	Skill Level	Date	Age Groups
	Beginner Intermediate Advanced	**Title:** Chest and Thigh Traps	U10 U12 U13+

Skill Focus:
Ball Control

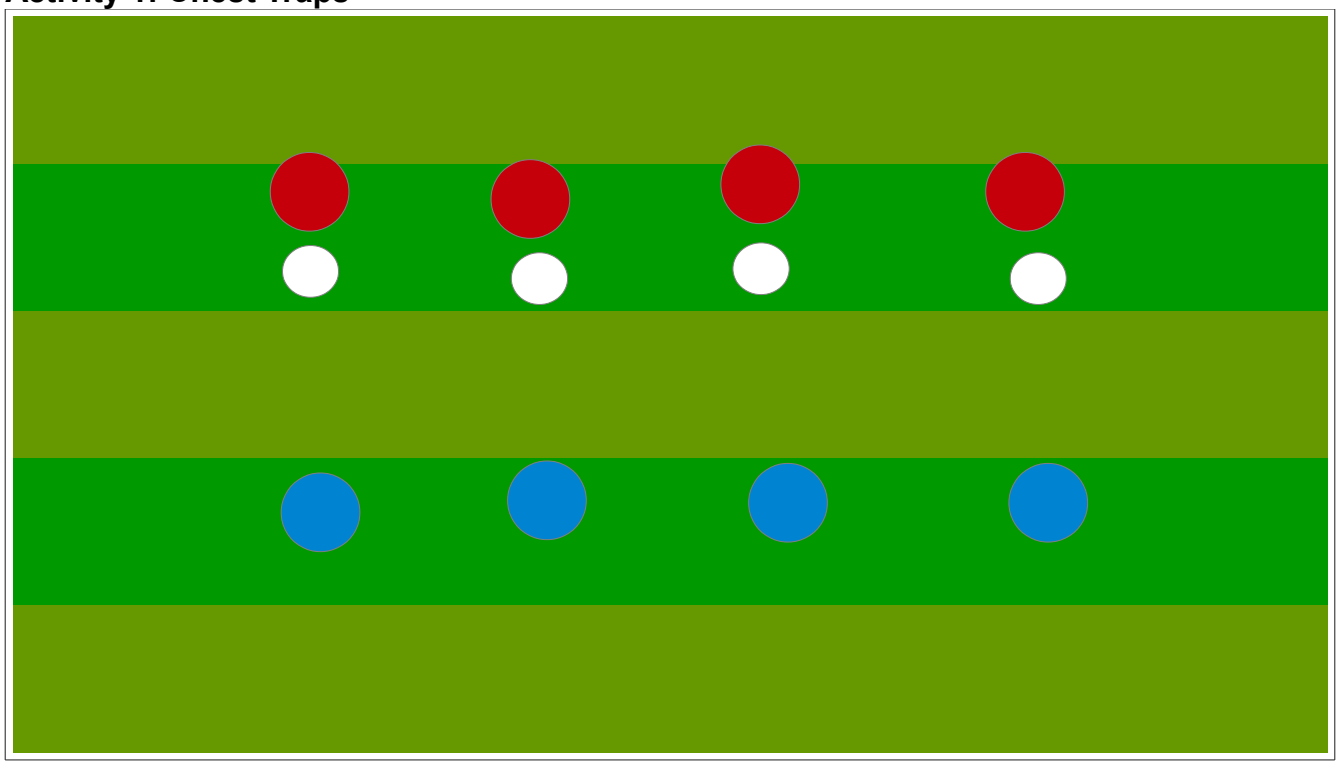
Session Description:
This session focuses on trapping the ball with the players chest and thigh.

Warm up:
Juggling

Scrimmage:

Notes:
Getting the ball under control and on the ground quickly is a key skill for successful teams.

Activity 1: Chest Traps



Setup: Each player has a ball

Time: 10-15 minutes

Equipment: Balls

Description:
Session starts with players tossing the ball in the air above their heads and using their chest to bring it under control.

1. When the ball is in the air, show your chest, keeping your arms away from your body. Like Superman opening his shirt.
2. When the ball reaches your chest, give it a soft cushion to land on.
3. The ball should land at the players feet.

Second session have players pair up. One player tosses it underhand to their partner who chests the ball and passes it back to them. Go for 2-3 minutes then switch players.

