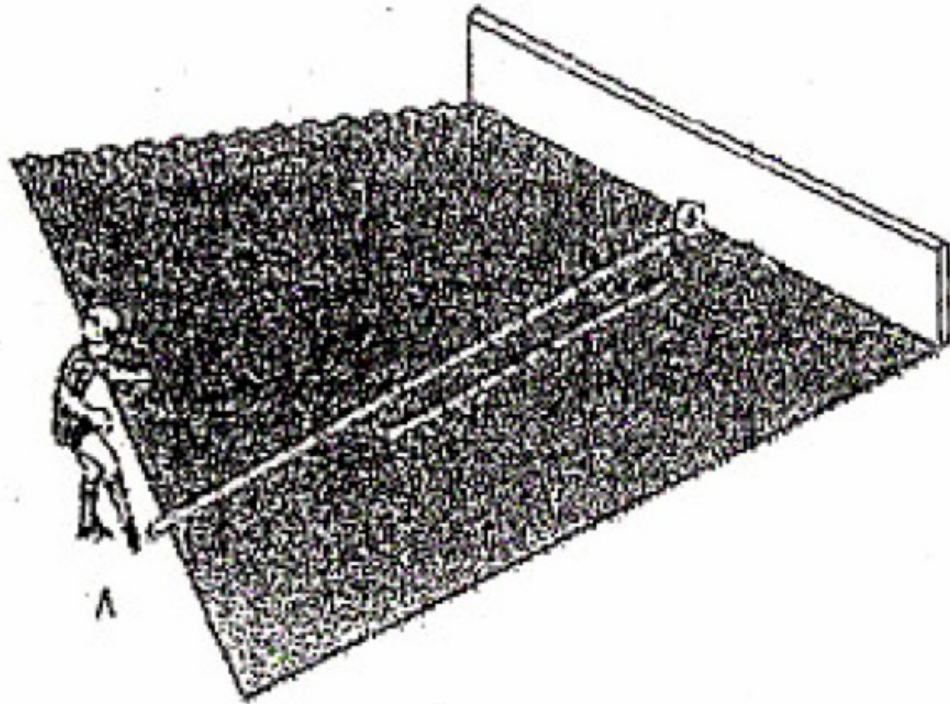


Don Williams
Elite Skills Soccer Academy
Wall Workout©

The wall is your best friend. It is never sick, never goes on vacation, is never too tired to train, the wall loves to train, it gives back to you what you give to it and will put into every workout as much work as you do. The wall doesn't care if it is raining or cold, if it is early in the morning or late at night. The wall is always there for you and has been a close, cherished friend of every world class soccer player in the world. The wall is there for you and can help you achieve greatness. Please, come meet your new best friend, the wall.



Coaching points to remember during wall workouts.

- To keep the ball from popping up, step through the center of the ball and step down toward target after the pass.
- Place pass foot (after you've stepped through the ball) in front of the other foot.
- Keep foot externally rotated to ensure ball travels in a straight line.

- When stepping down after a pass, keep weight on front of the ball of foot with you heel slightly lifted, this makes it easier to change directions if needed.
- Keep body shape rounded and moving forward and keep balance.
- Keep body square; don't swing leg across your body.

(The first 5 are done very close to the wall)

- 1) Right foot passes against the wall, receive right, repeat.
- 2) Left foot passes against the wall, receive left, repeat.
- (**When passing to opposite foot, slightly angle passing foot. **)
- 3) Right foot passes against the wall to left foot, left foot pass back to right, repeat.
- 4) Right foot passes against the wall, 25 technically perfect passes.
- 5) Left foot passes against the wall, 25 technically perfect passes.

(Step back from wall 2 feet)

- 6) Repeat step 1 with harder passes.
- 7) Repeat step 2 with harder passes.
- 8) Repeat step 3 with harder passes.
- 9) Right foot passes against the wall; receive right, easy lateral touch to left foot and easy lateral pass back to right foot, repeat.
- 10) Repeat step 9 starting with left foot.

(Close to the wall, ball will be hit out of the air)

- 11) With the inside of the right foot, let the ball bounce, volley ball into the wall, repeat.
- (**With volleys, still step toward target, keep arms out to balance**)
- 12) With the inside of the left foot, let the ball bounce, volley ball into the wall, repeat.
- 13) With the laces, repeat step 11. (**Get in the habit of just picking up the knee while pointing the toe down to strike the ball**)
- 14) With the laces, repeat step 12.

(Step back a couple feet away from the wall and more space as you feel comfortable)

- 15) Repeat step 11. (Remember to lock ankle and step toward volley)
- 16) Repeat step 12.
- 17) Repeat step 13.
- 18) Repeat step 14.

(With the ball on the ground)

- 19) Right foot passes against the wall, receives with left foot. Make 3 quick touches back and forth between feet: left, right, left. Do the same with the left side, alternating each time.
- 20) Right foot passes against the wall, receives with the right foot. Make 3 quick touches back and forth between feet: right, left, right. Repeat.
- 21) Left foot passes against the wall, receives with the left foot. Make 3 quick touches back and forth between feet: left, right, left. Repeat.
- 22) Right foot passes against the wall; receive with the inside of left foot. Roll ball behind the right foot (Cryuff) and repeat.
- 23) Left foot passes against the wall; receive with the inside of right foot. Roll ball behind the left foot (Cryuff) and repeat.
- 24) Pick up ball and work on clearing and scoring headers. (Keep neck back, snap forward, eyes lead ball)
- 25) Pick up ball and work on receiving with the chest, try and flatten the chest like a table top, pop the ball up.
- 26) Once you can pop the ball up with your chest, try and volley the ball back to the wall and repeat. Challenge yourself to see how many chest, volley repetitions you can get.
- 27) Try "no look" passing, look to the right and pass with your left then look to the left and pass with your right.
- 28) Another "no look" passing option is to look to the right and pass with your right across your body and then try looking to your left and passing with your left across your body.

The wall workout has been developed by Don Williams, A Licensed coach, and is a part of the Elite Skills Soccer Academy training program. This material is a proprietary training program that has produced US National Team players, US Regional Team Players as well as CYSA-N State team players and NCAA collegiate players at the Division 1, 2 and 3 levels.

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