

Passing, Trapping, and Movement 1

Contributed by Administrator
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This is a basic passing and trapping drill that can be used to teach good habits that will translate to the game.

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{gallery}3001{/gallery}Steps:

- This is a basic passing and trapping drill that can be used to teach good habits that will translate to the game.
 - The drill starts with two separate lines of 3 players (see diagram). The first player in each line has a ball and starts dribbling towards each other (#1). As they reach the middle each player makes a simple move to the right (#2) and then passes the opposite line (#3).
 - As the ball is traveling to the opposite line each player must make a run to the outside and open up to receive the ball (#4).
 - The players in line passes the ball back to the player making a run (#5) who receives the ball across his body and dribbles back towards their own line down the sideline (#6).
 - As they cross the center cones each player passes the ball the first player in their own line (#7) and then goes to the end of the line.
 - Repeat each step several times. Don't forget to switch the drill to the left side as well.
 - Timing is important for this drill to work so if it breaks down at any point make sure to stop the drill until each side is equal.
- Setup:
- 6 players
 - 2 balls, 6 cones.
 - 15 x 30 grid.
- Variations:
- At each point in this drill you can vary the type of pass, trap or dribble. For example when each player receives the ball across their body they can use different traps (outside, inside foot) to control the ball.
- Tips:
- Review the basic passing and trapping techniques in our drills archive. This drill works on the fundamentals and coaches should reinforce good passing and trapping habits.
 - Make the drill as specific as you can to force players to use their weak foot.
 - Make sure players are communicating and moving at game speed. This is the only way to improve.