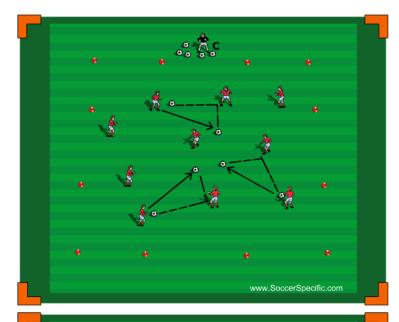
## SoccerSpecific.com Session Plan: Combination\_Play\_Wall\_Pass\_by\_Rick\_Flores

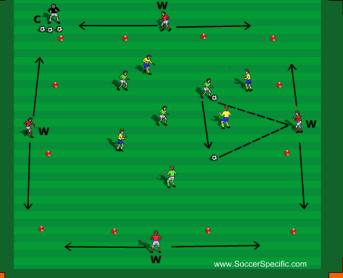


#### **ACTIVITY #1**

Set up: Set up grid with multiple soccer balls.

**Instructions:** Have players pass and move the multiple soccer balls 3-4 depending on number of players. Then on coaches command have them do a wall pass to another player which only has 1 touch and returns the ball to player who makes a run to space to receive ball.

**Coaching Points:** Body mechanics and weight of pass and player recieving the ball is only allowed 1 touch and stationary. Players need to make eye contact and timing of run to receive ball in space.



#### **ACTIVITY #2**

**Set up:** Set up a grid and split players into 3 teams with multiple balls.

**Instructions:** The 2 teams in the center of grid will play possession. The players on the outside are walls and can move from one end to other end and provide support to team in possession but are only allowed one touch to player who passes to them and runs into space to receive ball and keep possession for their respective team.

**Coaching Points:** Need to focus on player who passes the ball with accuracy and do they make eye contact and then give the visual cue as to the direction they are running. Players also need to focus on the weight of the pass as well as the player who is providing the wall pass and the body mechanics of who is passing.



#### **ACTIVITY #3**

**Set up:** Set up a grid and two goals on each end which could be cones or flags. Make a free zone on each side of grid about 10 yards enough for player to run on the ball into space. Be sure you have enough space to allow players to make a successful wall pass. **Instructions:** Players will play a game going to goal. The restriction is to get the ball down the field quicker using a player to give you a wall pass to space to transition down the field to set up cross or pass to score.

Coaching Points: Remind player with the ball to pull in the defending player towards them to create space. Then after making eye contact give accurate weighted pass to stationary player and then be prepared to receive a one touch pass from teammage to open space and keeping the ball under control to attack.

# SoccerSpecific.com Session Plan: Combination\_Play\_Wall\_Pass\_by\_Rick\_Flores



### **ACTIVITY #4**

**Set up:** 2 goal final game with no restrictions.

Instructions: Free Play.

Coaching Points: Making correction on Freeze on Wall pass. Looking for moment when a player has the opportunity to successfully execute a wall pass or the attempt and fail to do so. Be sure to give appropriate coaching points and paint picture as well as rehearse and then restart where you made correction.