

WALL SOCCER

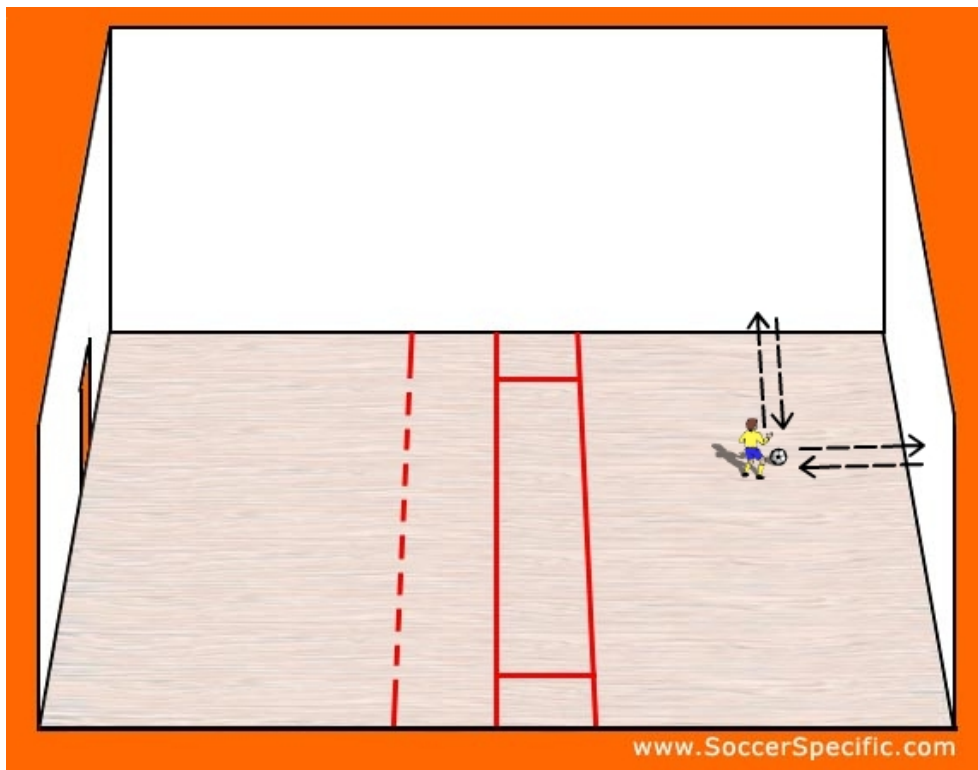
Activity #1:

Emphasis:

Development of a good preparation touch and passing.

Description:

Pass the ball with the inside of the right foot as shown below. Allow the ball to rebound. Receive the ball with the inside of the left foot and pass with the inside of the left foot. Receive with inside of right, pass with right and so on. Repeat the sequence for 30-40 reps. Rest and repeat.



Variations:

How many passes can you get in a designated period of time - increase the technical demand.

Activity #2:

Emphasis:

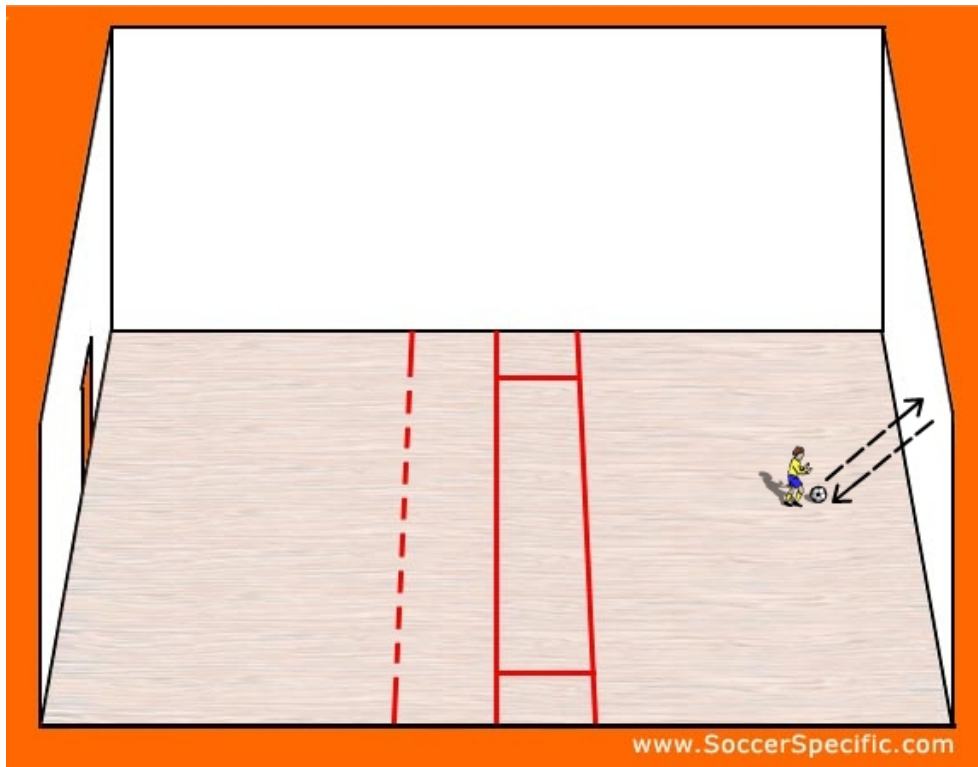
Volleys (inside of foot, outside, laces), half-volleys and ball control.

