



# First Touch: Inside Trap and Outside Play

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This is another variation of a first touch soccer drill. The ball is trapped with the inside of the foot and played with the outside surface of the same foot. Watch Bobby Burling demonstrate this first touch drill in this video. The coaching points are the following:

## Coaching Points

- Be ready for the ball with head up and on your toes.
- Trap the ball with the inside of your foot on the outside of the cones.
- Have a good first touch to bring the ball inside the cones.
- Quickly play the ball back to your partner using the outside surface of the same foot.

## DESCRIPTION