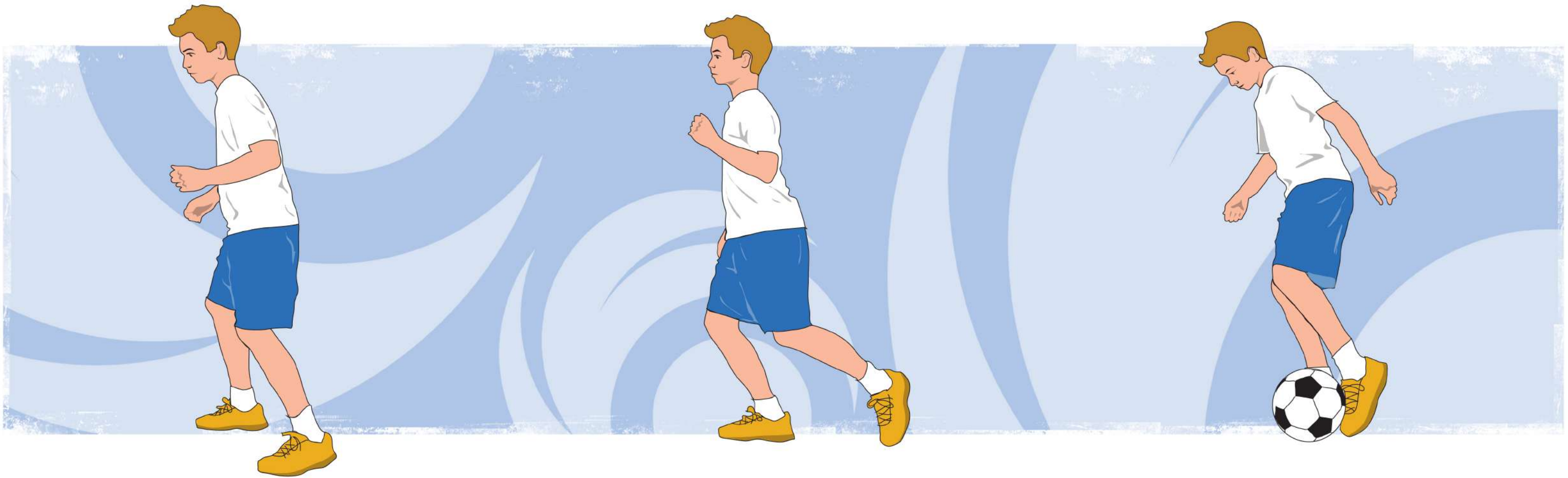


Contacting a ball with the foot to bring it under control.



- Get ready to receive or intercept the ball
- Keep the eyes on the ball
- Move into the path of the ball, with the body behind it or slightly to the side of it
- Present a surface to trap the ball
- Trap the ball with the instep of the foot or the sole of the foot
- Absorb the impact with the foot if using the instep

I can also...

- play soccer
- play futsal
- play foot hockey

Self Check Questions:

- Can I anticipate when the ball is going to arrive at my foot?
- Can I use either foot to trap the ball?
- Do I control the ball and stop its motion when I trap it?