Description:

Stand approximately 3-4 yards from the wall as shown below. Serve the ball against the wall and attempt to keep the ball in the air by volleying it back and forth. Vary the surfaces that you use - inside of foot, outside of foot and laces.

Note: the inside of the foot is the most consistent surface to use.

Repeat the sequence for the designated number of reps.



Variations:

Half-volley the ball off the wall.

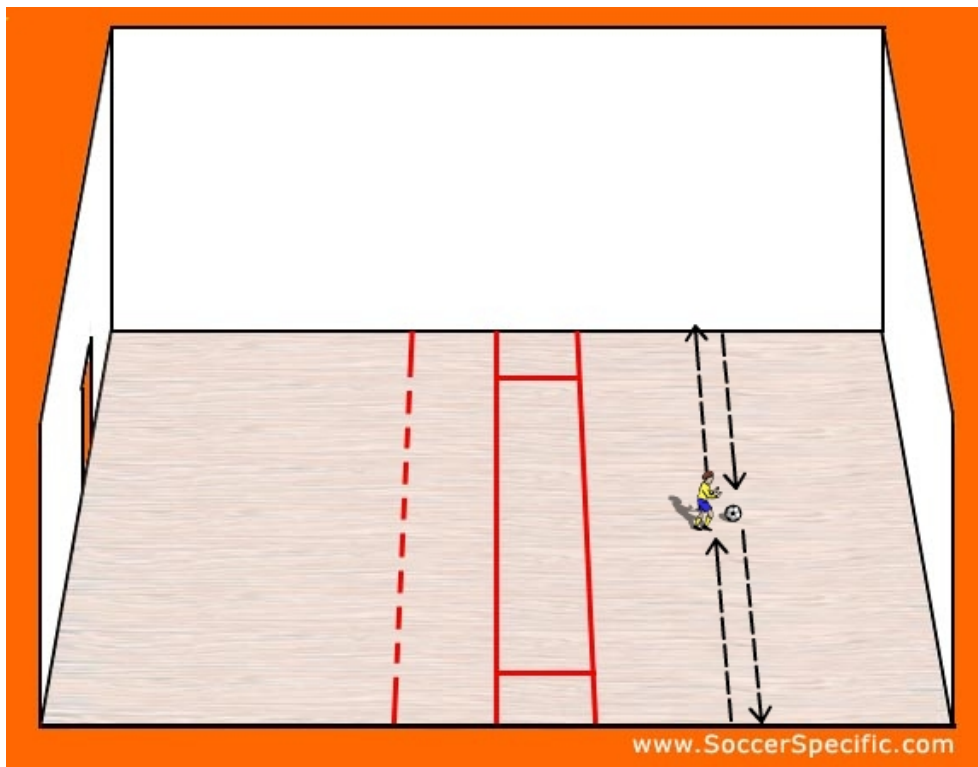
Control the ball with various body surfaces prior to volleying. Example - chest control then volley.

Activity #3:

Emphasis: First-touch, receiving the ball on the "front foot", passing.

Description:

Pass the ball against the wall with the inside of the right foot. Allow the ball to rebound. Receive the ball with the inside of the right and pass with the inside of the left. Allow the ball to rebound, receive with the inside of the left and pass with the right. Always receive with the front foot and **pass with the other foot**. Repeat for 30-40 reps, rest and repeat.



Coaching Points:

Stay side-on to receive the ball and get quickly turned up field.
Use the inside of the foot to receive the ball.

