

“Dead Ball”

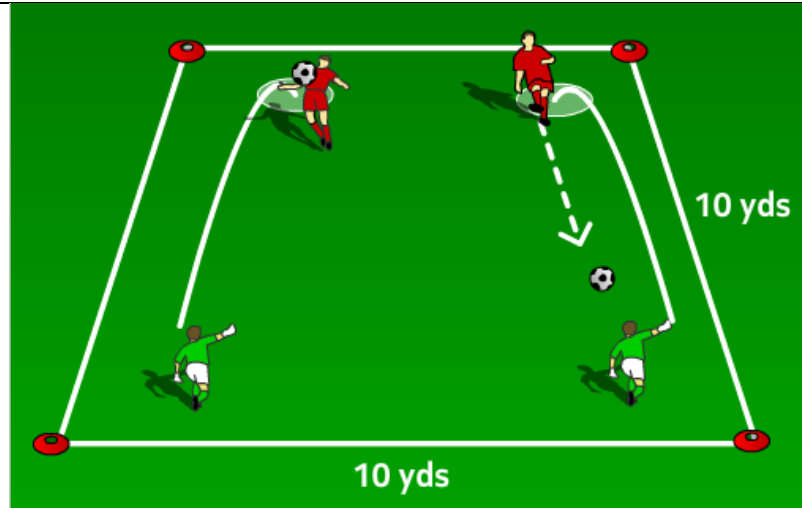
East Central Soccer District Academy Curriculum

Curriculum Topic: Ball Control & Turning

Primary Objective: To improve trapping skills of high/low/hard balls.

Duration: 10 minutes

The Basics



Organization

Players are divided into groups of 3-4, 1-10yd x 10yd grid per group, 2 balls per group.

Activity

At coach’s signal, 2 players each toss a certain type of ball to the receiving players (high, bouncing, hard and low) and the receivers must trap the ball so that it falls dead to ground right in front of them. ****Underhand tosses for high balls**** Receiver then passes the ball back.

Repeat a certain type of ball/trap 5 times, then switch roles between server and receiver.

Include: chest traps, thigh traps, wedge traps, sidefoot trap (for knee-high balls)

Challenge each group to successfully complete 5 of each trap type before the other group does.

- Encourage soft cushioning of ball – move trapping part of body forward, then quickly back to match the speed of the ball, thereby cushioning it in.
- Use a cone at the foot of the player as a target if they struggle trapping the ball straight down.
- If players still struggle, encourage them to move closer together.

None

Coach Pts

Mod

Progression

Once a single circuit of each trap is complete for all players, challenge them further by requiring them to trap the ball toward the other receiver, follow the ball, and return the ball to the other server (effectively switching partners).