

Fundamental Trapping Techniques and Drills

Beginner - do stationary

Intermediate - do with movement (move forward, backward, and side to side)

Advanced - do with speed

Expert - do at full speed

Basic Trapping Positions (be able to keep eyes up)

Position 1 Bottom of foot (right and left)



Works best when you are stationary and ball is on the ground. It can also work when ball is in the air moving toward you in a line drive.

Position 2 inside of foot (right and left)



Most common trap when ball is moving toward you on the ground. Sometimes when the ball is in the air coming at you in a line drive. Greet the ball in front of your standing foot and bring back foot with ball to absorb balls energy.

Position 3 outside of foot (right and left)



This trap is ideal for receiving the ball into space either right or left to then shoot or pass.

Position 4 Top of foot (right and left)



Best when receiving ball out of the air. Meet ball with top of foot (soft toe area) in the air and allow your ankle to be loose at the same time that you bring your foot to the ground absorbing the balls energy.

You can also trap with your thighs and chest with balls that are higher. All traps utilize the concept of absorbing energy - similar to an egg toss or water balloon catch.

Drills include passing the ball back and forth with your feet. Stop the ball using the different techniques and pass back. Once you are able to successfully trap the ball in a stationary position, start to move toward the ball when it is coming at you and stop it while moving forward. Pass back and return to the original position.

Another drill is to toss the ball to your partner and allow them to trap the ball out of the air (top of foot, thigh, and chest) and pass it back, repeat 10 times and switch.