

# WALL PASS CHALLENGE

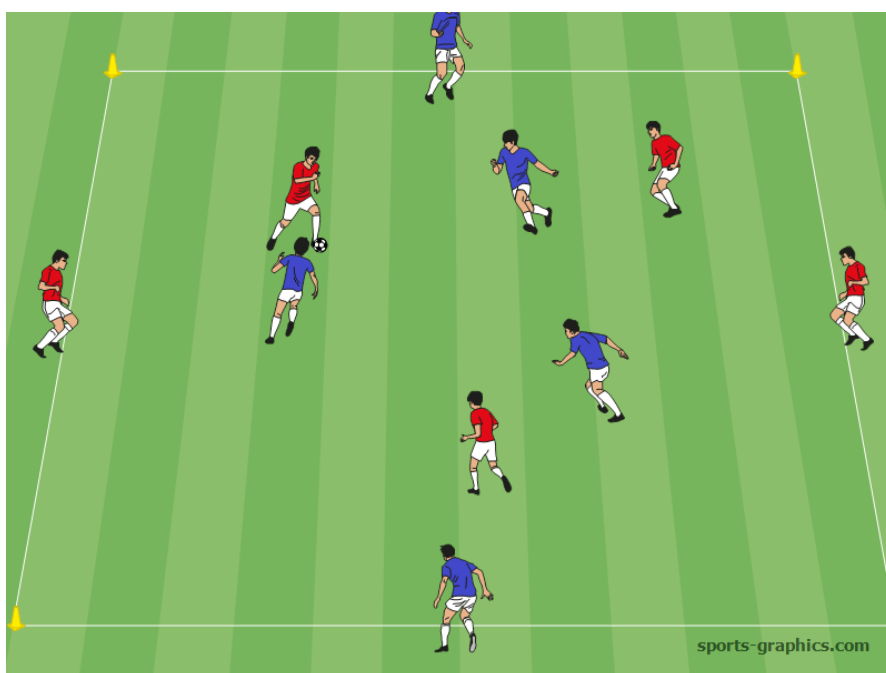
Improve passing and receiving to keep possession in a skill related practice

TACTICAL

PSYCHOLOGICAL

## Passing

## Possession



Set up a 30x30 playing area. Players play a 3v3 within the area. Arrange two additional players for each team on the outside. The objective of the practice is to score by playing a wall pass with a player on the outside. Once a player has scored, they must change direction and aim to play to the outside player at the opposite end. Outside players cannot play direct to each other.

## VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



### LEARNING OUTCOMES

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Awareness and decision of passing options. Which is the most effective pass?
- Correct passing technique.
- Correct technique to receive.
- Develop good decision making.
- How to make space as individuals.
- Improve team work.
- Observation and selection of the pass.
- To develop fluent and quicker passing while under pressure in tight areas.
- To work within a team unit with an agreed outcome.

### KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Good first touch
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Stay light on feet
- Support quickly

### FOCUS AREAS

- Control and protection of the ball to maintain possession.
- Creating space and movement to receive the pass.
- Creating space as a team.
- Demonstrate good angles and distances of support.
- Keep possession.
- Passing and support play skills.

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