



DRLZ: Soccer

Throw, Chest Trap and Kick Drill

Purpose:

Ball control and quick reflexes are all-important to being competitive in Soccer. The Throw, Chest Trap & Kick Drill helps improve both, making your game stronger and more multi-faceted.

Equipment:

[Soccer Training System](#), [Star Kick](#)

Setup:

Strap the cord to your waist, and adjust it to a medium length. Start by holding the ball in both hands as though you're preparing for a throw-in.

The Drill:

Throw-In: Face your target, and bring the ball behind your head. Arch your back and then bring the ball forward over your head, releasing it when it is in front of your head. Both feet must remain on the ground. You can keep both feet together when you throw, or step toward your target as you release the ball (just be sure that your back toe remains on the ground). Be ready to trap the ball as it returns to you. **Chest Trap:** Slightly arch your back and raise your chest toward the ball, collapsing your chest as the ball makes contact. The ball should bounce slightly and drop to your feet. **Kick:** As it drops to your feet, kick the ball toward your target before it reaches the ground. Foot trap it when it returns to you, and then start the process over again. Suggested: 5 minutes, 3 times a week.