

Wall Work

Basic Workout

Short only use inside of the foot and sole

Passing / Receiving Ground

- 1 ○ 2 touch 1 foot
- 2 ○ 1 touch slow and smooth
- 3 ○ 1 touch foot elevated
- 4 ○ 2 touch stop with sole
- 5 ○ 2 touch rectangle 2 feet
- 6 ○ 2 touch triangle 2 feet

Striking

- 1 ○ 2 touch stop with sole
- 2 ○ 1 touch foot elevated
- 3 ○ Full Technique

Receiving Air

(Self Throw)

- 1 ○ laces
- 2 ○ thigh

Turning (Kick at Wall)

- 1 ○ inside of the foot
- 2 ○ sole grab
- 3 ○ feint

Long

Strikes / Receiving

(Remember to target something)

- 1 ○ 2 touch strike
- 2 ○ 2 touch in direction
- 3 ○ strike after pass to wall

Heading

- 1 ○ throw at wall then head back

See all the exercises demonstrated on the "Individual Training Series Vol. 2"

For more soccer guidance check out



Advanced Workout

Short Try to work with all surfaces of the foot
(All the basic moves should be done in this workout also)

Passing and Receiving Ground

Inside of the foot

1 2 touch elevated

Outside of the foot

- 1 1 touch elevated
- 2 2 touch outside outside
- 3 2 touch outside inside
- 4 2 touch inside outside
- 5 triangle inside outside
- 6 triangle outside inside
- 7 3 touch push pass
- 8 lace push and give

Passing / Receiving Air

- 1 2 touch inside of the foot
- 2 2 touch thigh to pass
- 3 2 touch inside to inside of other foot
- 4 2 touch lace to pass
- 5 2 touch lace to other foot
- 6 2 touch inside to outside of other foot
- 7 2 touch outside to inside of other foot
- 8 2 touch outside to inside of other foot
- 9 2 touch outside to outside
- 10 juggle and give anyway
- 11 2 touch chest trap and give
- 12 2 touch hard kick reception
- 13 1 touch flipping ball on bounce
- 14 1 touch outside of foot

Turning

- 1 360
- 2 try anything

See all the exercises demonstrated on the "Individual Training Series Vol. 2"

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Striking

- 1 ○ both legs rapid fire

Volleys

- 1 ○ 1 touch front volley with laces
- 2 ○ 1 touch inside of the foot volley
- 3 ○ 1 touch side volley
- 4 ○ 2 touch receive and volley

Juggling

- 1 ○ 1 touch against wall
- 2 ○ use wall when juggling
- 3 ○ sombrero touch

Headers

- 1 ○ constant headers

Long

Receiving / Turn

- 1 ○ kamakazzi receive
- 2 ○ kamakazzi turn

Striking (remember to do basic striking)

- 1 ○ 1 touch strike
- 2 ○ receive, move, shoot

Benders (can use inside or outside of the foot)

- 1 ○ 2 touch benders
- 2 ○ 1 touch short
- 3 ○ 1 touch long

See all exercises shown and explained with the Individual Training Series Vol. 2 Wall Work

Print Wall Work Training Sheets
for Personal and Team use.
www.4skills.com/its2.html

See all the exercises
demonstrated on the
"Individual Training
Series Vol. 2"

