- Pass back and forth between the cones with a partner

- Keep partners close together to begin
- Variations:
 1. Only left foot (only right)
 2. Only two touches each player
 3. Go for most passes in a minute
- **Emphasize on:**
 1. Putting the ball right on your partner's foot
 2. Have the correct ball speed
 3. Swing through the middle of the ball

Activity #2: Partner Trapping (10 min)

- Players will work in partners, passing and tossing the ball back and forth to practice trapping the ball with their feet and thighs
- Move around to teach partnership, encouraging all players
- **Emphasize on:**
 1. Relaxing your leg or thigh so the ball does not bounce away
 2. Stop the ball right next to you
 3. Use the inside of your foot and the top meaty part of your thigh

WATER BREAK!

Activity #3: 3 person trapping activity (10 minutes)



Purpose: To develop the ability to trap the ball on the move

Setup: This drill is done in groups of three. Two kids will be stationary and one will be working. See the diagram below for setup.

How to Play: The player in the middle will run towards one player, trap the ball, and pass it back. Then they will run to the other person and do the same. The same person should work in the middle for a minute then rotate to the next player.

- **Emphasize on:**
 1. Work hard when you are in middle

2. Have to stop ball then pass it
3. Use inside of foot to both trap and pass
4. Use both feet

WATER BREAK!

Scrimmage: 10-15 minutes

- Emphasize on passing techniques throughout a live game
 - *Good time to teach the rules of the game*
 - Organize teams similar to how their games are (**3v3**, 5v5)
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- **Team chant, shout outs: under 2 minutes**