

# **11 Soccer Wall Passing Drills**

## **Wall Passing Tips**

Follow these tips for a successful wall passing training:

- [Warmup](#) and [stretch](#) before training then warm down afterward
- Take breaks between sets and keep hydrated
- Executing the correct technique is more important than completing the drill quickly
- Standing closer to the wall (3-5 feet) will increase the rate of passing
- Standing further from the wall (more than 5 feet) will decrease the rate of passing and it will be easier for beginners
- A hard and thick wall rebounds the ball better
- A soft [soccer ball](#) rebounds slower and it is easier for beginners
- Stand naturally and bend the knees

## **Before Proceeding...**

Before we proceed I want to explain what is the Inside Foot Pass and Lace Pass. The inside foot pass uses the inside part of the foot to pass the ball.

While the lace pass uses the top of the foot or the lace area to pass the ball.



## **Setting Targets and Progression**

The more your kid passes the ball the faster your kid's first touch skills are developed. Same as learning to play the piano, the more you practice the better you become.

That is why I recommend that you set a passing target your kid must achieve.

This is important in the long run for your kid's progress. When you document your kid's progress, you will be able to increase the target and complete it.

Use the training journal I provided on page 8.

## **1. Inside Right One Touch**

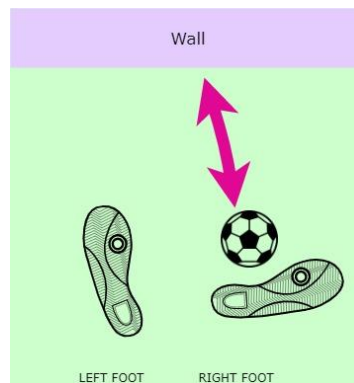
Target: 10 passes

Follow these STEPS:

1. Stand facing the wall and pass the ball with the inside of the right foot straight to the wall
2. When the ball returns pass it back to the wall with the inside of the right foot again
3. Repeat Step 1

\*Do not stop the ball before passing it back to the wall

\*Slightly bend the knees when passing the ball



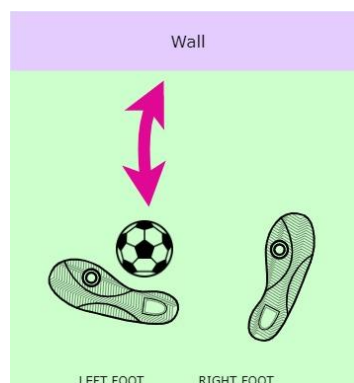
## **2. Inside Left One Touch**

Target: 10 passes

Repeat the same drill in number 1 but with the left foot.

Follow these STEPS:

1. Stand facing the wall and pass the ball with the inside of the left foot
2. When the ball returns pass it back to the wall with the inside of the left foot
3. Repeat Step 1

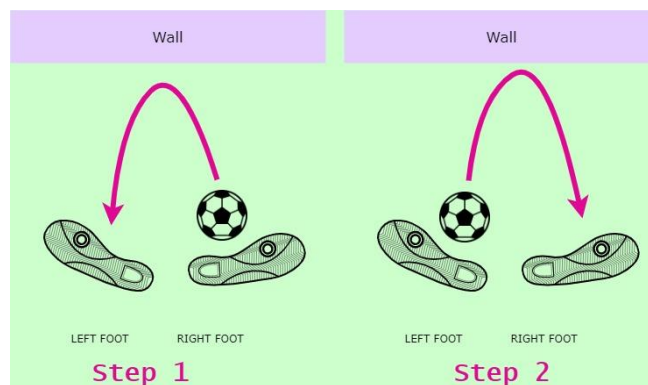


## 4. Inside Alternate Foot

Target: 10 passes

Follow these STEPS:

1. Start by passing the ball to the wall using the inside of the right foot
2. When the ball returns pass it with the inside of the left foot
3. Repeat Step 1

