**Trapping**

Show them how to trap: feet, thigh, body (move to ball)

* Body Trap:
* Bounce ball on ground, and trap off of chest,legs, whatever
* \* Throw ball down, move forward to trap and keep it in front of you
* \* Run through the ball and bring it to control
* Thigh Trap:
* Chest Trap

\*\* Get with a partner and practice these traps with each other –tossing the ball to teammate and trapping in the air. \*\*

1. THROW & TRAP : all players and coach

* kids in 1 line (cone) and coach across from them (cone)
* show players how to throw ball (no running), show with Kathy
* coach throws ball correctly to them, they trap, pick up ball and throw to coach and coach traps and picks up the ball, if player plays ball correctly they go to end of line and next players turn. If they do it incorrectly, have them try it again.