

## HP Soccer Academy Self-Training System

### You, a Ball, and a Wall

#### Level 1: Flat Wall Standing Two Steps Away

- 1-Touch Passing: Inside of Right Foot (30 repetitions)
- 1-Touch Passing: Inside of Left Foot (30 repetitions)
- 2-Touch Passing: Outside Push-Inside Pass Right Foot (30 repetitions)
- 2-Touch Passing: Outside Push-Inside Pass Left Foot (30 repetitions)
- 1-Touch Passing: Laces of Right Foot (30 repetitions)
- 1-Touch Passing: Laces of Left Foot (30 repetitions)
- 2-Touch Passing: Inside Push- Opposite Foot Pass (30 repetitions)

#### Level 2: Two Walls

- Inside Pass-Receive Ball with Open Body/Inside Foot-Turn (30 repetitions)
- Inside Pass-Step Over Turn- Inside Pass (30 repetitions)
- Inside Pass-Outside Push-Drag Back Turn-Inside Pass (30 repetitions)
- Inside Pass-Ball Run Throw-Inside Pass (30 repetitions)

#### Heading (U10 and older only)

- Toss ball off wall – Head Back (30 repetitions)
- Continued Heading
- Toss ball off wall – Head off wall-Chest Control-Inside Pass (30 repetitions)