



Wall Pass

Category: Tactical: Combination play
Difficulty: Moderate

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Individual-Adult Member

Description

Session Focus: Wall Pass | Movement after Pass

Warmup

Box Passing

Simple Setup. Simple Warmup. Continuous Wall Passes.

Organization:

Set up a 10x10 square / box. 5 players. 1 ball.

How to Play:

Designate one player to be in the middle. He / She starts with the ball, completes a wall pass with one of the players at a cone. Once they get the ball back, continue sequence with other teammates on the outside of the grid. Switch inside player every 2-3 minutes.

Coaching Points:

- Quality passes and first touch
- Pass ball to correct foot
- Correct body position while receiving



Skill Development

Long Short Short

Passing Combination Activity with a focus on Wall Passing

Organization:

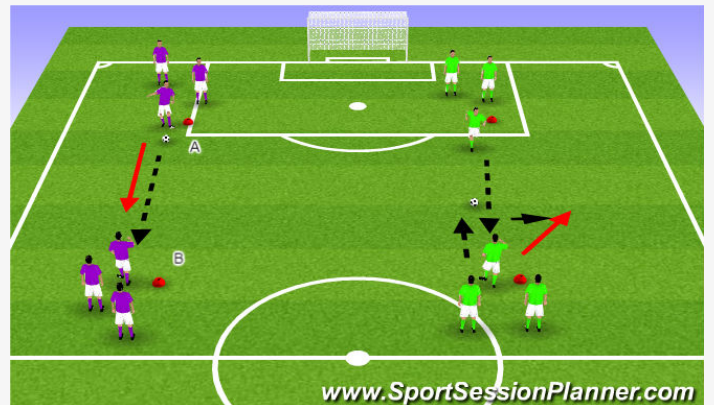
Set up a pair of cones 10-15 yards apart. 2-3 players at each cone. 1 ball.

How to Play:

- Player A passes a long ball to Player B
- Player A checks to Player B
- Complete a Wall Pass
- Player B then plays a long ball, sequence continues

Coaching Points:

- High work rate
- Quality Passing
- Open up hips to receive pass



Final Game

4v4 SSG

Final game. Must complete a Wall Pass before scoring a goal.

Organization:

- Teams of 4
- 2 goals. 1 ball.

Coaching Notes:

- Attacking team must complete a Wall Pass before scoring.
- Quickly move to open space after completing a pass.

