

Station 2

Short Passing onto Wall



Objective:

Player has to play the ball with the inside of the foot against the 15' high wall for 30 seconds.

The distance between the wall and player is 5 yards. During the exercise a second ball is allowed, after first ball goes out.

Organization:

Player can one or two touch the ball, but only passes with the inside of the foot count.

Scoring:

Each player has 30 seconds where each pass hitting the wall counts 3 points. Maximum: 60 points.