

90 degrees wall bounce pass



Purpose

The purpose of this drill is to improve a player's ability to pass and receive the ball in an open body position.

Set up

- 1 soccer ball
- 2 walls/ vertical flat surface
- 1 cone

Beginner

How it works

Start by passing your ball against one wall and receiving the ball again in an open body position with your back foot (the foot furthest away from the ball).

You should now be facing the other wall, where you will pass the ball against the wall and receive it in an open body position again.

This will mean you will have to alternate the feet that you pass and receive the ball.

Perform this exercise for 3 sets of 1 minute.

Coaching points

- Use the inside of your back foot to control the ball in an open body position.
- Be on your toes ready to adjust to where the ball goes
- Use the inside of your foot to pass the ball

Questions

- What body position should you be in when receiving the ball?
- How can you quickly adjust to where the ball goes?
- What part of the foot should you use to pass the ball?