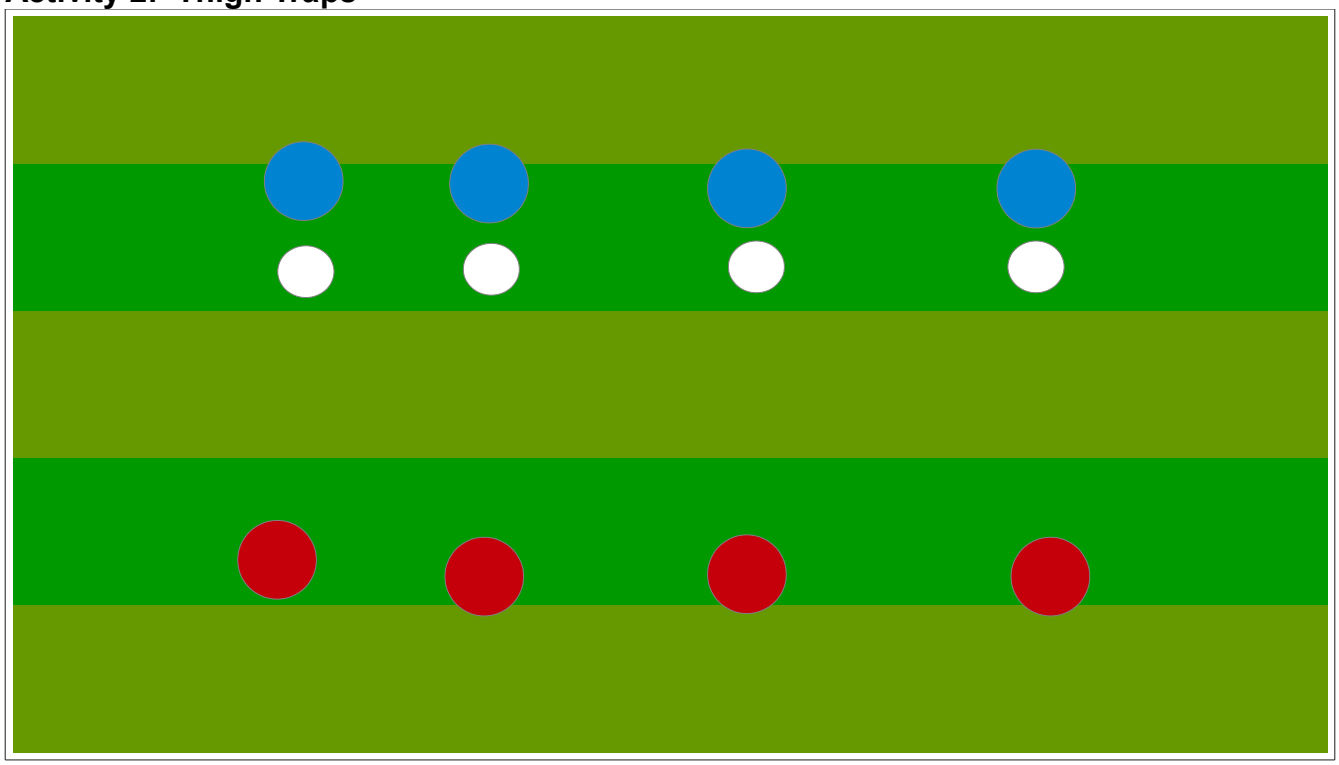
Coaching Points:

- Show your chest like Superman
- Soft cushion to receive the ball.
- Use your foot to bring it to the ground if needed.

Progressions:

1. Have the server use the throw-in technique instead of tossing the ball underhanded.

Activity 2: Thigh Traps



Setup: Each player has a ball

Time: 10-15 minutes

Equipment: Balls

Description:
Session starts with players tossing the ball in the air above their heads and using their thigh to bring it under control.

1. When the ball is in the air get prepared under the ball.
2. When the ball is on its way down, raise your thigh to 90 degree angle
3. When it reaches your thigh, give it a soft cushion to land on.
4. The ball should land at the players feet.

Second session have players pair up. One player tosses it underhand to their partner who uses their thigh to bring the ball under control and passes it back to them. Go for 2-3 minutes then switch players.

