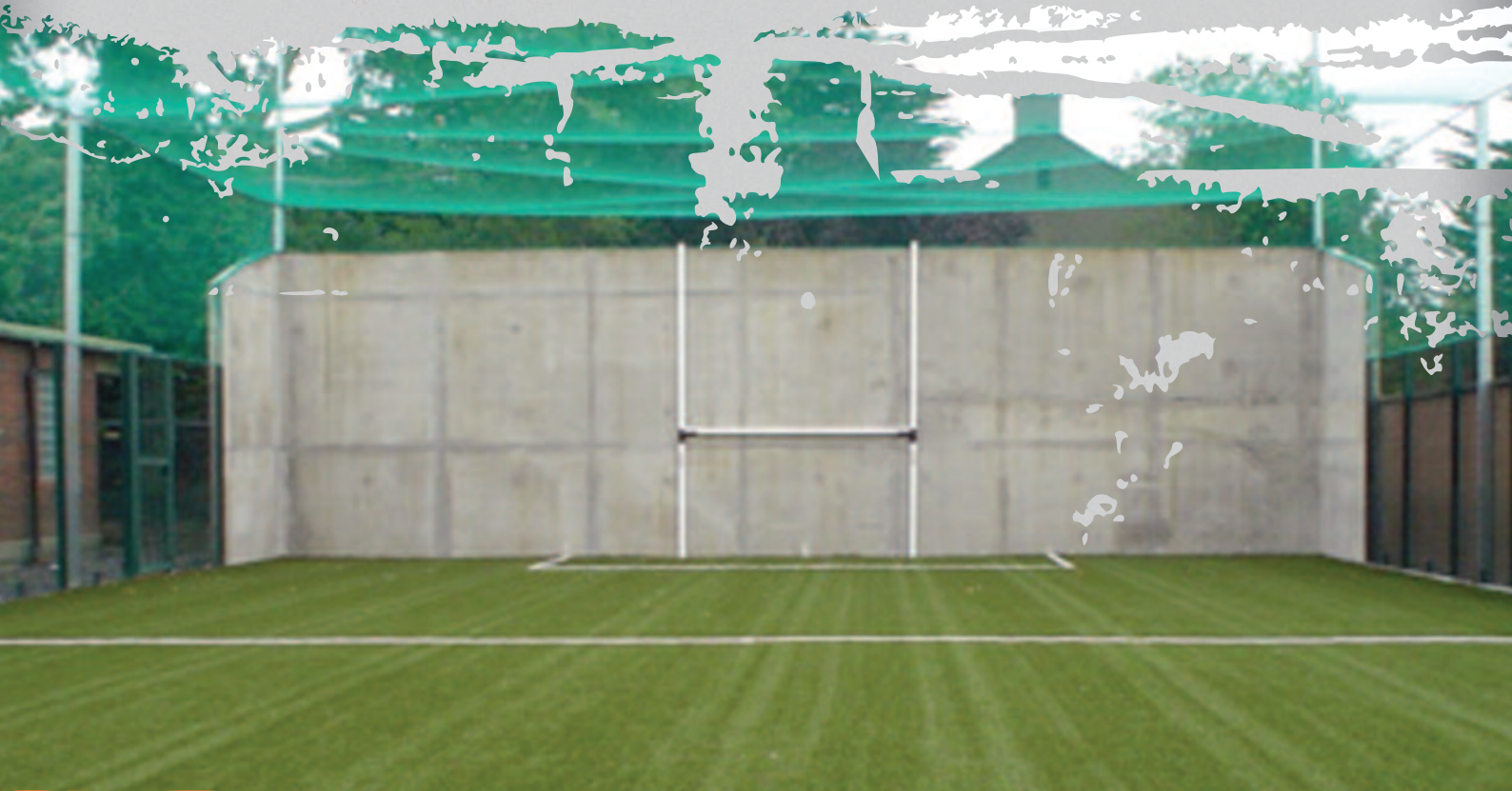


WALL BALL



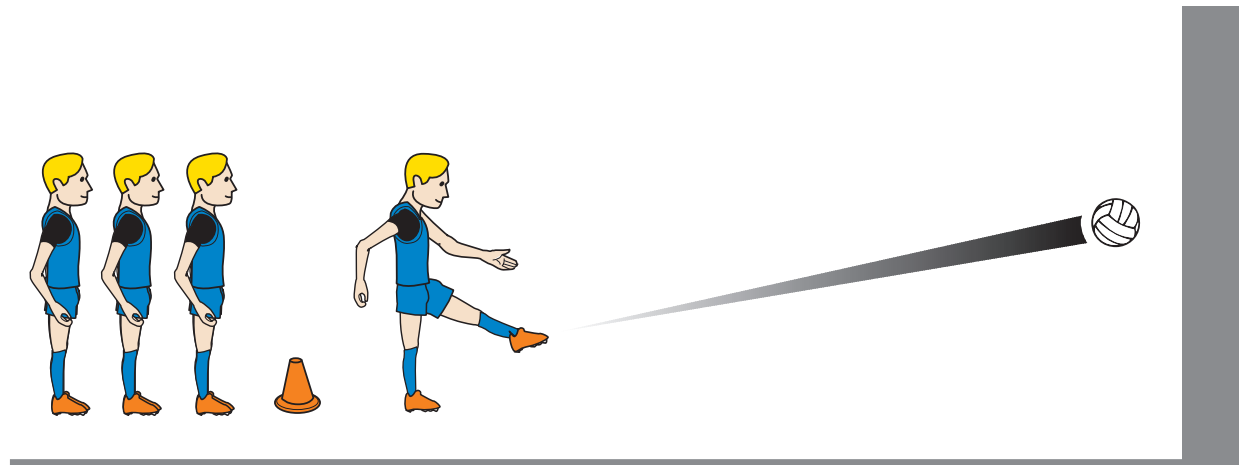
FOOTBALL SESSIONS FOR THE WALL

Developed by Gerard O'Connor 2011

EXERCISE 1

» Keep the Kettle Boiling »
Duration: 2 mins

» Players stand in a line in their lane one behind the other. The first player from each lane moves forward and kicks the ball against the wall and catches it without it hitting the ground. They then pass the ball to the next player and the exercise is repeated.



EXERCISE 2

» High Catch »
Duration: 2 mins

» This exercise is similar to exercise 1 but players must kick the ball slightly higher off the wall so they are forced to jump and catch the high ball.

