

DESCRIPTION

Set up lines of cones as shown - firstly, players will work in their lane, simply throwing their ball to their partner who will trap and return. They'll do five reps before their partner takes their turn. They'll work for 2 minutes on each trapping technique; laces cushion, instep volley, thigh cushion, chest trap, cushioned header (headers only if the players are aged 12+).

WARM UP

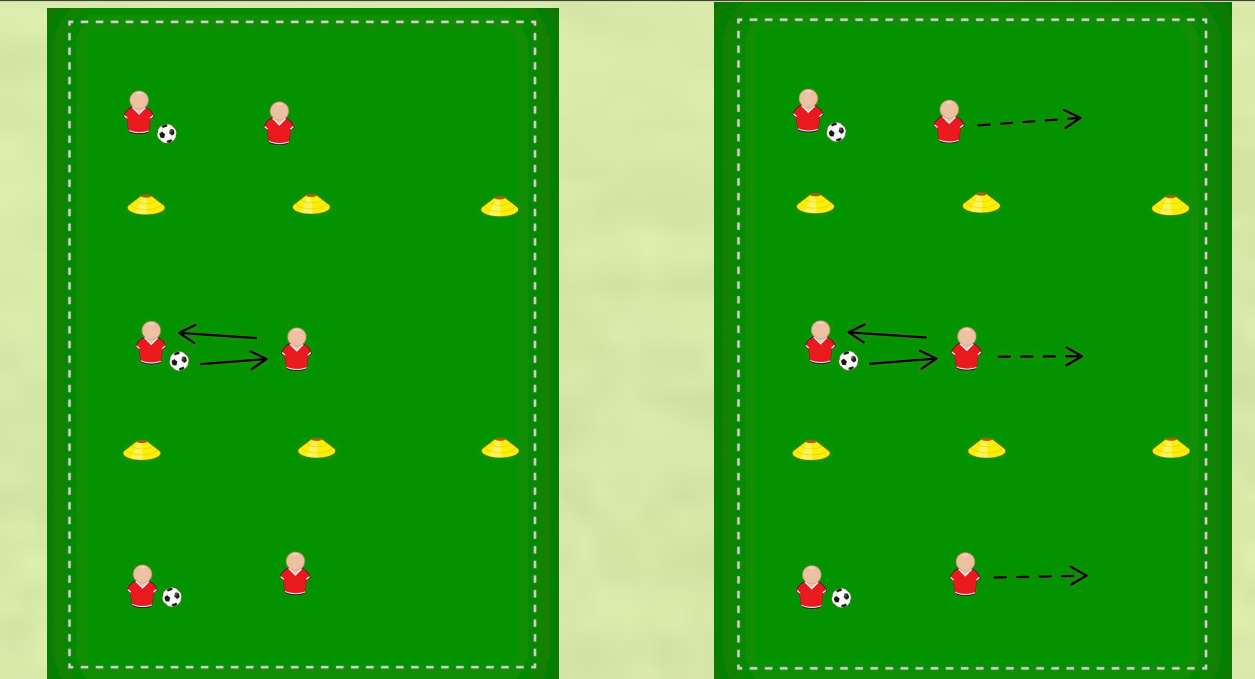
To progress you can have them do the same thing but the pair will move backwards and forwards in their lane - the throw should be moving forward, the receiver backwards. Finally, ask players to see work together to keep the ball in the air all the way across the field, side-to-side

COACHING POINTS

**FIRST COACHING POINT - APPROACH**

Players should know how to adjust their body based on the flight of the ball. If it's coming right at them they use their laces, thigh or chest, if they can step to the side they might be able to engage their side foot

DIAGRAM



TECHNICAL

In the same cone set-up as above, players will now try to move sideways along the cones and trap the ball while moving. One player throws, their partner deals with the ball and returns it. Players should try to make their trapping touch move the ball in the direction they're traveling.

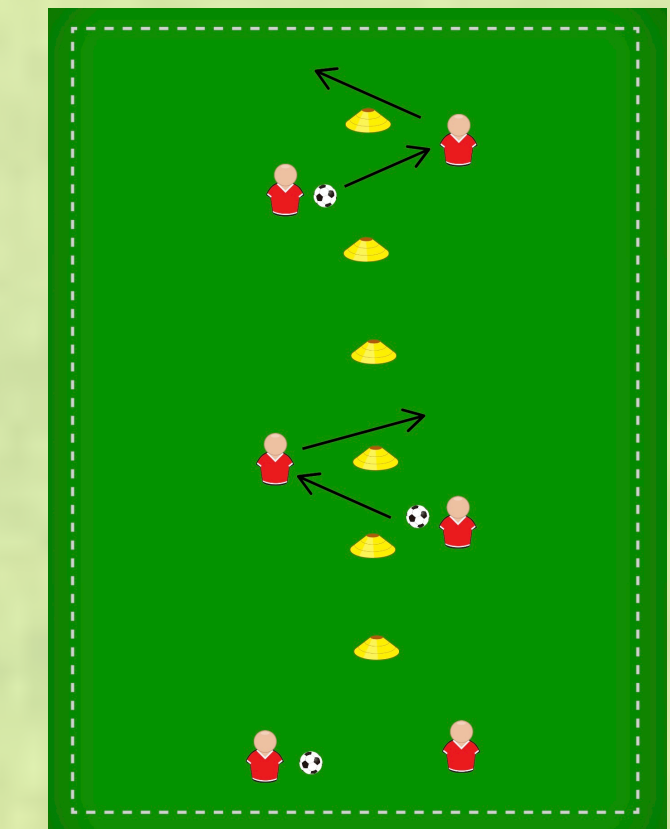
Progress this by asking players to keep the ball in the air without catching it for the length of the cones.

