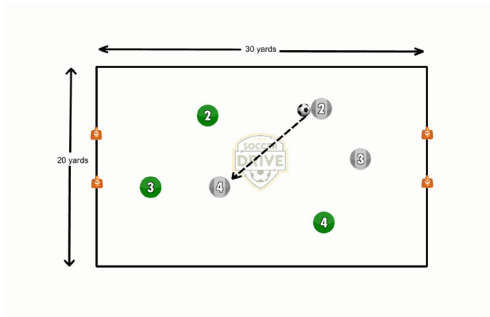




WALL PASSES

AGE LEVEL: U10 TIME: 60 MINUTES

PRACTICE PLAN



3 VS. 3 PLAY

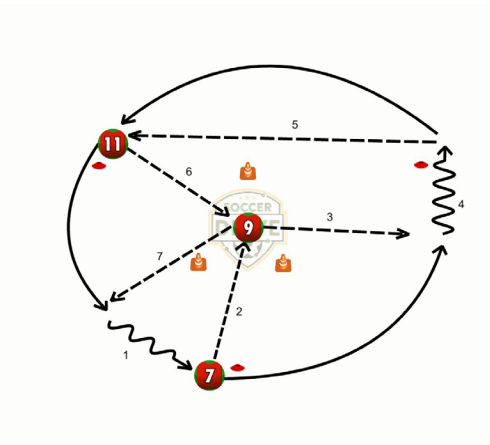
TIME 10 minutes

SETUP

- » Create two 30x20yd fields with a 2yd goal on each endline.
- » Divide players into four teams and play 3v3. Play three-minute games, and rotate teams after every game to play a new one.
- » Encourage the teams to keep score, and try to beat each team they play. If you have less players, play 2v2 or 3v3.

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



TRIANGLE COMBINATIONS

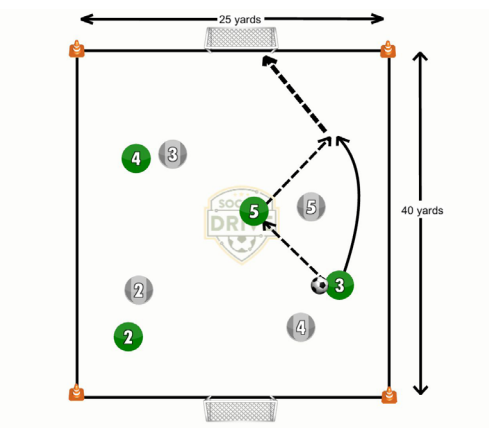
TIME 15 minutes

SETUP

- » Make multiple 15x15x15 yard triangles with tall cones in between (see diagram).
- » Players #7, #9, #11. #7 starts with a dribble and passes the ball to #9 for a wall pass. #7 receives the ball back and dribbles beyond the next disc and passes to #11 who does the next wall pass into space.
- » Switch the #9 player every minute.
- » Race against other triangles to see who can do the most wall passes in a minute.

COACHING POINTS

- » Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot).
- » Eyes on ball at instant of contact.
- » Strike the ball through the middle of ball.
- » Receiving: Get the body behind the ball, Ankle lock and toes up, Eyes on the ball, 1st touch pushed the ball where you want to go or away from pressure.
- » Speed of play. Players should challenge themselves that every touch has their next touch in mind!



WALL PASS FTW!

TIME 15 minutes

SETUP

- » In a 25Wx40L yard field with goals.
- » Play 5v5 on field.
- » When a team makes a wall pass or 3 players connect passes in a row and then score, the goal is worth 3pts.
- » A goal scored normally is worth 1pt.

COACHING POINTS

- » Accuracy and pace of passes.
- » Movement off the ball after a wall pass into space.
- » Players should be looking for 2v1 opportunities to combine and get behind defending team.
- » Don't always force the wall pass! If the situation looks like it will be more successful to dribble and shoot, then do that. Every situation is different.



WALL PASSES

6 VS. 6 SCRIMMAGE

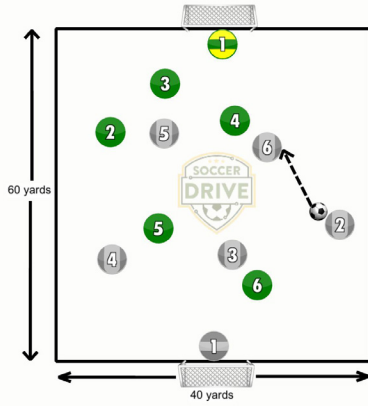
TIME 15 minutes

SETUP

- » Play 6v6 with no restrictions. Full goals with GKs.
- » 60 x 40 yards.

COACHING POINTS

- » None! Just sit back and let them play. Can expand field for numbers.



END OF PRACTICE QUESTIONS:

Bring your players in for the last five minutes of practice and recap your session using open-ended questions.

- » When are wall passes successful? (in 2v1 situations, where there is space behind the defender to move into)
- » Why should the person playing the wall pass do it in one touch? (you need to take advantage of the space fast, otherwise it will disappear!)
- » When playing a wall pass, should you play to your teammates feet, or into the space in front of them? (depending on the situation, you usually want to play it into space in front of them so they don't need to slow down to receive the ball)