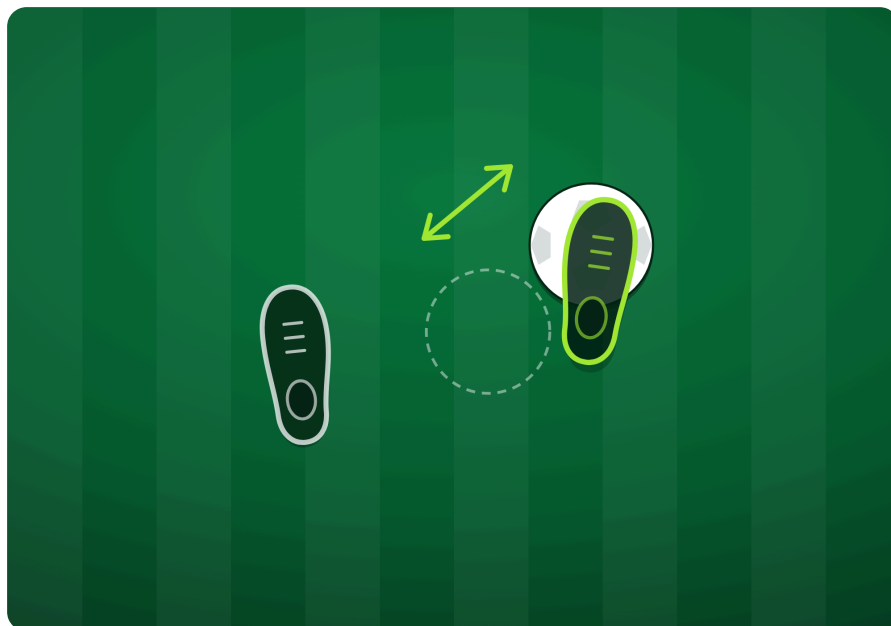




What it trains

Change direction with the ball under control: roll it back with the sole, then push it out with the outside of the same foot. The FA says the sole lets you drag, turn and roll the ball and change direction and speed.

Set up

⦿ A ball on flat grass

✶ Plant one foot beside

👣 Other sole on top

⌚ Dose

⌚ 1 min on each foot

🎯 Our target: 2 rounds

1 minute on each foot, 30 s rest, 2 rounds, is our own target, not an FA or FIFA rule.

How it works

- 1 Find flat, dry grass with about 3 x 3 m of clear space. Use a size 4 ball at U12-U13 and a size 5 from U14 (size 3 up to U11).
- 2 Plant your standing foot beside the ball and put the sole of your other foot on top of it.
- 3 Roll the ball back with the sole, then push it out with the outside of the same foot, along the same line. Land your sole on it again and repeat.
- 4 Take a few slow reps to find your tempo, then 1 minute on one foot. Rest 30 s, then 1 minute on the other foot. Do 2 rounds.

Coaching points

- 1 **Back along the same line**
Roll the ball back along the line it went out on, a short way and under control, so it stops in front of you and never runs into your standing foot.
- 2 **Keep it in your shadow**
Push it out with the outside of your boot, about a boot length, so it stays in your shadow and your sole can land on it again straight away.

✗ **Not this:** A big push that rolls out of reach, so you have to stretch or chase it before the next pull back.

MY NOTES

↗ HARDER

Take it on the move: set 2 cones 5 m apart and work along the lane, pushing out towards the far cone. Go out on one foot and back on the other, with your eyes up between touches.

↘ EASIER

Go at walking pace: pull back and stop the ball under your sole before each push. Or only pull back and stop, with no push, until it feels steady.

🛡️ Safety

- Flat, dry ground with about 3 x 3 m of clear space around you, never a road.
- The ball can roll under your foot, so use grass or a non-slip surface, never a polished floor, and start slowly.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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