

# Skill Development #1: Wall Practice

## Reasons we use the wall in training:

1. The wall always passes the ball back
2. The wall teaches us how to make 1 touch and 2 touch passes on the ground
3. The wall improves first touch on the ball
4. The wall allows us to improve shot power and technique through repetition
5. The wall provides for a cardiovascular workout while also developing skill

## Warm-UP (Passing)

**-5 minutes:** 2 yards away from wall. Quick one-touch passes to yourself off the wall as if passing to another teammate. Attempt to alternate right and left foot.

**-5 minutes:** 5 yards away from wall. Quick one-touch passes to yourself off the wall as if passing to another teammate. Attempt to alternate right and left foot.

**-5 minutes:** 10 yards away from wall. Two-touch passes to yourself off the wall as if passing to another teammate. Attempt to alternate right and left foot. **STRETCH**

## Technical Work: Shooting

**-6 minutes:** 15 yards away from wall. Pick a spot on the wall to aim at each time you shoot the ball. Strike the ball as hard as you can at the spot, using one-touch. Do not control the ball prior to striking it – just shoot it off the first touch regardless of the bounce height, speed, etc. **KEEP THE BALL LOW!!!!**

**-6 minutes:** 15 yards away from the wall. Strike the ball with power and as it comes off the wall, receive it taking a touch. Then quickly fire another shot off the wall. Remembering that the **object** is to take one touch and then quickly get your next power shot off as if in a game situation.

**-6 minutes:** 20 yards away from the wall. Strike the ball with power and as it comes off the wall, receive it taking a touch. Then quickly fire another shot off the wall. Remembering that the **object** is to take one touch and then quickly get your next power shot off as if in a game situation.

**\*\*\*Make sure you are alternating your left and right foot\*\*\***

## Technical Work: Heading

**-1 minute:** Two yards away from wall. Juggle with head against the wall, using one touch for header

**-2 minutes:** Five to seven yards away from the wall. Throw the ball up against the wall and as it comes off, head with power, getting your entire body into the heading motion.

**-3 minutes:** Move to within 5 yards of the wall. Toss the ball against the wall to force you to jump to head the ball back at the wall. **Head it downward with power.** Make sure your toss forces you to head the ball at the height of your jump. Remember jump first, then head.