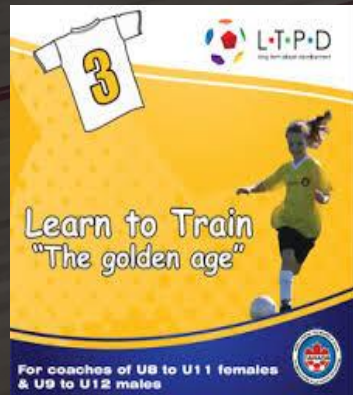




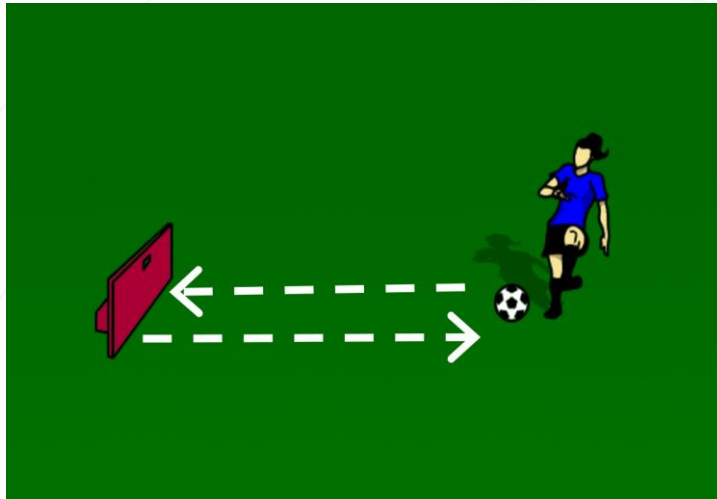
Learn to Train

Individual Skill Development

Grassroots Development U9-U12 Players



LEARN TO TRAIN



Equipment: 1 ball and a wall/flat surface



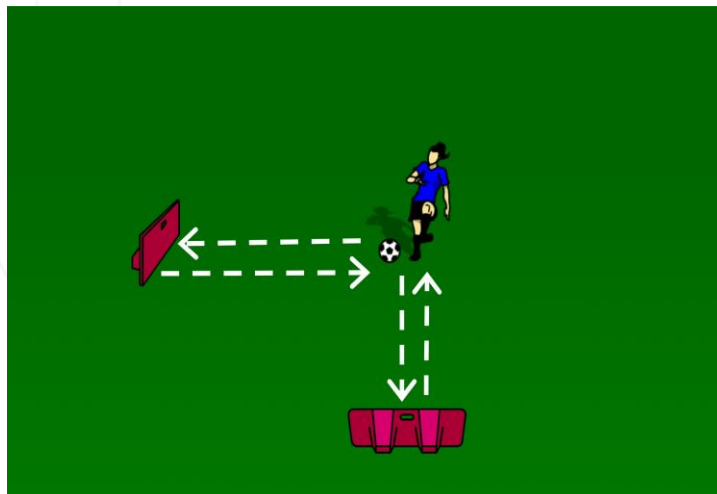
What to do: Pass the ball against the wall and control it when it comes back. Repeat.



Variations/Progressions: Play 1 touch, 2-touch – foot that receives, makes the pass; 2-touch – ex. Left foot controls, right foot passes.



Keep in mind: Proper first touch to set up the pass.



Equipment: 1 ball and 2 walls/flat surfaces.



What to do: Pass the ball against the wall. Receive the ball and play to the other wall. Repeat.



Variations/Progressions: Use different parts of the foot to receive and pass with. Play 1 or 2 touches.



Keep in mind: Body position – body is facing as much as possible to both walls; you can always see both walls at all times.