



The Wall Pass — Two Players, One Problem

Session 9 • Combination play • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Bounce Grid

0:10 – 0:25 • 15 MIN

The Wall Pass Gate

0:25 – 0:40 • 15 MIN

One-Two Scores Triple

0:40 – 0:55 • 15 MIN

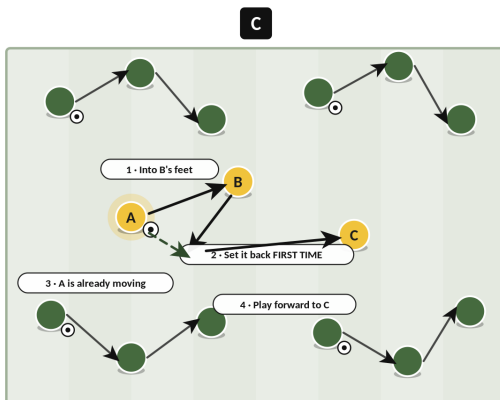
Combination Match

0:55 – 1:00 • 5 MIN

Player-led review

9.1 THE BOUNCE GRID

Warm-up • 10 min



THE SET IS ONE TOUCH • INTO THE PATH, NEVER INTO THE FEET

SET UP

- 28 × 20 m grid marked with flat markers.
- Groups of three, one ball each. With 14–16 players that is four or five trios; a group of four simply adds a fourth station in the chain.

RULES

- The set-back is one touch. A controlling touch means the sequence doesn't count.
- The passer must be moving before the ball reaches the wall player.

COACH IT

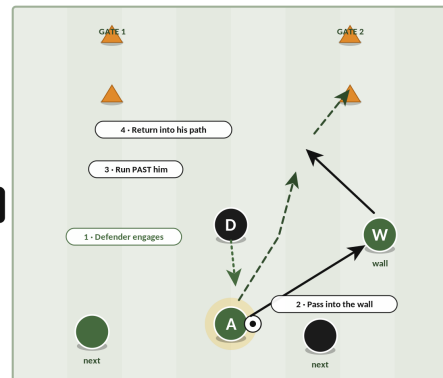
- Technical: Passer: firm, along the ground, into the wall player's feet. Wall player: get side-on before the ball arrives, use the inside foot furthest from ...

SAY

- Count your touches. One. If you need two, you've given the defender time — and there isn't even a ...

9.2 THE WALL PASS GATE

Technical practice • 15 min



ROTATION: A → wall → defender → defender → back of the attacking line

SET UP

- Three stations, each 22 × 18 m, with 4 m between them.
- Per station: two 3 m gates on the far line; one ball plus a spare; one blue bib.

RULES

- The wall player is limited to one touch. Two touches and the sequence doesn't count.
- 1 point for completing the wall pass and reaching a gate. 2 points if the return was received without ...

COACH IT

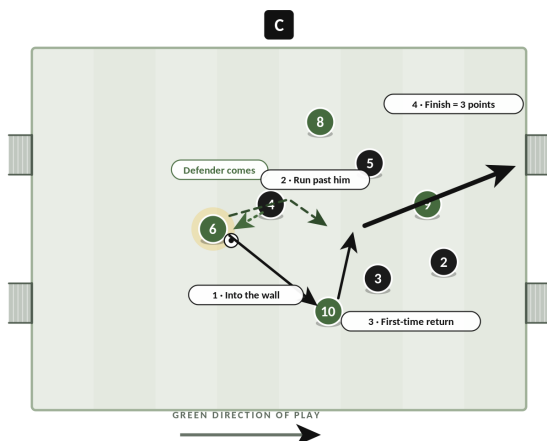
- Technical: Pass firmly into the wall player's feet — a soft pass invites the interception. Wall player: one touch, into the space behind the ...

SAY

- When did you play it? Was he coming or was he waiting? Try holding it one more step.

9.3 ONE-TWO SCORES TRIPLE (4 v 4)

Skill game • 15 min



GREEN DIRECTION OF PLAY

SET UP

- Two pitches, each 30 × 22 m, side by side with a 5 m corridor between them.
- Per pitch: two mini goals at each end, 4 red bibs, 4 blue bibs, 2 balls.

RULES

- Goal = 1 point. Goal after a completed one-two = 3 points.
- A one-two counts only if the return is first time and the passer has run past an opponent.

COACH IT

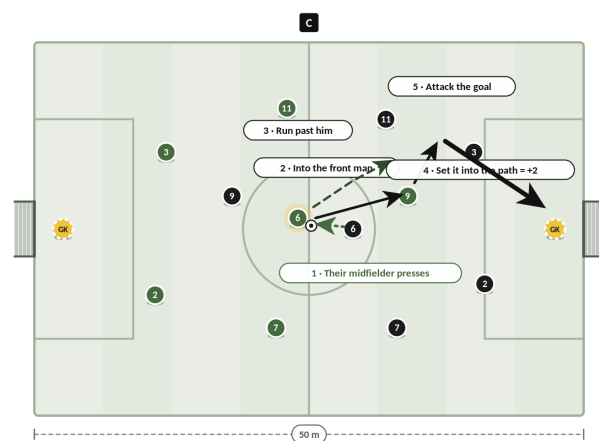
- Technical: Firm pass in, one-touch set, return into the path. All three under real pressure and with tired legs.

SAY

- Ask, don't instruct: Which points haven't we scored? What would we need to do? Then let game 2 ...

9.4 COMBINATION MATCH (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals. No extra markings tonight — the condition is behavioural, not spatial.
- Four spare balls in the back of each goal.

RULES

- Goal = 3 points. A one-two that beats an opponent = +2. A goal originating from a combination = +2 more.
- The return must be first time and the passer must ...

COACH IT

- Technical: Firm in, one touch back, into the path. Under fatigue the set-back is the first thing to deteriorate — watch for the extra touch creeping ...

SAY

- Where would a one-two hurt them most? What would it take to try it there?