

Wall control drill

How it works

Start with the ball in your hands about 7 yards away from the wall.

Throw the ball against the wall so it bounces back to you at waist height.

Use your thigh to control the ball then the inside of your foot to sidefoot volley it back at the wall.

When the ball comes back to you this time, try to catch the ball.

Perform 10 thigh control and side-foot side volleys using your right side, then repeat on your left side.

As a progression, you can remove the catch and see how many times in a row you can keep the ball using your thigh control and side-foot volley.

Coaching points

- Stay on your toes to adjust where the ball is going to go
- Cushion the ball with your thigh
- Angle your thigh to go to the side of the foot that you are going to volley the back against the wall.

Questions

- How can you quickly react to where the ball is going?
- How should you cushion the ball?
- What can you do to ensure the ball goes to the correct side of your body from the thigh control?



Purpose

The purpose of this drill is to help a player improve their aerial control of a soccer ball.

Set up

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

Beginner