

Wall bounce pass drill

How it works

Pass the soccer against the wall with enough power so that the ball comes back to you to control.

Here is a good sequence to follow to quickly improve your passing and receiving skills:

- Pass and control with your right foot x 10
- Pass and control with your left foot x 10
- Pass the ball with your right foot but control the ball with the outside of your right foot x 10
- Pass the ball with your left foot but control the ball with the outside of your left foot x 10
- Pass and control the ball with alternate feet (pass right, control left. Pass left control right) x20

Coaching points

- Use the inside of your foot to pass the ball
- When you are waiting to receive the ball remain on your toes so you can easily adjust to where the ball is going
- Practice playing firm passes

Questions

- What part of the foot should you use to pass the ball?
- How should you be waiting for the ball after it has been passed?
- What type of passes should you be making?

Purpose

The purpose of this drill is to help players become comfortable turning and receiving with both feet

Set up

- Soccer ball
- 1 wall

Beginner

