



First Touch: Trap, Roll, and Play

In this video Bobby Burling demonstrates the Trap, Roll, and Play. This is another first touch technique where you trap the ball with the sole of your foot outside the cones, roll the ball inside the cones, and play the ball with the inside of the other foot.

Coaching Points

- Be ready for ball with head up and on your toes.
- Trap the ball with the sole of your foot outside the cones.
- Roll the ball to the inside of the cones.
- Play the ball with the inside of your other foot.

DESCRIPTION