



“Triangle Toss, Trap & Pass”

East Central Soccer District Academy Curriculum

Curriculum Topic: Ball Control and Turning

Primary Objective: To build familiarity and improve technique with various traps

Duration: 10 minutes

The Basics		<p>Organization Group broken into teams of 3 (4 if necessary). Teammates form a triangle, 5-8 yards apart. 1 ball per team.</p>
	<p>Activity 1st teammate tosses ball to second, who traps ball and then passes it to the 3rd. 3rd player picks it up and tosses to 1st, who traps it and passes to 2nd. 2-touch only. Work on different types of odd-ball traps; high balls, medium balls, etc.</p>	
	<ul style="list-style-type: none"> Go to the ball to trap it – don’t stand and wait for the ball to arrive. Cushion the ball as it arrives – move thigh or foot or chest toward ball, then pull away as cushion (think of how you’d catch a tossed egg) Proper passing technique Players should stay light on feet, knees slightly bent, on toes 	
	<p>None</p>	
Progression	<ul style="list-style-type: none"> Require 1-touch trap/passing instead of 2-touch. 	