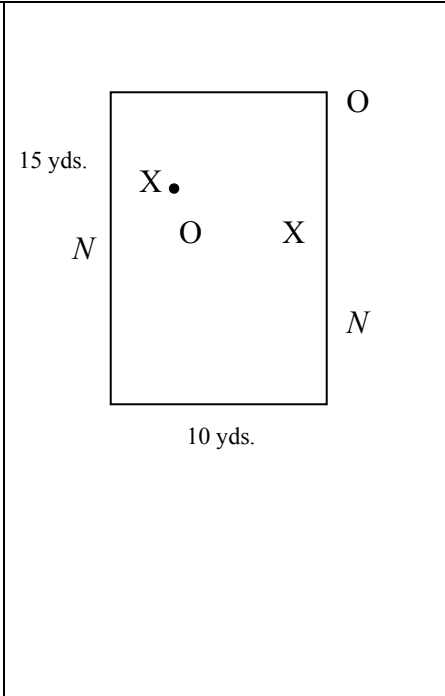
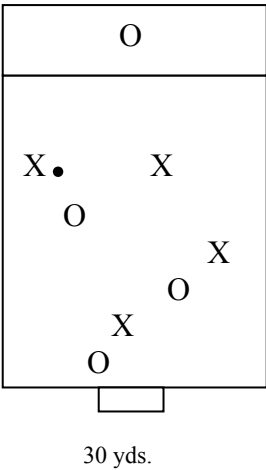
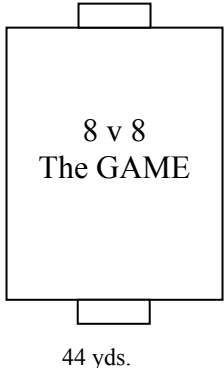


Topic: **Combination: Wall Pass**

Organization	Variations	Diagram		Coaching Points
Unrestricted				
<p>Passing and moving in pairs, one ball between two. Create wall pass (i.e., 1-2 pass or give and go). Stretch.</p>	<ul style="list-style-type: none"> Keep it innovative, demanding and realistic. Groups of three with one acting as “passive” defender. Rotate. 	<p>1.</p> <p>X•</p> <p>X</p>	<p>2.</p> <p>X•</p> <p>O X</p>	<ul style="list-style-type: none"> ✓ Body mechanics and general technique ✓ Proper weight of pass ✓ Timing of release and penetrating runs ✓ Verbal and visual communication
Restricted				
<p>Three groups of two. 2 v 1 + 2 and one additional defender (10 x 15 area or as needed). Neutral players play for team in possession.</p>	<ul style="list-style-type: none"> Neutral players are limited to one touch only. Team in possession scores by successfully completing a wall pass against the opponent. When the defender wins the ball, their teammate enters the field to make a new team of two. The opposition leaves the field of play, leaving one player on the field to defend. Rotate teams as needed. 			<ul style="list-style-type: none"> ✓ Commit the defender prior to passing ✓ Disguise and deception of pass and runs ✓ Accuracy and quality of pass ✓ Correct supporting position, angle and distance ✓ Proper decision making

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One Large Goal with Counter			
<p>4 v 3 + 1 target player with goalkeeper(s) (30 x 40 area or as needed).</p>	<ul style="list-style-type: none"> ▪ Team of four attacks large goal. ▪ Scoring opportunities created off a wall pass are worth two. ▪ Defending team scores by playing the ball directly to the target player across the 40 yard counter line. ▪ If necessary, implement the use of an offside/restraining line to keep the game realistic and compact. ▪ Rotate teams as needed. 		<ul style="list-style-type: none"> ✓ Ability of players to execute wall pass while penetrating ✓ Deep player must show for the ball to create wall pass with players penetrating forward ✓ Quick transition from defending to attacking for both teams ✓ Speed of play and thought
Two Large Goals			
<p>7 v 7 with goalkeepers to two large goals (44 x 60 area or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible formation 2:3:2 ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ Correct shape and balance of team ✓ Look for opportunities to create numbers up in the attack ✓ Assess safety and risk based on field position ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session