

HVFC Rec Soccer
CoEd – Focus: Combination Passing – Wall Pass
Week 7

(Set-Up: 20x20 grid for #1 / 4 yard triangles (1 triangle per 3 players) for #2)

1. Ball Mastery (10 Mins)

- a. Set up 20x20 grid, half of the players on one endline, other half on other. All with ball.
- b. Players touch the ball between their feet, back and forth, under control, no body movement forward or back.
- c. Still continuing movement, on coaches command, players move forward 5 yards with ball, touches back and forth the whole time
- d. Still with touches, players move back to start on command
- e. Still with touches, players turn their body a ¼ turn on coach command until they've completed a circle.
- f. Reverse direction.
- g. Touches again. On coach command, they tap the top of the ball 5 times with the soles of their feet, alternating feet, then right back to touches
- h. Stretch
- i. All players on one side will now work across to other side using the following:
 - Inside/Outside, right foot only (every time they take a step they also take a touch – not a race)
 - Once they get to the other side, the next group goes
 - Other foot
 - Inside/Inside/Outside, right foot only
 - Other foot
 - Inside/Outside/Outside, right foot only
 - Other foot
 - Inside/Inside/Outside/Outside, right foot only
 - Other foot

2. First Touch Triangles (15 Mins)

- a. Set up 4 yd triangles, one for every three players. 3 players per triangle
- b. X is Worker, Y's are Servers
- c. Y1 plays ball on ground with feet to X. X returns using 2 touches and pivots to Y2.
- d. Y2 repeats same as Y1. X returns ball and pivots. Rotate after 1 minute.
- e. Ball is now in Server's hands. Server uses underhand toss for serve and X returns using the following (Mix up the order: right side volley, left side header, etc.)
 - Inside of foot volley to server hands. Both sides. 1 minute.
 - Headers
 - Thigh trap and volley back
 - Chest trap and volley back

BREAK (5 Mins)

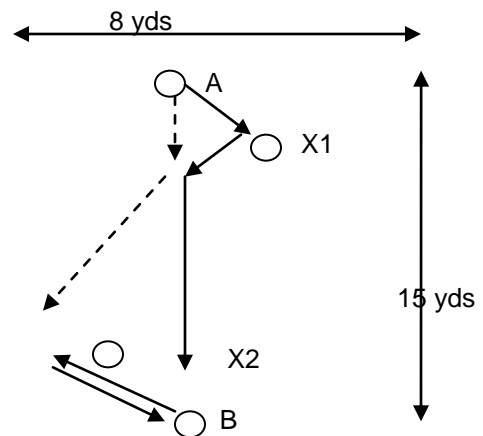
(Set-Up: See diagram for #3 & #4)

3. Wall Pass Pattern (10 Mins)

1. A wall passes with X1
2. A passes to B and runs behind X2 to get it back
3. B passes back to A, A returns pass to B
4. B and X2 repeat
5. Groups of 6 players per grid

Teaching Points:

1. First pass of wall pass must be crisp
2. Passer MUST accelerate after pass
3. Wall player have body open to target and act like a "wall" for ball to bounce off of

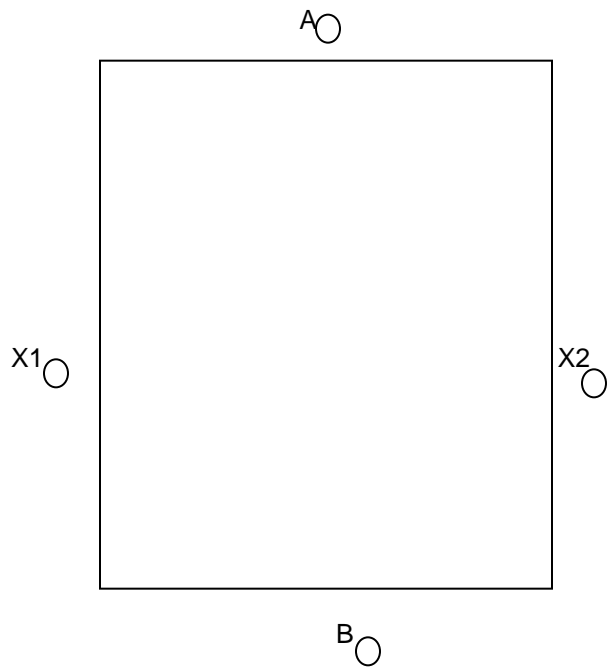


4. 1v1+2 to Endline Game (20 Mins)

- A and B are "players"
- X1 & X2 are "Neutrals" acting as walls
- A plays ball to B and moves out to defend
- A can either dribble by B, or use X1 or X2 for a wall pass to get by B
- Pt is scored when player dribbles ball over defenders endline
- X1&x2 may use 1 touch only.
- Grid, 10x20. 6 per grid

Progression:

- Add small goals
- Add 2nd attacker and defender (2v2+2)
- Add big goals and goalkeepers



BREAK (5 Mins)

(Set-Up: Field, goals)

5. Small-Sided Game (25 Mins)

- Emphasize wall passing, give-and-go's, 1-2's, during course of play
- 1 point for a goal
- 1 point for a wall pass during the game
- 3 points for a wall pass that leads to a goal
- first team to 5 wins, physical task for losing team (pushups, crunches, sprints)
- lots of quick games, change teams