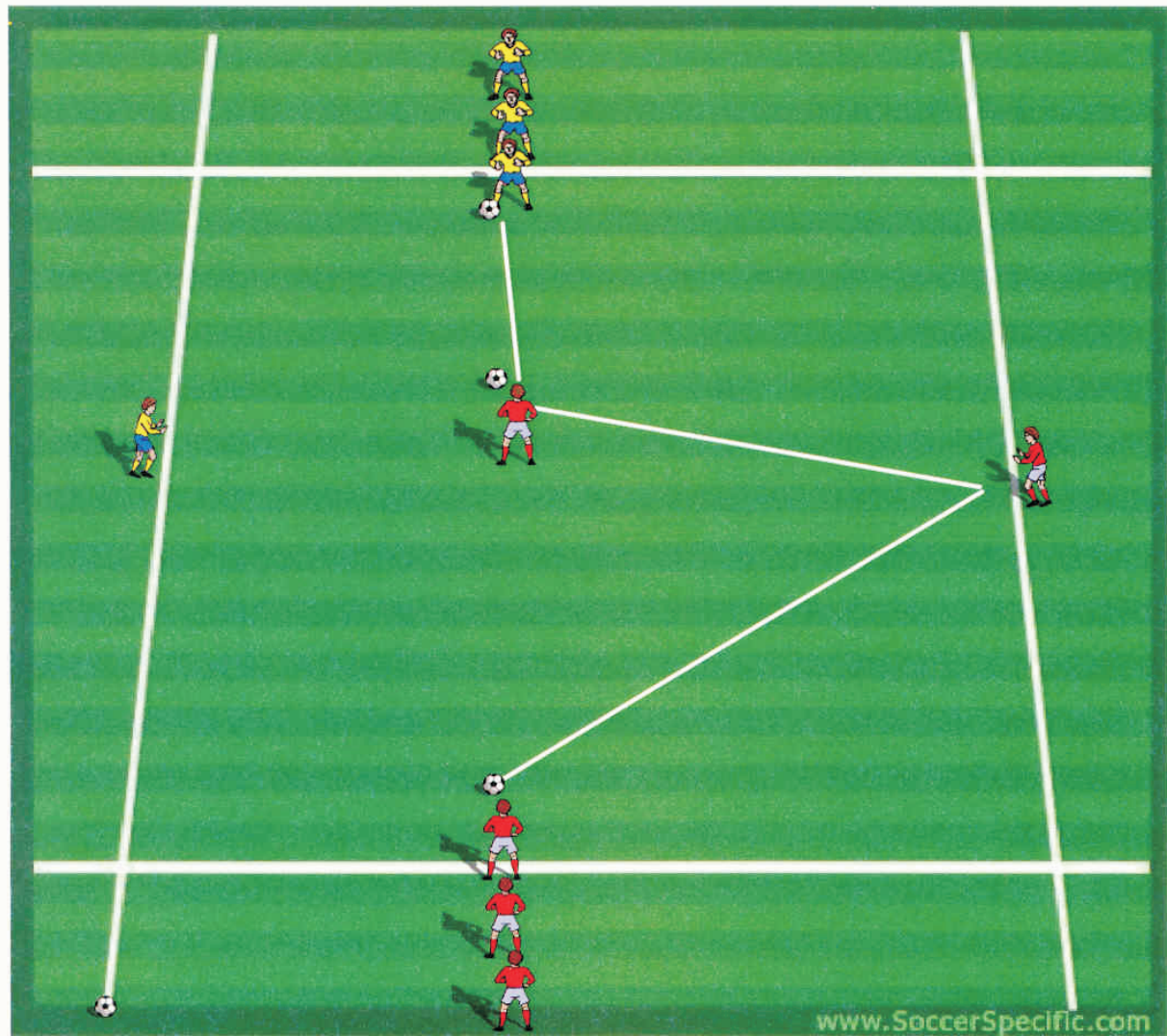


Wall Passing



Purpose: Focusing on wall passing and learning easy ways to beat the opponent

Organization

1. Two files of players with a ball each stand approximately 16-20 yards apart
2. Two players stand at the half way mark 8 yards apart
3. The first player from one side play a pass directly to one of the middle players, who relays it straight back to the passer while he/she is running on the other side
4. This player then controls the ball and runs back to the opposite file of players
5. The next player then repeats the process to the other middle player, thus playing a wall pass in the opposite direction

Progression

1. The players can pass simultaneously so two players are wall passing from both sides at the same time

Coaching Points

1. Communication
2. Good solid pass and good weight making it easy for the middle player
3. The player receiving the return pass from the middle player must time his/her run so they can burst onto the ball at speed