



TRAPPING

SOCCER DRILLS



Moving to the Left and Right To Stop a Rolling Ball: Have the parent roll the ball on the ground to the child's right. The child will move to the right and trap the ball with the inside of his/her right foot. The child will then kick the ball back to the parent. The parent will then roll the ball on the ground to the child's left. The child will move to the left and trap the ball with the inside of his/her left foot. The child will then kick the ball back to the parent. The child should successfully complete this 8 out of 10 times.

