







Activity Plan for Advanced Soccer Skills (Dribbling & Trapping)

Week 1			
Activity	How many or how long	How many days	Instructions
Chest Trap for Soccer 	10 mins	3 days/wk	<p>The chest trap may look difficult, but it's the easiest trap to learn because you use the largest part of your body. To do the chest trap:</p> <ul style="list-style-type: none"> • Bend slightly at the waist. <ul style="list-style-type: none"> a) Bend slightly <i>backward at the waist</i> if the ball is falling from above you. b) Bend slightly <i>forward at the waist</i> if the ball is rising up from the ground toward you. • Make your chest a concave surface just before making contact with the ball; push your shoulders forward and pull your back backwards. • Make contact with the ball just below your collarbone. Move your body so that the ball hits your chest on the solid bone in the middle of your chest, just below your collarbone. • Cushion the ball with your chest so that it falls to your feet. Draw your chest away from the ball slightly as it lands on you (the same way you cushion a ball that you catch with your hands). <p>Be careful not to accidentally touch the ball with your arms or shoulders. To better control the ball, try bending more at the waist. Don't worry, the chest trap won't hurt you unless you step in front of a hard shot.</p>
Soccer Pass with the Inside of the Foot 	10 mins	3 days/wk	<p>Practice passing a soccer ball with the inside of each foot. If you have a partner, practice passing the ball to your partner. Otherwise, you can practice passing the ball to a wall so it bounces back to you. When you pass the ball, try to kick the ball only with the inside of your foot (that's the side of your shoe that touches the other foot when you stand with your feet together). See how many accurate passes you can make so that your partner (or you) doesn't have to move to get the ball. The first day, try to always pass the ball with the inside of your right foot. The second day, try to do all of the passes with the inside of your left foot. The third day, see if you can change feet with each pass (right, left, right, left, etc.).</p>



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Week 2			
Activity	How many or how long	How many days	Instructions
Soccer Pass with the Outside of the Foot 	10 mins	3 days/wk	<p>Practice passing a soccer ball with the outside of each foot. If you have a partner, practice passing the ball to your partner. Otherwise, you can practice passing the ball to a wall so it bounces back to you. When you pass the ball, try to kick the ball only with the outside of your foot (that's the side of your shoe that is far away from the other foot when you stand with your feet together). See how many accurate passes you can make so that your partner (or you) doesn't have to move to get the ball. The first day, try to always pass the ball with the outside of your right foot. The second day, try to do all of the passes with the outside of your left foot. The third day, see if you can change feet with each pass (right, left, right, etc.)</p>
Trapping a soccer ball with your foot 	10 mins	3 days/wk	<p>Practice using your foot to trap a ball that is rolling on the ground or a ball that is bouncing toward you.</p> <p>To trap a ball that is rolling on the ground:</p> <ul style="list-style-type: none"> • Lift your foot several inches off the ground. • Point your toes up and stop the ball with the bottom of your foot. <p>To trap a bouncing ball:</p> <ul style="list-style-type: none"> • Judge where the ball will hit the ground closest to you and move to that spot. • Turn your foot sideways and lift your foot slightly off the ground. • Touch the ball with your instep just as the ball hits the ground. • Let the backspin on the ball roll the ball toward you. <p>Remember, judging where and how the ball will bounce takes time to learn. Be patient. <u>A good trap means you gained control of the ball.</u> It doesn't have to look pretty. One of the best ways to practice trapping the ball is by kicking it against a wall.</p>

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Week 3			
Activity	How many or how long	How many days	Instructions
Double leg trap 	10 mins	3 days/wk	<p>This week try the double leg trap. The double leg trap is a way to control the ball just as it bounces on the ground. To do the double leg trap:</p> <ul style="list-style-type: none"> • Judge where the ball will hit the ground closest to you and move to that spot. • Stand with your legs bent and your weight evenly distributed on both feet. • As the ball hits the ground, bend both knees over the ball so that it hits both of your shins as it starts to bounce up off the ground. • Straighten your legs as the ball hits to slow the ball's momentum. <p>Remember, judging where and how the ball will bounce takes time to learn. Be patient. A good trap means you gained control of the ball. It doesn't have to look pretty. One of the best ways to practice trapping the ball is by kicking it against a wall.</p>
Soccer Kick with the Laces of Your Boot 	10 mins	3 days/wk	<p>Practice kicking a soccer ball using the laces of your soccer boot (your cleats or running shoes). If you have a partner, practice kicking the ball to your partner. Otherwise, you can practice kicking the ball at a target on a wall so that the ball bounces back to you. When you kick the ball, try to kick the ball only with the top of your shoe. Try to hit the ball with the top of your shoe instead of the end of your shoe, because kicking with the end can hurt your toes. The best kick uses the part of your shoe at the bottom of your laces. If you kick with the top of the laces (where they are tied in a bow), the knot can make the ball go the wrong way, so always try to use the area of the laces that is closest to your toes (without the bow). See how many accurate kicks you can make so that your partner (or you) doesn't have to move to get the ball. The first day, try to always kick the ball with your right foot. The second day, try to do all of the kicks with your left foot. The third day, see if you can change feet with each kick (right, left, right, left, etc.).</p>

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Week 4			
Activity	How many or how long	How many days	Instructions
Soccer Thigh Trap 	10 mins	3 days/wk	<p>A thigh trap is most useful when the ball is dropping toward you and is already below your waist. To trap the ball with your thigh:</p> <ul style="list-style-type: none"> • Raise your thigh to meet the ball. • Allow your thigh to move in the direction of the ball as you make contact. • Absorb the ball's momentum. • Allow the ball to drop to your feet. <p>The object of trapping the ball is to slow its momentum and change its direction. Remember, you want your leg to be a flexible surface that moves with the ball rather than a rigid surface that the ball will bounce off of.</p>
Soccer Passes on the Run 	10 mins	3 days/wk	<p>Practice passing the soccer ball to a partner (or the wall) with the inside and outside of each foot. Try to run with the ball for a few steps before you pass it. On the first day, practice passing on the run with the inside of your right foot. On the second day, practice passing on the run with the inside of your left foot. On the third day, see if you can pass on the right while using a different foot for each pass.</p>

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