

Published based on [Soccer Coaching Drills - 3 Ways To Trap The Balls](#)

# **Soccer Coaching Drills - 3 Ways To Trap The Balls**

Let us suppose that 50% of the [Soccer Coaching Drills](#) have focused on perfecting the trapping skills of their players. You'll easily reject it as a silly assumption. But make no mistake here. It's trapping other than passing and dribbling which enhances your team's ability to become a champion as per an investigation.

Trapping is the ability of the players to intercept the ball and then keep it near their body. Soccer exercises like these let the players use their feet, chest and thighs for this.

You must acquaint your players with this skill of trapping the ball. If the players don't know how to trap the ball, the primary skill, they would fail to have control over the game. Trapping skills of the players can be enhanced by following the ways mentioned here.

**Involve the Feet:** Primarily, the coach must teach the players to use their feet in tackling the ball. Kids soccer drills should predominantly include practicing the kids on use of the inside of their foot. It is emphasized for the reason that inside area of the foot is big enough to catch hold of the ball.

### [Coaching Youth Soccer Practice Drills](#)

During soccer coaching drills, the high ranking and senior players should be educated on the use of foot, its crown, and instep of the foot plus the whole foot. Train your players to adopt the strategy to apply ankle or shin to catch hold of the ball when it is jumping a lot.

**Thigh Movement:** Using your thigh to control rapid and bouncy ball is an excellent approach. Players should be taught to face of the ball, use one thigh to catch the ball and the other to stand on the ground. It is important to learn that as soon as the ball meets the thigh, the knee should be dropped so that the ball drops right there and does not move away from the player.

Continue repeating this exercise till the time you learn it by heart i.e. stopping the ball with your thigh and then tumbling the thigh down so the ball stays somewhere close to you.

**Use the Chest:** You can also use your chest to trap the ball that is high up in the air, just like your thigh. Train the players to confront the ball head on by taking their chest out in full force in order to control the ball. As a result the ball will lose its tempo almost immediately and will fall down at once.

However, in the soccer training drills, it is important to realize that young players should not be exposed a lot to this technique. It is very typical of them to use their hands while trying to stop the ball with the chest. This practice could lead to a problem by kids getting comfortable using their hands to deal with the ball.

Now is the time to carry out the soccer coaching drills. Encourage the players to practice these to a great extent. If you wish to learn a great deal of such tips and tricks, subscribe to our youth soccer coaching community.

### ABOUT THE AUTHOR:

Andre Botelho is known online as "The Expert Youth Soccer Coach" and his free ebooks and reports have been downloaded more than 100,000 times. Learn how to skyrocket your players' skills and make training fun in record time. Download your free ebook at: <http://www.soccerdrillstips.com - Coaching Youth Soccer Training Drills>

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