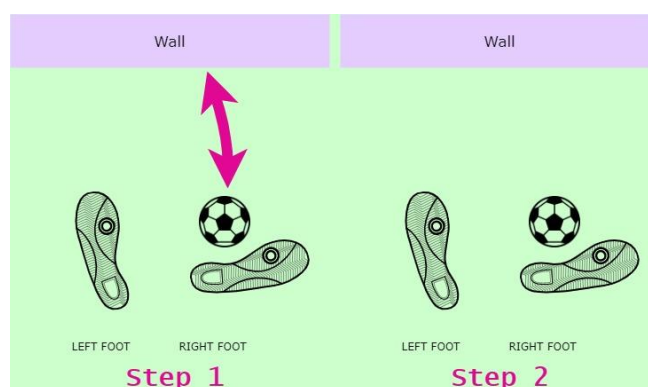


## 4. Inside Right Two Touch

Target: 10 passes

Follow these STEPS:

1. Pass the ball with the inside of the right foot.
2. When the ball returns, stop it with the inside of the right foot
3. Repeat Step 1



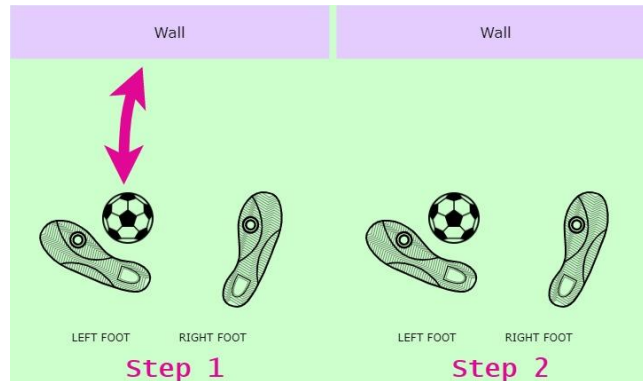
## 5. Inside Left Two Touch

Target: 10 passes

Same instructions as drill 4 but this time with the left foot

Follow these STEPS:

1. Pass the ball with the inside of the left foot.
2. When the ball returns, stop it with the inside of the left foot
3. Repeat step 1

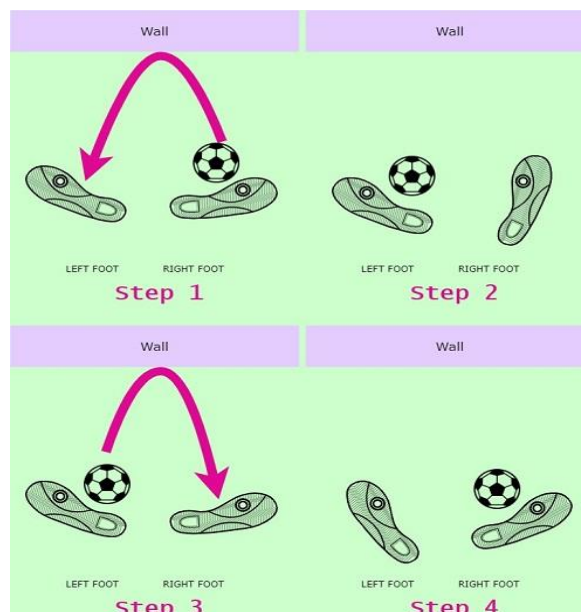


## 6. Inside Alternate Two Touch

Target: 10 passes

Follow these STEPS:

1. Pass the ball to the wall with the inside right foot.
2. When the ball returns stop it with the inside of the left foot
3. Pass it back to the wall with the inside of the left foot
4. When the ball returns, stop it with the inside of the right foot
5. Repeat step 1



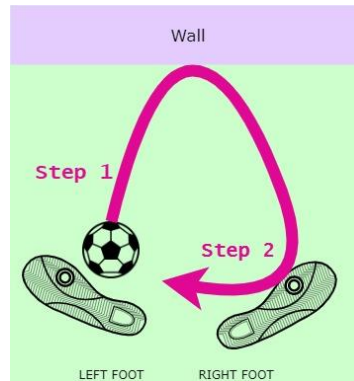
## **7. Inside Triangle Clockwise**

Target: 10 passes

Follow these STEPS:

1. Pass the ball with the inside of the left foot to the wall
2. Receive the ball with the right foot and pass it to the left foot
3. Repeat step 1

\*Do not pause the ball at any point



## **8. Inside Triangle Anticlockwise**

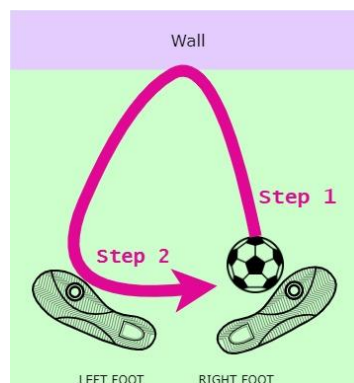
Target: 10 passes

Similar to drill 7 but this time the ball goes anticlockwise.

