

“Wall Pass Square”

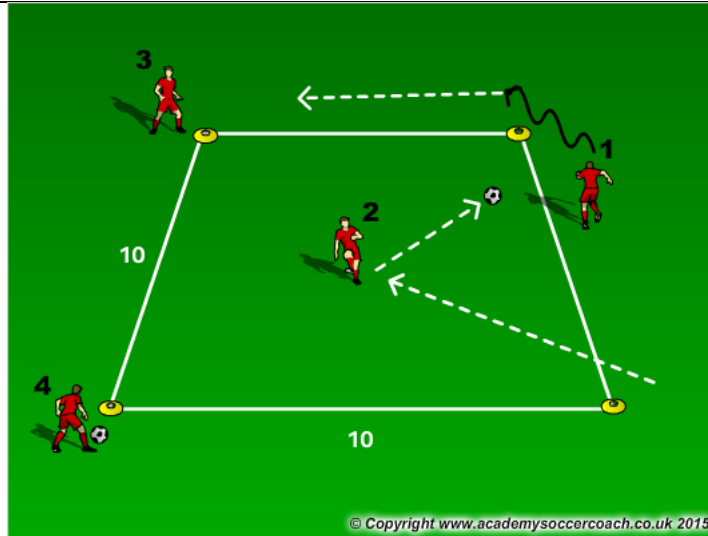
East Central Soccer District Academy Curriculum

Curriculum Topic: Passing and Receiving

Primary Objective: To build confidence in executing wall passes and imprint the movements of a wall pass

Duration: 10 minutes

The Basics



Organization

3 players outside the corners of a 10-yard square grid, 2 with balls as shown, one player in the middle, without ball.

Activity

At the coach’s signal, 1 serves a pass to 2, then runs to the next (empty) cone to receive a leading wall pass from 2. 1 receives the wall pass, executes a turn around the cone, then serves a pass to 3.

Immediately after 2 serves the wall pass to 1, 2 turns to face 4, who serves the ball to 2 for another wall pass. 4 runs toward the next (empty) cone to receive the wall pass, executes a turn around the cone and delivers a pass to 1, and the cycle continues. Switch directions after 1 minute, rotate wall passer after every 2 minutes.

Challenge the team(s) to compete for the most number of cycles around the square in 1 minute.

Coach Pts

- Proper pass technique; wide foot striking mid-ball, toe out, ankle locked.
- Pass should be a leading pass.
- Work toward 1-touch passes from the wall passer.
- Encourage receipt of returned wall pass with proper foot (receive w/ foot opposite the direction the ball is coming from).
- Encourage intensity and speed by challenging players to beat previous timed number of successful wall passes.
- Encourage moving to the ball to receive it, instead of waiting for it to arrive.
- Encourage communication.

Mods

- If short 1 player, have player who just completed corner turn and pass to next player jog back to previous cone to receive next ball.
- If short 2 players, separate 2 most experienced players and have player 1 receive wall pass, dribble around next cone, then enter middle of box. Player 2 will exit box and the two players will switch roles.
- If you have 1 extra player, put player at last open box corner; each wall pass receiver will need to dribble around a corner cone AND player before sending final pass to teammate at the next cone.

Require a COD (Change of Direction) move when dribbling around the corner cone.