

WEEK 7: Trapping (2)

- **Key teaching points:** Continue to develop control of the ball, easy/light touch, go to the ball-don't wait for it to come to you!
 - **Let players know what they will be learning + what's expected of them today!**

Warm Up: Freeze Tag (5-7 minutes)

Set up: Create a defined dribbling area. Each player has their own ball.

- The game begins with all players dribbling around within the defined area. The coach then chases the players trying to tag them. When a player is tagged, they must freeze, hold the ball high above their heads, and spread their feet apart. The player remains frozen until a teammate dribbles their own ball through the frozen player's legs, after which the player is unfrozen and continues dribbling around.

This is a great dribbling game that also encourages teammates to help each other out.

- If you'd like- you can incorporate balancing, running, walking, bending, twisting, changing direction, skipping, hopping, high knees throughout the warm up

Activity #1: REVIEW-Passing (10-15 minutes)

Purpose: To develop an ability to pass and find the open space.

Setup: Players should get into groups of two with one ball per group. See the field setup below.

How to Play: The object of this drill is to score as many goals as possible by passing the ball between two cones to your partner. A pair cannot score two goals in a row at any one goal. Play for a minute then rest for a minute. Make a game out of it and see who can score the most goals.



WATER BREAK

Activity #2: 3 Man Passing Drill (15 min)

Purpose: To develop passing and quickly turning to go to space.

Setup: See diagram below.

How to Play: Player in the middle runs toward player 1 and receives the ball, traps it, and passes it back. The player runs toward player 2 and receives the ball, traps it, then passes it back. Then the cycle continues. Have each person work for a minute then rotate. Each player should do it at least two times. Players one and two should be about 30 yards apart.

Emphasis:

1. Move quickly in between passes
2. Use both feet
3. Pass firmly



Activity #3: Trapping individually (10 minutes)

Purpose: To develop the ability to trap balls at different heights and angles.

Setup: Have each player with a ball in their hands. The ball is thrown into the air slightly above head level and then trapped by the foot or thigh.

Emphasis:

1. Cushion the ball when it hits your leg or foot
2. After the player traps the ball, they should take two or three dribbles and then pick the ball up to do it again.

Coach will rotate through each player multiple times to instruct, as well as toss a few balls to each player to practice their trapping technique

WATER BREAK!

Scrimmage: 10-15 minutes

- ✓ Begin to emphasizing on spacing, moving without the ball
 - ✓ Players should begin to understand its more effective to spread the field, creating space, than to bunch up close together
 - 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**)
- **Team chant, shout outs: under 2 minutes**