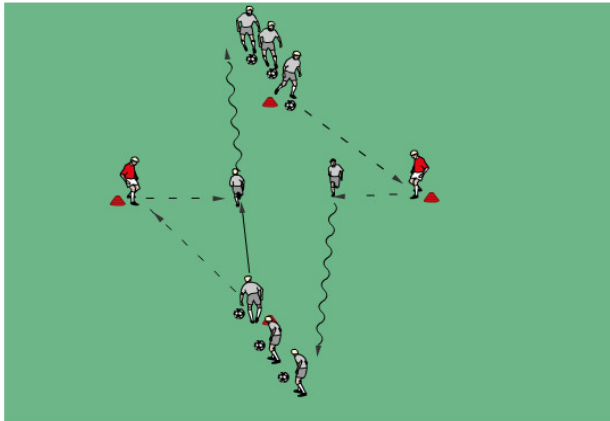


Introducing the Wall Pass



- Crisp passing
- Run with the ball to the end of the opposite line.
- Target Players should remain soft on their feet.

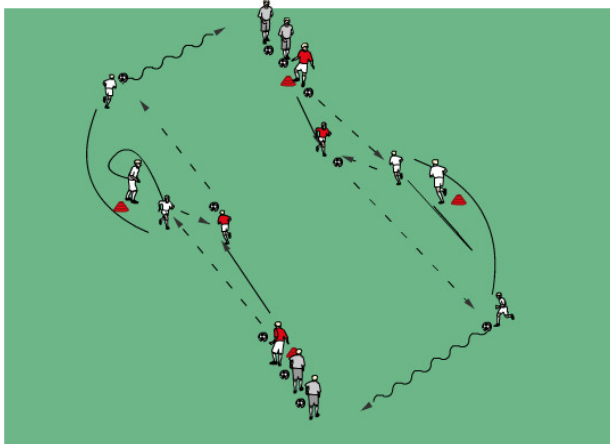
Set-up: Create a 15x 15 yard diamond. Groups of 8 to 10 players.

Change the target players/ “wall” players every 90 seconds. Change direction of ball movement, playing into the other target will focus on the left foot.

Focus:

- Play and Move.
- Communication “Call for the Ball”

Double Wall Pass



- curls away (around the disc).
- Player in Red pass the ball to the player in White who runs onto the ball and dribbles to the end of the line.

Set-up: same as above

Exercise:

- Players in white “check away” (move away from before coming back to the ball) and call for the ball.
- Players in red pass ball to player in white and move to support.
- Player in white drops ball back to player in Red and

Rotation: Red now takes up the position occupied by White and begins the movement by "checking away".

Note: There is no need for players to be in different colors. It just helps for explanation purposes.

If you enjoy this exercise Coach Donahue recommends:

Possible next Activity:

The Dutch Scoring Game
3v3 to 4 Diagonal Goals

Match Related Game/Exercise to Goal:

4v2 Dual Field
Barry Gorman 4v4 with 4 Servers