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Trapping with Passive Opposition Soccer Trapping Drill

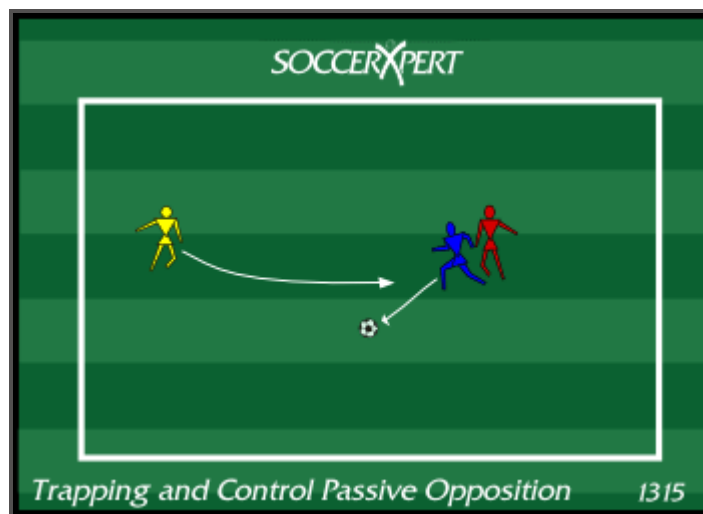
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Drill Objective:

This soccer trapping drill focus on trapping and control with the addition of a passive defender. The defender causes the receiving player to be more aware of their surroundings.

Drill Setup:

Set up players into groups of three. One server, one receiver working on control and trapping, and one player as a passive defender. Server is 10 yards from the receiver and defender.



Drill Instructions:

The server plays a ball into the receiving player. The passive defender stands close enough to touch the receiving player and tries to distract the receiving player. The passive defender should not attempt to win the ball at this point. The server should play to chest, thigh, or feed at specified by the coach. Serves to the chest and thigh should be thrown, and trapping with the feet should be served by the feet.

After the ball is trapped and under control, play back to the server and repeat.

Drill Coaching Points:

[How to Trap with the Chest](#)

[How to Trap with the Thigh](#)

[How to Trap with the Inside of the Foot](#)

[How to Trap with the Outside of the Foot](#)

[How to Trap with the Instep of the Foot](#)

[How to Trap with the Sole of the Foot](#)

Drill Variations

- Allow the defender to apply minimal pressure.
- Increase defensive pressure

Titled: [Trapping with Passive Opposition](#)

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