

# SOCCER WALL

## Sample Drills & Exercises



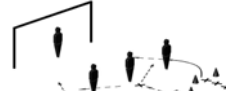
**1. Free Kick Wall:** Set your wall 10 yds from the ball and have your players practice the art of Free Kicks, Direct, Indirect and Trick Plays.



**13. Finishing, Give and Go:** Line 1 plays the give and go with a designated target player and shoots, line 2 follows, players switch lines & continue.



**2. Dribbling Slalom:** 3-5 Yard Mannequin Spacing. Use for small or large groups, use for warm-up, technique or fitness training.



**14. Finishing, 3<sup>rd</sup> Man Combination:** Coach passes to target player who 1-touches to a teammate running thru the Mannequin Defenders for a shot on goal.



**3. Agility Dribble:** 1-2 Yard spacing, for small or large groups, use for warm-up, technique or fitness training. Use to develop quick short steps & ball control techniques.



**15. Skills Grid:** 1) Free Dribbling, 2) Juggling, 3) Inter-passing, 4) Possession/Shielding, 5) King of Square, etc, inside your grid.



**4. Speed Dribbling:** 10-20 Yard mannequin Spacing. Develop speed and ball control, use for small or large groups, use for technique or fitness.



**16. Skills Line:** Player A tosses to player B. They move thru the mannequins with 1) Headers 2) Chest and Volley, 3) Thigh and Volley, 4) Volley, 5) Passing 2-touch, 6) Passing 1-touch.



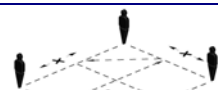
**5. Creative Dribble:** Free Dribble for time (30-45 sec.) with lots of cuts and change of direction. Use all parts of each foot to turn.



**17. Individual Technique:** Player A tosses to Player B. Player B moves from side to side around the mannequin. 10 each and switch. A) Headers, B) Chest, C) thigh, D) Volley, E) 1-touch pass



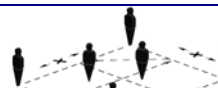
**6. Dribbling Relay:** Dribble 3 times around the Mannequin, then 2, then 1. Develop ball control, explosiveness and fitness.



**18. Passing Patterns:** Player A passes to B, B to C, C to D. Start with 2-touch, move to 1-touch and then reverse. Players play outside the square in varied patterns.



**7. Zig Zag Dribble Slalom:** Zig Zag slalom dribble, use right foot, left foot, inside only, outside only, free dribble, etc...



**19. Passing, Keep Away (10 x 10):** Players play 1 and 2 touch passes from outside the square through and around mannequins. 4 corner mannequins & 2 middle mannequins.



**8. Fakes and Feints Dribble:**

Receive, turn, dribble, fake/feint and pass. Repeat 5 times each and switch.



**20. Give and Go:** Players dribble to mannequin, play give & go with target player and pass to teammate. Target player moves from side to side & repositions himself.

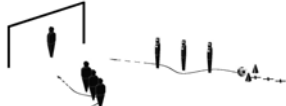


**9. Slalom Relay Racing:** Players dribble through mannequins to partner on opposite side (full team races, individual races, etc...)



**21. Give and Go:**

Players with balls are looking to play give & go's around the mannequins with the target players. Switch targets after 60 seconds.



**10. Finishing, Angled Slalom:**

Slalom dribble & shoot at goal. Right foot only, left foot only, inside only, etc...

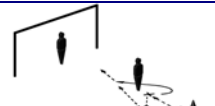


**22. Stryker Training, Quick Release:** Stryker plays with back to goal, receives pass, 1-touches laterally to turn and finishes a shot with the 2<sup>nd</sup> touch. (shoot between the mannequins) Receive balls from varying angles.



**11. Finishing, Feint and Shoot:**

Place mannequins directly in front of dribbler. From a dead stop player makes a quick Fake/Feint and pushes ball wide and shoots



**23. Stryker Training:** Player A plays to striker, striker 1 touches back, spins around mannequin & receives a pass from player A for shot on goal.

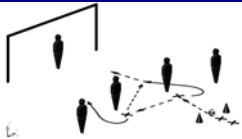


**12. Finishing, Angled Shots:**

Player A passes to Player B, Player B receives, dribbles through mannequins and shoots. Players changes lines.



**24. Stryker Training:** Coach plays to striker A, who 1-touches back. Both strikers spin around mannequin. Coach 1-touches a penetrating pass for a shot on goal.



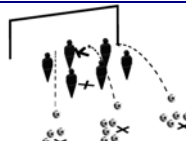
**25. Stryker Training:** Coach plays to striker A who plays to striker B, striker A spins to get return pass and shoots on goal.



**35. Goalkeeper Training.** Toss backs high and low to GK who moves from the left side to right side after each save.



**26. Twin Stryker Training:** Coach plays to striker A who returns pass, switches positions with striker B. Coach plays a through ball to goal.



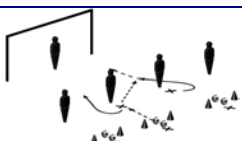
**36. Goalkeeper Training.** GK works inside mannequins, receiving serves from outside servers. Ball cannot hit the ground.



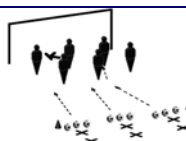
**27. Stryker Training:** Serve into strikers. Mannequins positioned as passive defenders in the 18 yard box.



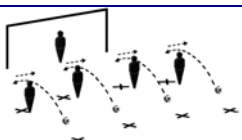
**37. Goalkeeper Training.** Serve balls into mannequin filled box.



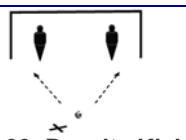
**28. Stryker Training, Beating a Flat Back 4:** Coach plays to Stryker A who 1 touches a through ball to striker B, who must time his spin or is offside.



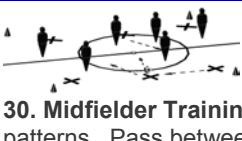
**38. Goalkeeper Training – Deflection Training** Shoot balls at goal. GK must react to deflect balls to make the save.



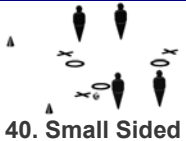
**29. Defender Training:** Players serve balls into 18 yd box. Defenders must clear with 1 touch, balls may not hit the ground. Mannequins act as passive opponents.



**39. Penalty Kick Training** Play penalty shot between the mannequin and the post.



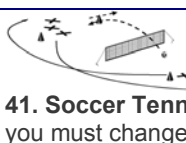
**30. Midfielder Training:** Midfielders inter pass using various patterns. Pass between mannequins. Focus on various passing patterns in the midfield.



**40. Small Sided Games** Use mannequins to create small goals.



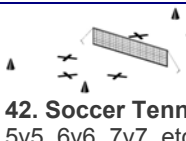
**31. Tactical, Shadow Play:** Play 11 v 11, inter passing around mannequins. Use predetermined patters to paint a picture for your players.



**41. Soccer Tennis** Play 1 touch soccer tennis. After your touch you must change lines. If you make an error you are out. Restart the game after determining a champion.



**32. Shadow Play, Attacking 1/3:** Use predetermined patterns to connect defenders, midfielders and forwards into the final 1/3 of the field.



**42. Soccer Tennis Single Net 2v2, 3v3, 4v4, or 2 nets Together 5v5, 6v6, 7v7, etc.**

**Additional Nets Available for Purchase**

