

As they become more skilful
Manipulative

Trapping with Feet

Trapping is the term used to bring a moving object under control, so that it can then be further manipulated. Successful trapping will require good timing, good hand-eye or foot-eye coordination and control. The ability to trapping with feet is particularly important in football. A stick can also be used to trap an object, e.g. in hockey and ice hockey.

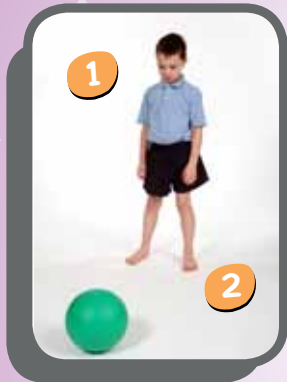
1 Keep the eyes focused on the ball, tracking its path

2 Get directly in line with the path of the ball

3 Use the side of the foot to stop the ball

4 On contact give /'cushion' to absorb the momentum

5 Bring the ball under control



If you see...	Likely cause	Solution
Ball bounces off the child's foot	Trunk remains rigid and upright. The child does not cushion the path of the ball	Keep the ball in a specified area
Fails to get in line with the path of the ball	Does not track the direction of the ball	Track simple objects such as balloons, bubbles, beach balls
Uses their hands to stop the ball	Lacks coordination and confidence	Use different body parts
Ball bounces off the child's foot	Approaches the ball too quickly and eagerly	Remain behind a cone and only move once the ball has passed this
Ball gets caught up under the child's foot	Traps the ball with the sole of the foot	After trapping the ball it should be positioned just in front of the body. Place a cone or line down for the child to trap the ball within
Ball goes under the foot	Traps the ball with the sole of the foot	Trap the ball with the side of the foot


Opportunity to develop:
Control - Coordination - Accuracy - Manipulative skills - Spatial awareness
Physical Development Area of Learning - contributes to 'Personal' and 'Adventurous and physical play' sections

Safety!
Ensure...
soft balls are used initially

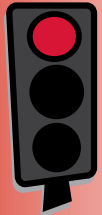
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mostly x's
✓ and x
mostly ✓'s




- Sit on the floor with legs astride. Roll a number of balls to the child and ask them to explore ways of stopping the balls
- Roll a ball sympathetically to the child who then traps the ball with the foot within a specified zone
- With the child standing up, roll a ball to them. Encourage them to explore ways of stopping the ball with their feet and hands. Explore parts of the body where the ball can be trapped



- Trap the ball while dribbling on command or independently
- Increase the speed of the dribble
- Roll a ball in different directions into a space and move to trap the ball



- Stop a ball with an implement. How must the implement be held?
- Make the area smaller; increasing the speed with which the ball is rolled
- Move to trap a ball that is rolled away from them



- Trap a ball standing on a line
- Trap a ball rolled by your partner
- Trap and kick between you and your partner
- Trap and kick two balls alternately and simultaneously between you and your partner vary the ways you can do this
- Trap a ball using any combination of the above, using a variety of balls, using both feet alternately
- Trap a ball in response to a range of cues, use both feet alternately
- Combine dribbling with feet, trapping, kicking and fast feet in response to a range of cues, using different directions, pathways and speeds

Can you see...?

- The child tracking the direction of the ball throughout?
- The child getting their body in line with the path of the ball?
- The child 'cushioning' the ball on contact?
- The child keeping the ball under control and close to the body?
- The child trapping balls moving at different speeds?