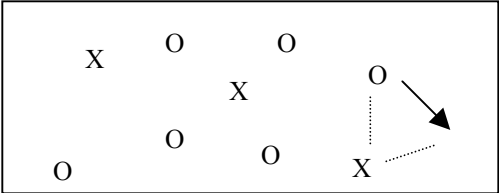
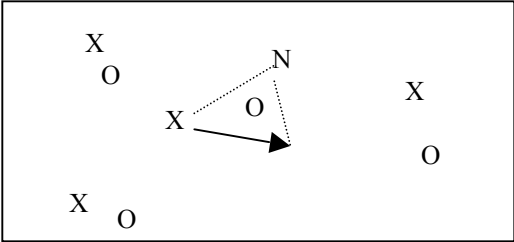
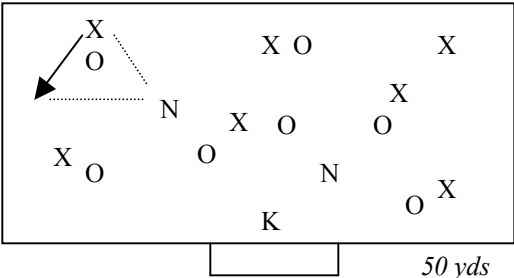



**Name:** Arsenal - Alex Mason

**Topic:** Coaching the Wall Pass

**Date:** \_\_\_\_\_

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up <b>15 min.</b> - (X) players are the wall players</p> <p><b>* STRETCH</b></p>	<p>Organization</p>  <p>20 yds</p> <p>30 yds</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> <li>- weight of pass</li> <li>- direction of run</li> <li>- eye contact</li> <li>- communication</li> <li>- movement of the ball</li> </ul>
<p>Match Related Activity <b>15 min.</b> - 4 v 4 + 1 game of possession team scores when they go through the neutral</p>	 <p>20 yds</p> <p>30 yds</p>	<ul style="list-style-type: none"> <li>- look to beat a player</li> <li>- try not to be predictable</li> <li>- maintain possession</li> <li>- shield the ball from opponent</li> <li>- draw opponent into play</li> </ul>
<p>Match Related Activity <b>20 min.</b> - 7 v 7 + 2 neutrals with possession keeper kicks ball out first team to achieve wall pass can go to large goal</p>	 <p>30 yds</p> <p>50 yds</p>	<ul style="list-style-type: none"> <li>- speed of play</li> <li>- change of pace</li> <li>- change of direction</li> <li>- players receiving must be aware that they may have to hold onto the ball</li> </ul>
<p>Match Condition Game <b>40 min.</b> - 11 v 11 game</p>		<ul style="list-style-type: none"> <li>- players using wall pass to beat an opponent or to maintain possession</li> </ul>
<p>Cool Down</p>	<p>Light Jog &amp; Stretch</p>	