



PEI SOCCER - WALL PASS

Category: Technical: Passing & Receiving
Difficulty: Difficult

Reseller-Club: Premier Users' Club
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Warm up

Dynamic warm up + ball

EQUIPMENT:

8 cones

SET UP:

25x25 yard square (set up two if needed)

6-8 players inside the square with 2 or 3 balls

INSTRUCTIONS:

Players dribble and pass the ball to each other.

After a player passes the ball they run to one of the cones while performing a dynamic movement.

They come back into the square and look to receive the ball again and do another dynamic movement.

Dynamic movement examples:

1. Running backwards around cone
2. Open or closed "gate" jogging out to cone
3. Side shuffles out and around cone
4. Sprint around cone



SS game

SMALL SIDED GAME (5V5) + 4 wall players + 2 targets

EQUIPMENT:

14 cones

16 pinnies (6 yellow & 6 red & 4 blue)

SET UP:

40x20 yards rectangle

INSTRUCTIONS:

(Normal game rules apply)

Teams score by passing to their own target player.

Possession team can use the outside players (4 blues are neutral) to keep possession.

Outside players have 2 touch and cannot be tackled by defending team

Rotate the wall players every 4 mins with yellow and red teams

COACHING POINTS

Encourage players to consistently use neutral players to keep possession and receive a wall pass.



wall pass

EQUIPMENT:

12 cones

Pinnies (5 red & 5 blue)

SET UP:

10x15 yards grid

2 attacking players (red) on outside of grid

Two lines of players on opposite ends of grid.

Make a line using cones approx 8 yards from the defending end of grid to create a safe zone.

The defender cannot go past the line of cones into the safe zone once the attacker goes past cones.

INSTRUCTIONS:

Yellow defender passes to the first red attacker to start the activity defender runs out to the attacker as the ball travels.

Attacking player has to get into the safe zone using the following options:

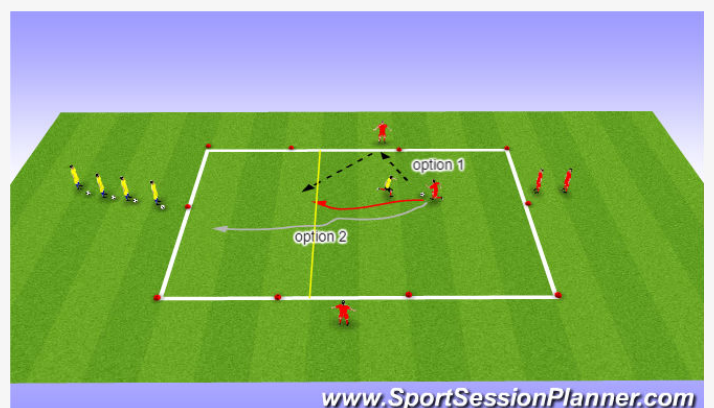
1. play a wall pass with one of the two red wall players
2. dribble past defender

If the defender wins the ball they dribble out of the grid.

Once the attacker crosses the line of cones the defender cannot follow them.

Attacking players can pass to outside wall players as many times as they want.

After all the attackers have went twice the teams swap over attacking and defending roles.



Rotate wall players every 5 turns.

COACHING POINTS:

Read defenders body position and approach to make a decision to wall pass or dribble past defender.

Outside players must make good supporting angles to execute the wall pass.

Quick forward movement by the attacking player after they pass to outside player to receive pass back.

Attacking player can make a move/trick/fake to deceive defender to dribble past them.