

# Carmel United Soccer

## U9 Through U12

### TRAPPING – RECEIVING BALLS PLAYED IN THE AIR

Emphasize absorbing the force of the ball with a part of the body (give with the ball) and getting it to their feet ready to play (settle the ball). Begin with no pressure and when players achieve success, increase the level of difficulty by adding defender. They must then shield the ball from the opponent or dribble it away from the defensive pressure.

#### **Individual Activities – Each player with a ball:**

Toss to Self – Each player tosses the ball into the air and receives with the head, chest, thigh and feet (laces). Don't let the ball bounce! Each time the ball should be settled at the feet so that it can be passed, shot or dribbled. Make more difficult by requiring them to take the ball away at speed in the opposite direction.

#### **Group Activities:**

Half the players have a ball in their hands, the other half doesn't. The players without a ball run in a grid while the players with a ball stand outside. They toss the ball to a running player who must receive the ball out of the air, settle it to their feet and take it away at speed in the opposite direction in which they are facing. Once a player tosses a ball, he begins running inside and the player who receives it dribbles outside, picks up the ball and looks for another player to toss to. Encourage players to give with the ball, receive it with different parts of the body and not to let it hit the ground.

#### **Myernick's Magic Square**

Half the team is outside a grid with a ball, the other half is running inside the grid. As those inside make runs into space, the players outside throw them the ball. The following can be done to force the players to receive the ball under increasing amounts of pressure:

- Receive the ball and pass it back to the thrower:
- Receive the ball and pass it back to another thrower:
- Receive the ball under the pressure of an opponent and pass to another thrower. Play 4v4 in the middle of the square with throwers for each team on the outside. Use one ball and receiver can use teammates in the grid to get ball back to another thrower.

#### **Tremble's Triangle**

Players assemble in groups of 3 and form a triangle. Using one ball, Player 1 tosses to player 2 while player 3 plays defense and pressures the ball in an attempt to win it. Player 2 may not run and must hold the ball for five seconds. This also works on shielding the ball 'side on' and receiving the ball 'to space' and not into a pressing defender. Everyone change roles in no particular order. Increase the level of difficulty by using these variations:

- Receive ball, hold for five seconds, pass back to Player 1:
- Place a cone in the center of the triangles. Now Players 1 and 2 play against player 3 (2v1) and try to hit the cone. When players hit cone or defender dispossesses ball, set up triangle and start again.

#### **Trap and Shoot/Clear**

On a grid about 20 yards wide by 30 yards long divided in half with a line or cones, assemble players in two teams of five or six on each side. Each team tries to put the ball over the opposing goal at the end of the grid but not over the opponent's head. Teams cannot cross midfield. Defender who traps ball (no hands) must settle ball and shoot back within three seconds.