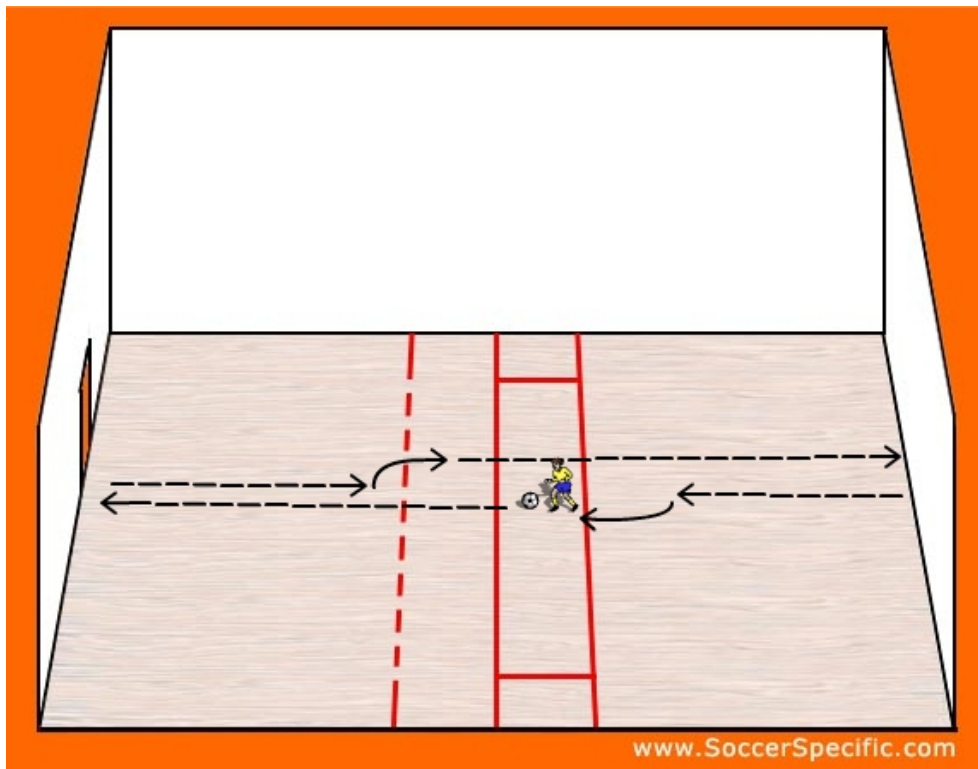
Activity #4:

Emphasis:

Turning, receiving, passing, checking to receive passes.

Description:

Use the full length of the court as shown below. Pass the ball against the back wall, follow your pass to receive the rebound. Receive the rebound, turn as quickly as possible with your first touch before repeating the sequence off the opposite wall. Repeat for 20-30 reps, rest and repeat.



Variations:

Vary the surfaces used for turning - inside of foot, outside of foot, fake and turn opposite way etc. The idea is to turn as quickly and neatly as possible.

Coaching Points:

Check at a sprint to receive the ball.
Try to receive it in a half-turned stance.

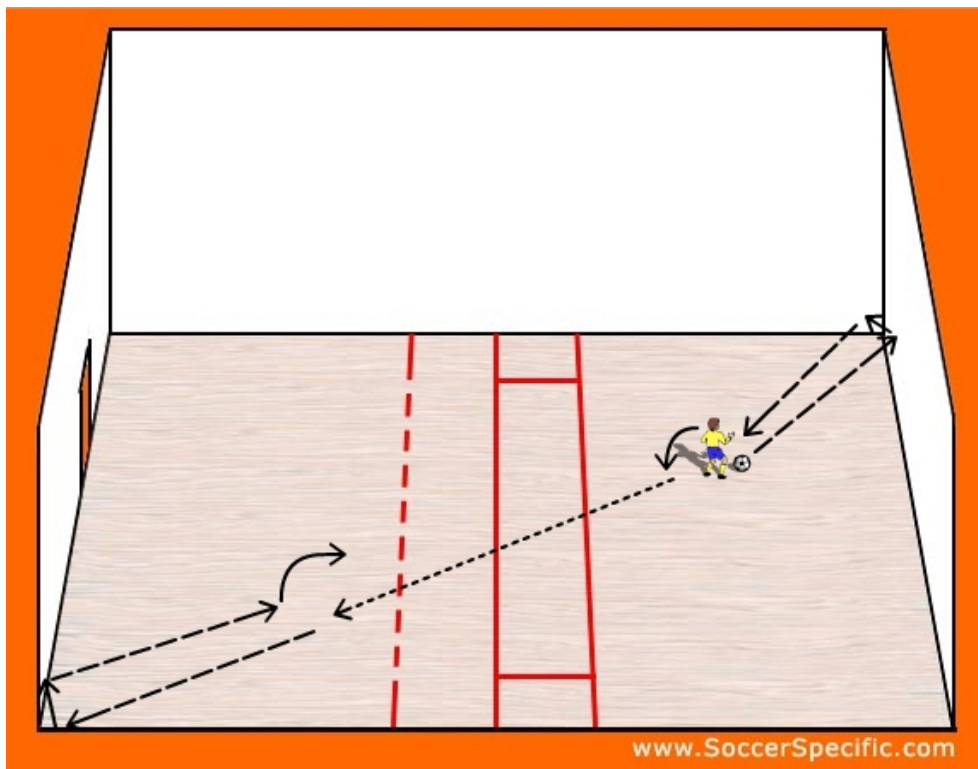
Activity #5:

Emphasis:

Turning, receiving, passing, reactive ability.

Description:

Work across the diagonal of the court as shown below. Pass the ball into the corner - the ball will rebound off both walls quickly and rebound at various angles. You must adjust your feet quickly to receive the ball. The idea is to turn as quickly as possible before repeating the sequence in the opposite direction. repeat for 20-30 reps, rest and repeat.



Coaching Points:

Adjust your feet quickly to receive the ball in a half-turned stance to allow for a quick turn.

Vary the pace and angle of your passes to increase the level of difficulty.

Accurate passing to aim for corner area.