

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, 3rd 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.



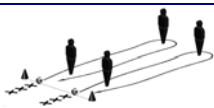
16. Skills Line: Player A tosses to player B. They move thru the mannequins with 1) Headers 2) Chest and Volley, 3) Thigh and Volley, 4) Volley, 5) Passing 2-touch, 6) Passing 1-touch.



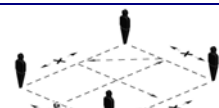
5. Creative Dribble:
Free Dribble for time (30-45 sec.) with lots of cuts and change of direction. Use all parts of each foot to turn.



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



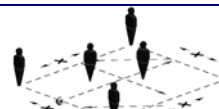
6. Dribbling Relay:
Dribble 3 times around the Mannequin, then 2, then 1. Develop ball control, explosiveness and fitness.



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.

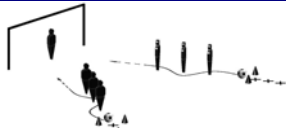


9. Slalom Relay Racing: Players dribble through mannequins to partner on opposite side (full team races, individual races, etc...)



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...

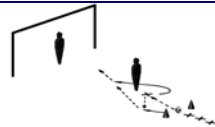


22. Stryker Training, Quick Release: Stryker plays with back to goal, receives pass, 1-touches laterally to turn and finishes a shot with the 2nd touch. (shoot between the mannequins) Receive balls from varying angles.



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

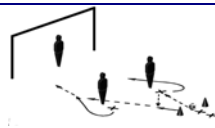


23. Stryker Training: Player A plays to striker, striker 1 touches back, spins around mannequin & receives a pass from player A for shot on goal.

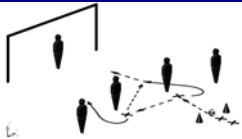


12. Finishing, Angled Shots:

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.



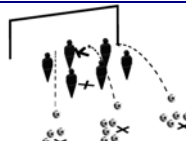
25. Stryker Training: Coach plays to striker A who plays to striker B, striker A spins to get return pass and shoots on goal.



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.



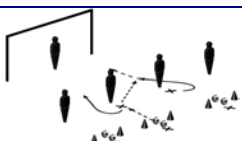
36. Goalkeeper Training. GK works inside mannequins, receiving serves from outside servers. Ball cannot hit the ground.



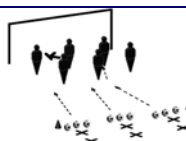
27. Stryker Training: Serve into strikers. Mannequins positioned as passive defenders in the 18 yard box.



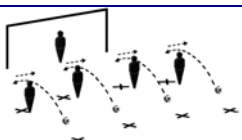
37. Goalkeeper Training. Serve balls into mannequin filled box.



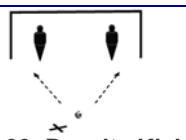
28. Stryker Training, Beating a Flat Back 4: Coach plays to Stryker A who 1 touches a through ball to striker B, who must time his spin or is offside.



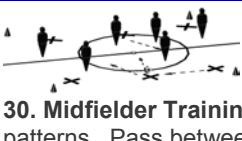
38. Goalkeeper Training – Deflection Training Shoot balls at goal. GK must react to deflect balls to make the save.



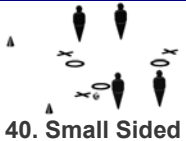
29. Defender Training: Players serve balls into 18 yd box. Defenders must clear with 1 touch, balls may not hit the ground. Mannequins act as passive opponents.



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



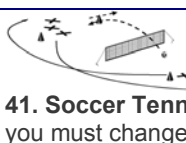
30. Midfielder Training: Midfielders inter pass using various patterns. Pass between mannequins. Focus on various passing patterns in the midfield.



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



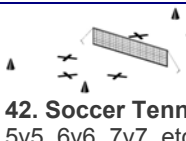
31. Tactical, Shadow Play: Play 11 v 11, inter passing around mannequins. Use predetermined patters to paint a picture for your players.



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