

# SOLO WALL WORK

OBJECTIVE: develops all ball handling techniques at simulated match speed

EQUIPMENT NEEDED: a wall (at least 10'x10'per player) on a flat surface area (at least 25 yds. deep), one ball per player

SCALE: personal space -- 10' x 25'

NUMBER OF PLAYERS: depends on wall size

SET-UP: space players at least 10 yds. apart

## PROCEDURE:

1. Player executes the following techniques at a distance of two feet, ten feet, and twenty feet from the wall:
  - a. one touch (all parts of feet)
  - b. two touch (all parts of feet)
  - c. trap right/serve left
  - d. trap left/serve right
  - e. head trap/header
  - f. low instep drives
2. Work can be timed or done through repetitions.