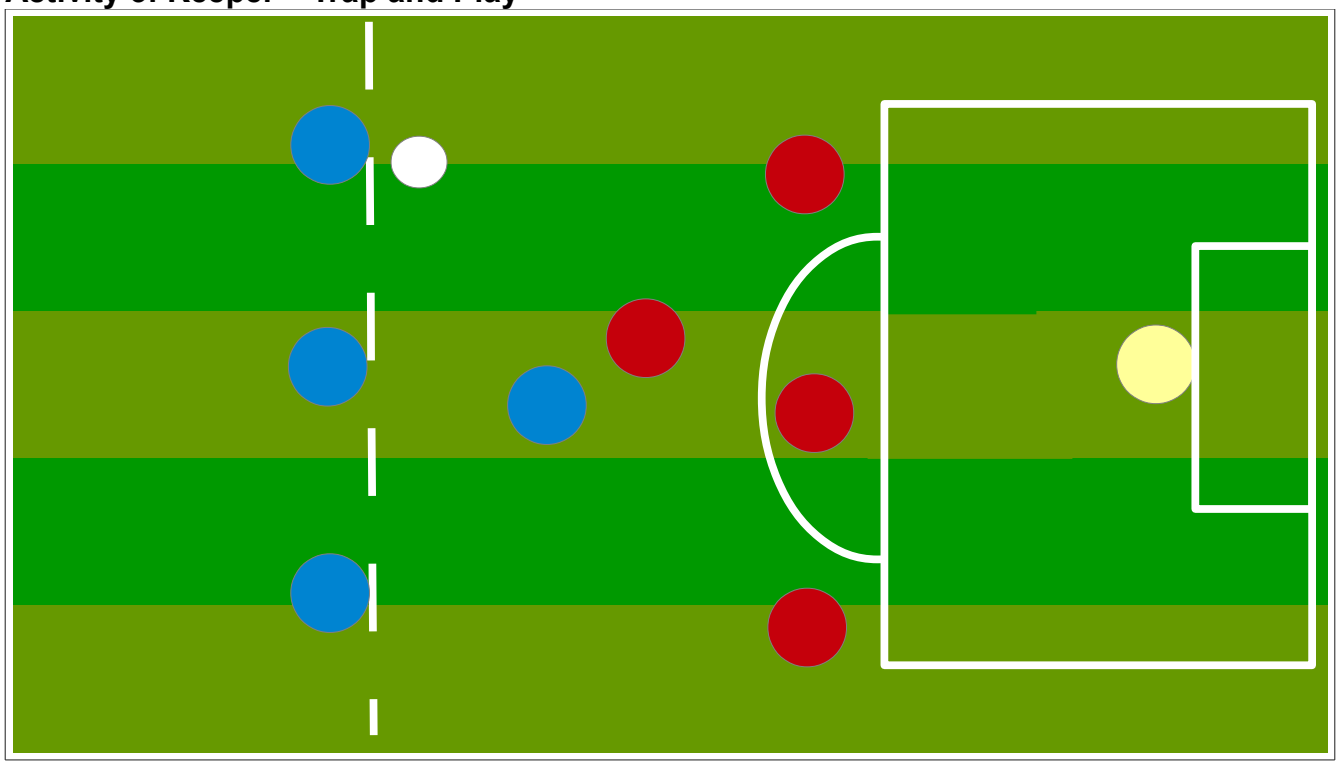
Coaching Points:

- Soft cushion to receive the ball.
- Use your foot to bring it to the ground if needed.

Progressions:

1. Have the server use the throw-in technique instead of tossing the ball underhanded.

Activity 3: Keeper – Trap and Play



Setup: This game should be played in a goal area

Time: 10-15 minutes

Equipment: Ball and a Goal

Description:
1 player is a goal keeper the rest split the team up evenly.
1 team starts on offense the other starts on defense. If you are U10, t he offensive players should start at the build out line.

Play starts when the keeper throws the ball to the players on offense, use the coach if the keeper can't reach them. The players must use either their chest or thigh to bring the ball under control. Once the ball is controlled the defending team can add pressure.

The team on offense has 60 seconds to get a shot off.

Play 5 rounds and switch team. Rotate your keeper also.

Coaching Points:
- Good traps
- Once you trap, get your head and find a pass.

Progressions:
1. Add a point system,
    - 3 points for a successful trap
    - 1 point for a goal