Follow these STEPS:

1. Pass the ball with the inside of the right foot to the wall
2. Receive the ball with the left foot and pass it to the right foot
3. Repeat

\*Do not pause the ball at any point



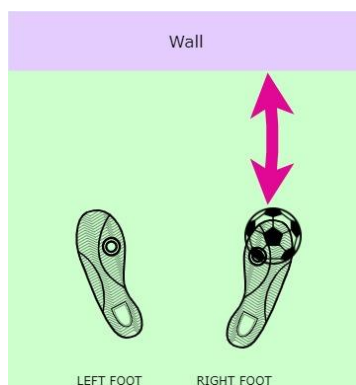
## 9. Lace Right

Target: 10 passes

The lace area is the top of the foot where you normally tie your shoelaces.

Follow these STEPS:

1. Pass the ball straight to the wall with the right lace
2. When the ball returns pass it back to the wall with the right lace
3. Repeat



## 10. Lace Left

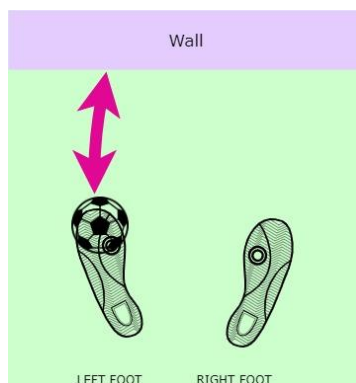
Target: 10 passes

Same instructions as drill 9 but this time with the left lace.

Follow these STEPS:

1. Pass the ball straight to the wall with the left lace
2. When the ball returns pass it back to the wall
3. Repeat

\*Do not pause the ball.



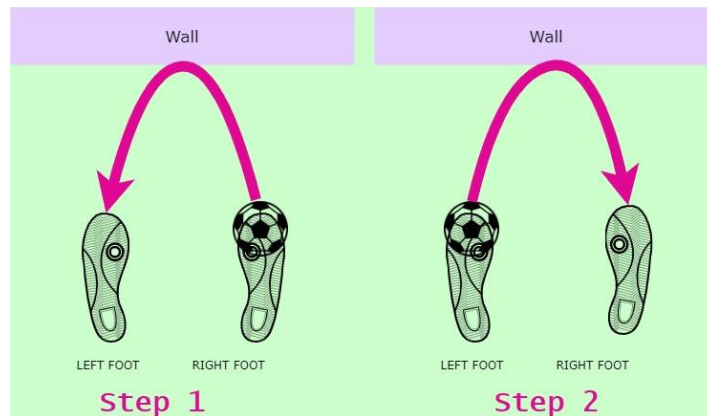
## 11. Lace Alternate

Target: 10 passes

Follow these STEPS:

- Pass the ball with your right lace to the wall
- When the ball returns pass it with your left lace
- Repeat

\*Do not pause the ball.



# Wall Passing Training Journal

Drills	Number Of Passes	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>1. Inside Right One Touch</b>	<b>10</b>							
<b>2. Inside Left One Touch</b>	<b>10</b>							
<b>3. Inside Alternate Foot</b>	<b>10</b>							
<b>4. Inside Right Two Touches</b>	<b>10</b>							
<b>5. Inside Left Two Touches</b>	<b>10</b>							
<b>6. Inside Alternate Two Touches</b>	<b>10</b>							
<b>7. Inside Triangle Clockwise</b>	<b>10</b>							
<b>8. Inside Triangle Anticlockwise</b>	<b>10</b>							
<b>9. Lace Right</b>	<b>10</b>							
<b>10. Lace Left</b>	<b>10</b>							
<b>11. Lace Alternate</b>	<b>10</b>							

## How To Use This Journal

1. All Drills Are 10 Passes For Each Set
2. You Can Reduce Or Increase It Depending On Your Kid
3. Write Down How Many Sets Are Completed For Each Foot
4. Ideally The Number Of Sets Should Increase On The Next Training

>> Check out more drills [here](http://www.juniorsoccerstars.com) @ Junior Soccer Stars <<