

## "BALL CONTROL & AGILITY: Trapping and Explosive Dribbling"

*The following drill is designed to teach players how to trap flighted balls, bring the ball to the ground and then take it away with an explosive dribble. This should be used in the Warmup Phase of a practice session. It can also be used as a fitness exercise.*

**NUMBER OF PLAYERS:** Entire squad, all players with a ball

**GRID SIZE:** Big enough for all players to have room to move comfortably

### THE DRILL FORMAT:

> **Drill #1:** Players juggle with their thighs only for 90 seconds.

> **Drill #2:** Players toss ball in air, trap it with a thigh, and when it hits the ground, they take the ball away with an explosive dribble, using 4-5 touches. This is repeated for 90-120 seconds.

**COACHING POINT:** When trapping a flighted ball with a thigh, players should lift their thigh so that it is parallel to the ground and as soon as the ball hits the thigh, they should lower the thigh. This is what is known as "catching" the ball. You want the ball to land softly on the thigh and you don't want the player to lift the thigh as the ball hits as this will propel it back up in the air.

> **Drill #3:** Players juggle with their feet only for 90 seconds.

> **Drill #4:** Players toss ball in air, trap it with a foot, and when it hits the ground, they take the ball away with an explosive dribble, using 4-5 touches. This is repeated for 90-120 seconds.

**COACHING POINT:** When trapping a flighted ball with a foot, players should try to "catch" the ball with the laces of the foot. As the ball lands on the laces, players should drop their foot to the ground so that it lands softly in front of them enabling them to keep control of it. You don't want the player to "kick" the ball as it hits the laces.

> **Drill #5:** Players juggle with their head only for 90 seconds.

> **Drill #6:** Players toss ball in air, head it forward and to the ground, then take it away with an explosive dribble, using 4-5 touches. This is repeated for 90-120 seconds.

> **Drill #7:** Players juggle for two (2) minutes using this combination -- head + thigh + foot.

> **Drill #8:** Players toss ball in air and trap it using two surfaces -- head + thigh or head + foot or thigh + foot. After ball hits ground, players take it away with an explosive dribble, using 4-5 touches. This is repeated for two (2) minutes.

**TOTAL TIME OF DRILL: 13 minutes to 14.5 minutes**