



Dimensions: Two cones 15 yards apart (adjust depending on ability) with a line of cones half way between the two

How to: Have a player stand on each cone with a player in the middle. The objective is to complete a wall pass around the cones and play a pass to the opposite end. The line of cones is to show a defenders range of motion. The player with the ball plays a pass into the player by the cones and moves wide to receive a return pass past the defender, the move is completed by passing to the player on the opposite side, the player follows their pass and joins the other line. Rotate the midfielder every few minutes.

Coaching Points: Make positive runs, after passing to the player in the middle move quickly to receive a return pass, be careful not to overrun the play though, this could be the difference between and offside call and a goal.

The midfielder has to be ready to move to either side to make the wall pass with their team mate. Communication between passer and receiver is very important.

Notes:

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