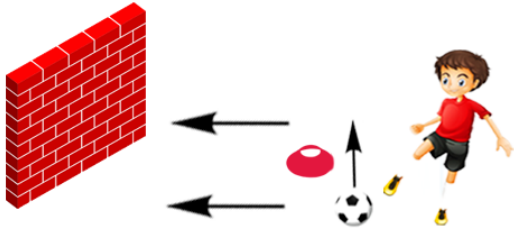




WALL PASSING

Video Reference:

5 Individual Drills To Improve First Touch by 7mlc
<https://youtu.be/1e73IVR12Qk>



WALL PASSING:

A great individual drill for players to do on their own is wall passing. This can be done outside, in the garage, outside on the side of a school or anywhere else a wall is available. Cinder block walls work great (do not kick at DRY WALL). The video for this week shows a few great drills. Younger players can focus simply on passing/receiving and maybe a little receiving. Older/more advanced players can try some of the drills shown later in the video.

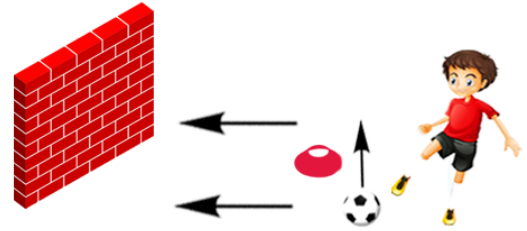
IF YOU DONT HAVE A WALL. a sibling or adult can simply take the place of the wall and pass back for the drills given this week.



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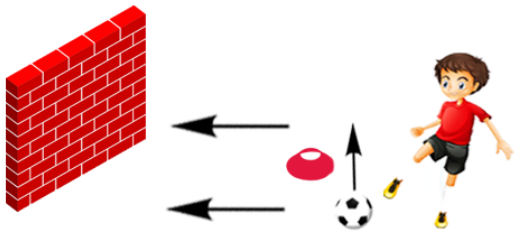
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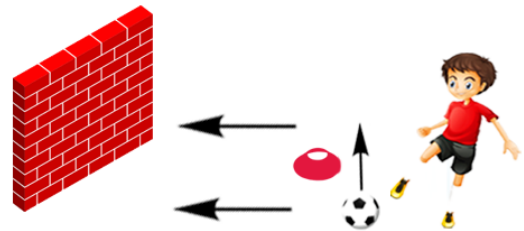
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