



Team

Cosmos GU8

Date

March 14, 2011

Topic/Skill

Trapping

75 minutes.

time

Description

Coaching Point(s)

Description	Field Size, L x W	Coaching Point(s)
<p><b>Warm-Up Activity</b></p> <ul style="list-style-type: none"> <li>- juggle until everyone shows up.</li> <li>- Coerver Moves (twice thru all moves)</li> </ul>		<p>Coerver. Focus on the fundamentals of the moves and not speed. Get as many touches as possible.</p> <p style="text-align: right;">20</p>
<p><b>Individual</b></p> <p>Trapping No pressure</p> <p>A &amp; B 5 yds apart. A throws to B. B traps and passes to A. B is back pedaling while doing this for 40 yds.</p>	<p>Field Size, L x W</p>	<ul style="list-style-type: none"> <li>- Good traps. w/in 1 yrd.</li> <li>- Use all body parts.</li> <li>- No whimpy throws.</li> <li>- Switch @ 40 yds.</li> <li>- Each player goes 5 times</li> </ul> <p style="text-align: right;">15 20</p>
<p><b>Small-Sided</b></p> <p>Groups of 3.</p> <p>X<sub>1</sub> passes to X<sub>3</sub>. X<sub>1</sub> jogs to behind X<sub>3</sub>.</p> <p>X<sub>3</sub> passes to X<sub>2</sub> and does same, move behind X<sub>2</sub></p>	<p>Field Size, L x W <u>5, 10, 15, 20 yds</u></p>	<ul style="list-style-type: none"> <li>- focus on 2-touch.</li> <li>- get control before pass.</li> <li>- Speed not important.</li> <li>- Emphasize good pass &amp; movement.</li> <li>- Do at varying distances.</li> </ul> <p style="text-align: right;">15 20</p>
<p><b>Game Condition</b></p> <p>Play 5v5 (no goalie)</p> <p>Dribble through cones = 2 points. Into pug = 1 point.</p>	<p>Field Size, L x W</p>	<ul style="list-style-type: none"> <li>- focus on good traps w/in 1 yrd.</li> <li>- Bad trap = turnover.</li> <li>- 1 touch = turn over.</li> <li>- other restrictions.....</li> </ul> <p style="text-align: right;">20 30</p>
<p><b>Do Something Fun!</b></p>	<p>Field Size, L x W</p>	