**FIRST COACHING POINT - QUIK FEET**

Players should try to keep their heels off the ground as they do this - that will help them be ready to deal with the ball

**SECOND COACHING POINT - FRONT FOOT**

A moving player wants the ball about one step in front of them so they can step on to the ball without slowing down



TACTICAL

30x30 yard grid with a 3x3 box in the middle. Players set-up around the outside of your area with a ball as shown - one player in the middle square. That player must check out of the middle to receive a ball that they must trap and return to the same outside player, the check back in to the middle before repeating as many times as they can in 60 seconds. They can play one touch if able to do so. You can start with ground balls and then ask the outside players to toss or do throw-ins to make this harder.

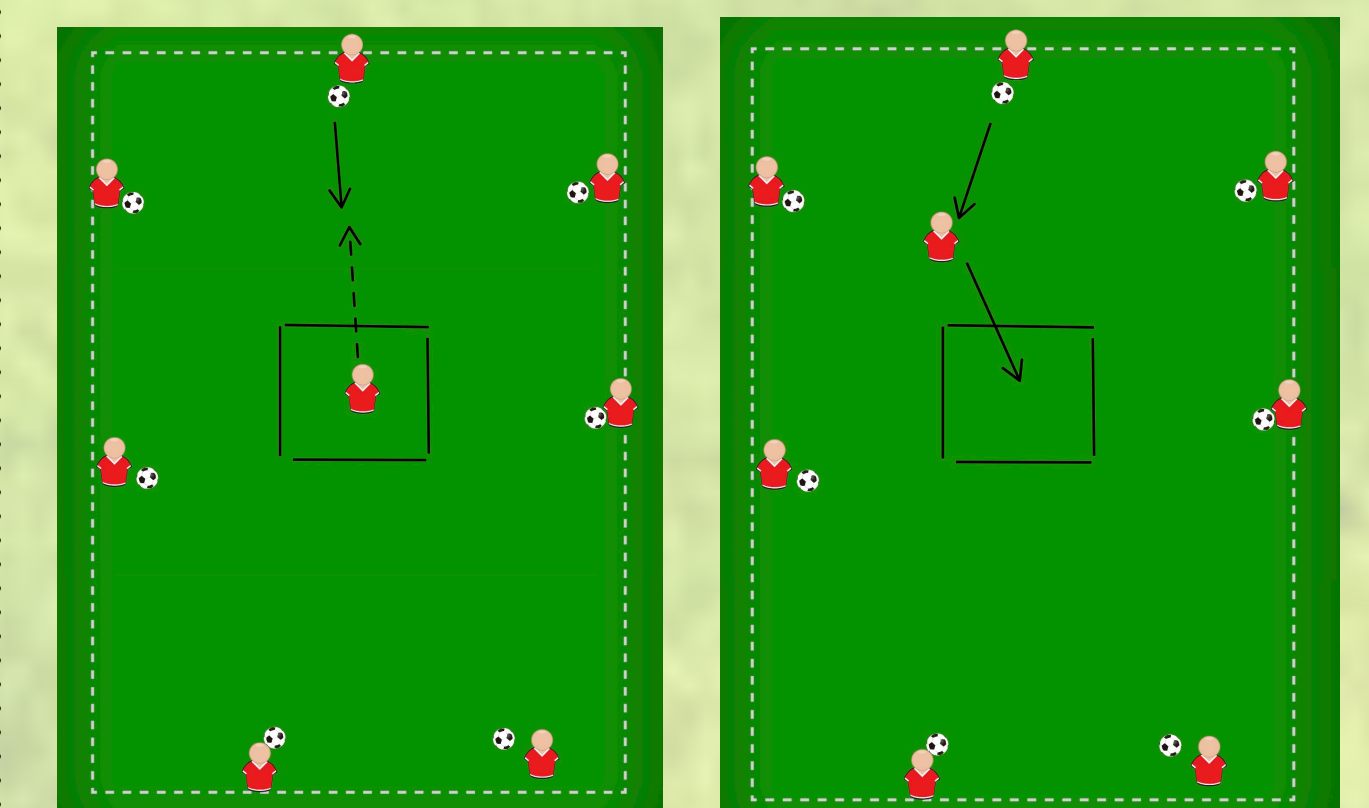
To progress you will ask the middle player to check out to get a ball - this time they must trap the ball and try to make it go towards the middle square. See how many they can get to pass through the middle square.

**FIRST COACHING POINT - PLANNING**

The receiver should be looking to get "set" as they receive the ball, they do not want to be traveling full speed as the ball comes to them

**SECOND COACHING POINT - POSITION**

For part 2, the middle receiver should be arriving to the ball with their hips open to the ball and their target area



GAME

End Zone - Mark a field with enough boxes for every player plus two extras, Mark an end zone at each end - divide in to two teams. Players are assigned to a marked area where they start the game. Each marked area can only have one player in it but players can move to a new area if the area next to them is free. Each team sends a player to the end zone. Teams must try to keep possession and connect with their player in the end zone who must trap the ball for a point.

**COACHING SUMMARY**

This part should be fun, high energy and enjoyable. Work with each player on their trapping mechanics and how they prepare for the ball

