

WALL PASS - FUNCTIONAL

Why use it?

This activity is a great way to work on combinations between attackers and midfield players and to introduce a wall pass. Teaching combination play in the final third is time well spent. Providing players options to beat an opponent 2v1 in different areas of the field allows for success and overall enjoyment. Doing this at a young age helps to create a solid base knowledge to build upon.

Set up

The area is half a 4v4 field - 15x20 yards. An appropriate size goal is at one end and the coach stands in the center with a large supply of balls. A defender starts 5 yards from goal and pairs of attackers stand either side of the coach on the halfway line.

How to play

The coach starts each sequence with a pass to either attacker. The attackers play 2v1 against the defender and attempt to score in the goal. The defender earns a point by winning possession and passing the ball to the coach. The coach can keep the same defender for 5-6 sequences, or the attacker receiving the pass from the coach becomes the next defender.

Coaching notes

Coaching Objectives: Teach midfield and attacking players to recognize when a wall pass is available and how to execute the combination. Players will learn visual and spatial cues that indicate that a wall pass is an option. For example, if the defender drops back towards the goal the receiver should dribble at pace. If the defender applies pressure to the ball carrier close to the halfway line a pass is likely the best option.

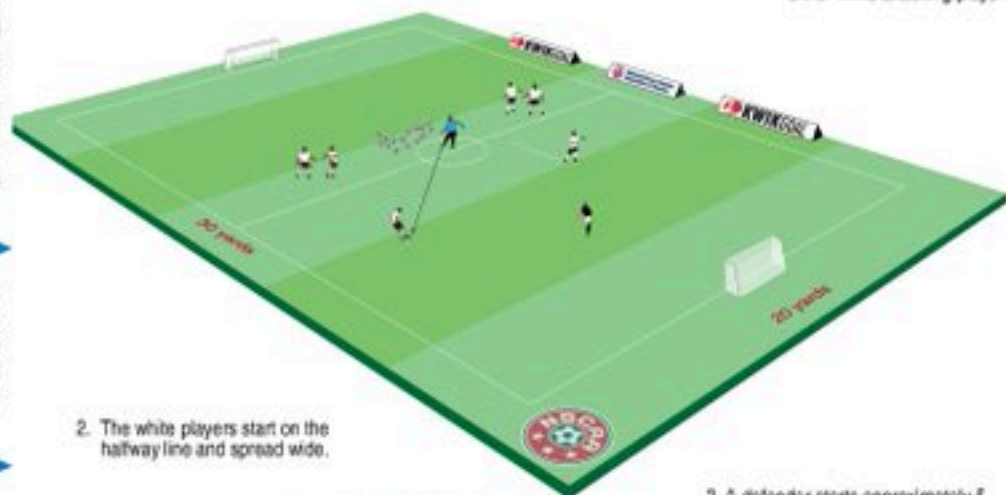
Coaching Tips: The coach can adjust the speed of attack and establish different starting points when serving the balls.

How to modify

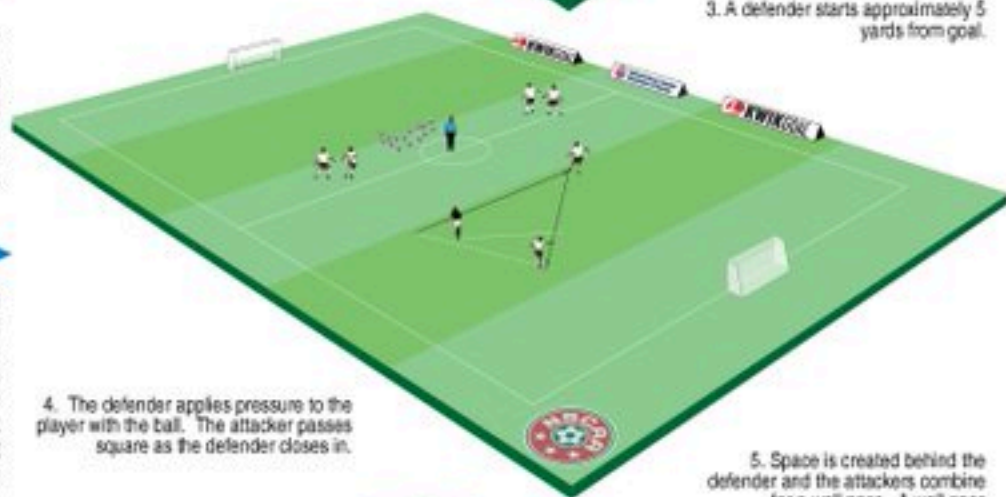
Less Challenging: Encourage your defender to be overly aggressive. An overly aggressive defender will create more space for the attackers to perform a wall pass around and behind the defender. Patient or low pressure defending will make it hard to recognize the times when a wall pass is on. The coach can also start the activity without a defender.

More Challenging: Add a second defender to make teams even 2v2. This adjustment will result in less space and time for the attackers. Dribbling at the first defender and timing the wall pass will become even more important. If the activity becomes too challenging, consider starting one of the defenders behind the goal to provide more time for the attack to build up steam.

1. The coach starts play with a pass to either white attacking player.

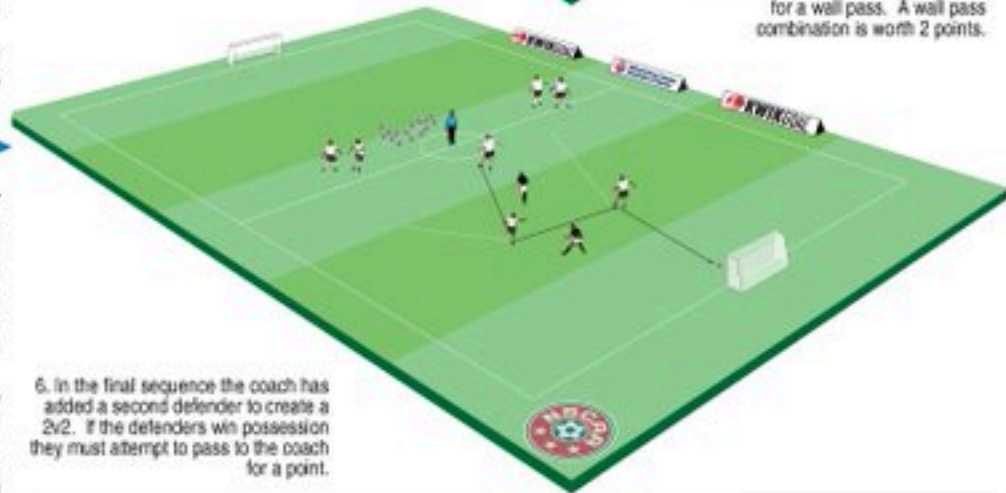


2. The white players start on the halfway line and spread wide.



3. A defender starts approximately 5 yards from goal.

4. The defender applies pressure to the player with the ball. The attacker passes square as the defender closes in.



5. Space is created behind the defender and the attackers combine for a wall pass. A wall pass combination is worth 2 points.

6. In the final sequence the coach has added a second defender to create a 2v2. If the defenders win possession they must attempt to pass to the coach for a point.

Stage/s of development covered by activity

Stages 2 & 3 - 6-11 year old players.

Development themes and competencies

Top 3 Themes: Passing over short distances, passing combinations and defending as an individual.

Top 3 Competencies: Passing, receiving and support with and without the ball.