

MTYS Coaches Clinic – Week 5

Receiving and Trapping

- Settling the ball off the pass or out of the air
- Control with multiple surfaces of foot
- Avoid use of outside of the foot – bad habit formation
- Inside of foot cushion for receiving passes. Always receive on the back foot
- Sole Trap – using sole of foot to settle ball on the bounce
- Laces trap – cushion ball from high in air using laces
- Thigh Trap – cushion with thigh allow drop to ground
- Chest Trap – for more advanced/older players

Throw Ins

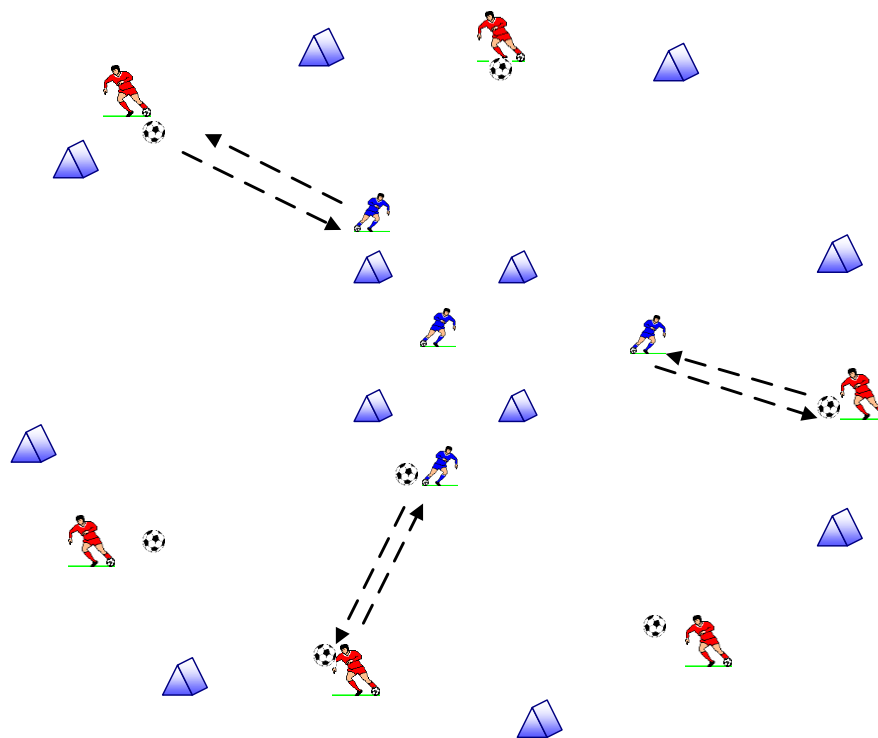
- “W” Grip – Thumbs not required to connect
- Tight grip on Ball
- Arc of release determines high/low
- Bend knees / arch back – spring motion for distance

Activity 1 – Brazilian Circle

Previously shown for ground passing and receiving. Repurpose for receiving balls from air:

- Sole Trap
- Laces Trap
- Thigh Trap
- Chest Trap

This activity best for Ages 8-9

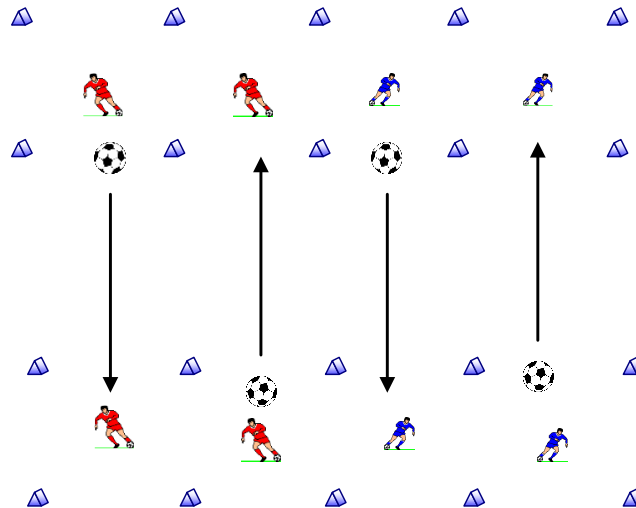


Activity 2 – Trapping Squares

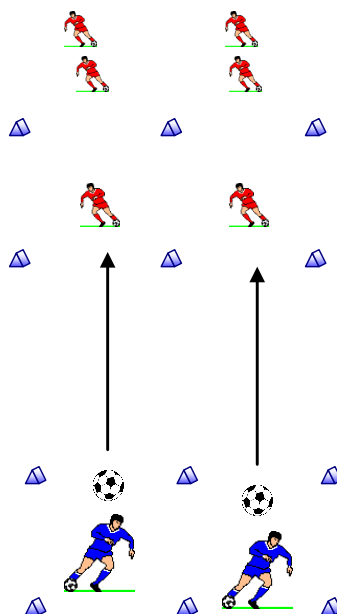
Work in partners. Players take positions across from each other in boxes approx. 5 x 5 yds

Players toss the ball back and forth, using different trapping techniques in an attempt to keep the ball from exiting their circle. Work through all trapping techniques – Sole Trap, Laces Trap, Thigh Trap, Chest Trap

Competitive progression: Players play against each other and score points by trapping the ball with control inside their box. If the ball comes out of the box while trapping, no point is scored.

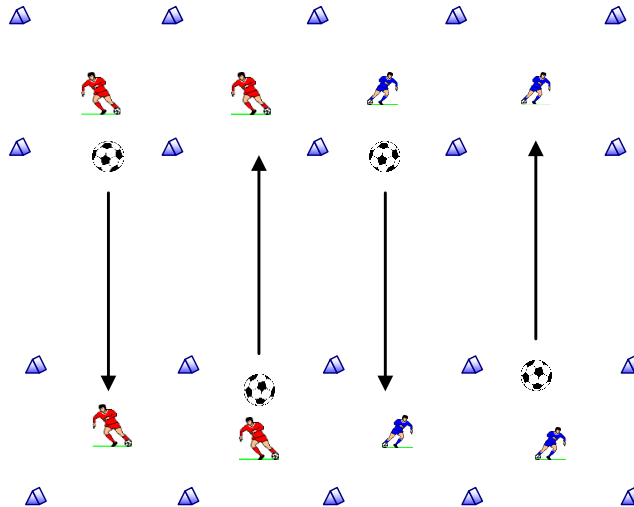


Modified form for younger players – coaches can serve the balls to players inside the squares so that the toss can be at the correct height and pace for younger players.



Activity 3 – Throw Ins and Receiving

Similar to Trapping/Receiving game – Repeat Throw In repetitions between partners. Focus is on Throw In technique and not necessarily on trapping technique.



The next progression involves game scenario work. These scenarios are for older more advanced players. Groups work in sets of three. There are 3 progressions to work

1. Throw in to Target player with Defender (pressure) on back – receive and dribble out
2. Target player checks to Throw in with defender on back, then breaks away while thrower throws high over Defender
3. Target player receives throw in at feet with Defender on back. Sets ball back to thrower and breaks away for through ball by thrower.

