



Team

Cosmos GUL3

Date

March 8, 2011

Topic/Skill

Trapping (no pressure)

Description

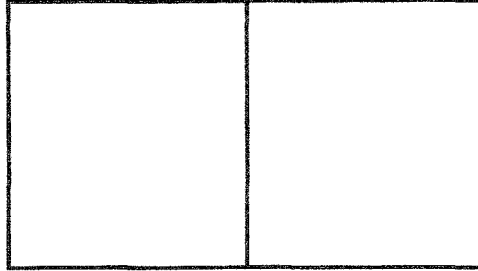
Coaching Point(s)

mins

Warm-Up Activity

- juggle until everyone arrives.
- Coerver moves.
- short-short-long passes.

Field Size, L x W



- S.S.L - focus on traps, no sprinting... this is warm-up.
- Do all Coerver's to get legs moving & warm.
- stretch

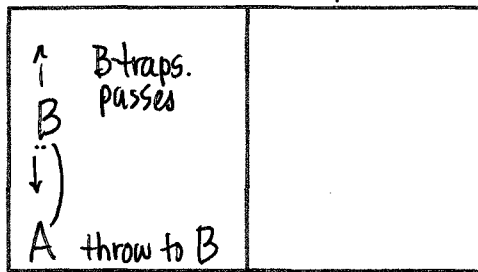
15/20

Individual

- Players face each other 5-10 yds apart.
- A throw to B.
- B traps and passes back to A.
- B back pedals while trapping, change @ 40 yds.

Field Size, L x W

40-50 yards



- No whimpy throws to each other. Game condition.
- after trap, keep ball w/in 1 yrd, good pass back.
- use all body parts.

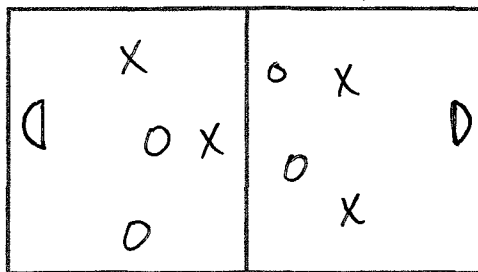
15/20

Small-Sided

- Divide up into 3 teams.
- Play until one team scores.
- Scoring team gets ball out of Net quickly and is now going to other goal. New team comes on.

Field Size, L x W

30 x 40 yards



- Focus on good traps/passes
- Quick transition.
- get ball out of net & move
- can place restriction to promote good traps.

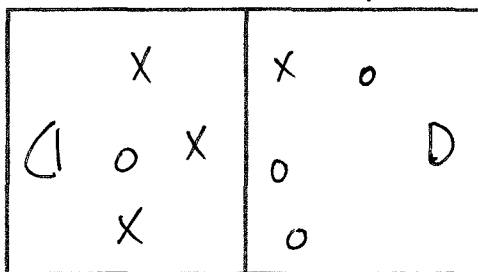
20/30

Game Condition

- Divide up into 3 teams.
- When a player knocks ball out of bounds that player comes off. 4v3.
- keep going until one team is down to 1 player.

Field Size, L x W

30 x 40 yds.

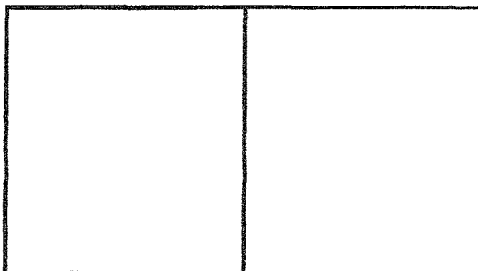


- Traps.
- Players work on different formations, 4v3, 4v2, 3v2

20/30

Do Something Fun!

Field Size, L x W



20