

St. Mary's Youth Soccer Training Series

Topic: Wall Passing
Age/Level: U-12 and up
Type:

→ Run → Pass ●→ Dribble

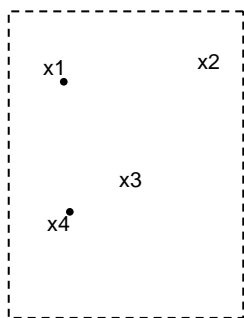


Notes:

This session is designed to progress the players through a session covering working on the wall pass.

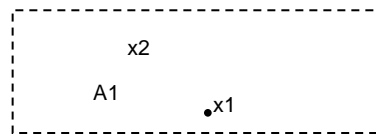
Passes should be on the ground on angles. The ball should be received with an open body to see the field. Acceleration and movement into or to create space is vital. Thanks to Roger Pomeroy.

Progression: (Warm-up)
 Exercise: Passing with Partners
 Time: 10-15 Minutes



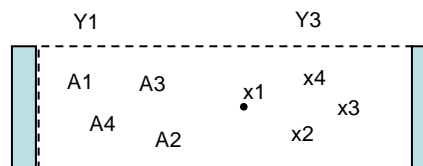
Split the players into pairs with 1 ball. Players pass balls to open players. Receiving players open up to receive the ball.
 Step 2: Find a partner. Pass to the partner then accelerate to outside the grid to receive a pass back. Pass back to the partner in the grid and, reenter, and have the partner repeat.
 Stretch between the steps.

Progression: 3
 Exercise: 2v1 in Channels
 Time: 25 Minutes



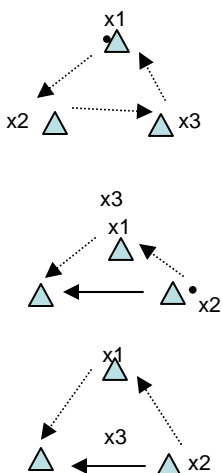
In a 10x20 channel, 2 attackers play against 1 defender. Attacking players should work on creating passing angles, runs, and 1-2 combinations. Limit attackers to 3 touches if needed to promote 1-2 combos. .
 Step 2: Play 2v2+2 neutral wall passers outside of the channel. Teams try to get from 1 end of the channel to the other. Limit touches to 3 at most. Neutral wall players have only 1 touch.

Progression: 4
 Exercise: 4v4+4
 Time: 25 Minutes



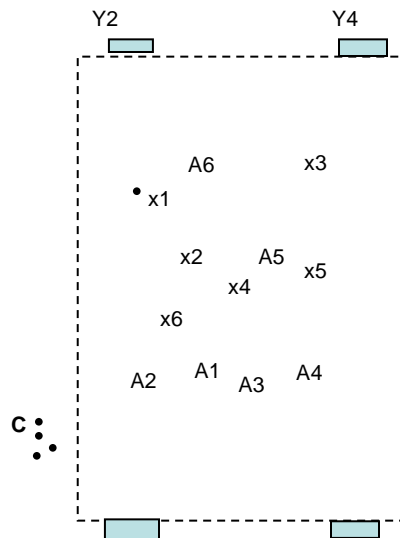
In a 30x40 grid with 5 yard end zones, play 4v4. The resting team is neutral along the outside of the grid and used as wall passers. Teams score by making a one-touch pass into their end zone and having it controlled by a player on their team. Players can only enter the end zone to receive or defend a pass. Ball turns over if the defense touches the ball in the end zone. After 3 goals, the neutral passers play the winning team.

Progression: 2
 Exercise: Angled Passing in a Triangle
 Time: 20 Minutes



- Emphasize accuracy, pace and passing to correct foot.
1. X1 passes to X2, who makes a 1 touch pass to X3, who makes a 1 touch pass to X1, and so forth. Reverse direction after 2 minutes. Emphasize flat first passes to correct foot. Variation: Use outside of foot to pass 1 time.
 2. X3 stands idle behind X1. X2 passes to X1 and makes a run to a cone, to which X1 passes before X2 reaches the cone. X2 controls and repeats in the other direction. Repeat for 6 runs, then rotate.
 3. Same as Step 2 but X3 is now a passive defender to stands to deny 1 passing option. Emphasize passing angles and playing the correct foot.

Progression: 5
 Exercise: 4v4+3
 Time: 25 Minutes



In a 60x40 grid, play 4v4+3 neutral midfielders. Balls must touch midfielders before a team can score. Midfielders have only 1 touch and must play the ball to the team from which they receive the ball or other midfielders. One player rotates into the midfield. Teams must take only 1 touch to score.

Progress to playing 6v6 by removing the restrictions, such as only 1 touch if receiving from a teammate who used more than 1 touch or scoring once a 1-2 combination has occurred.