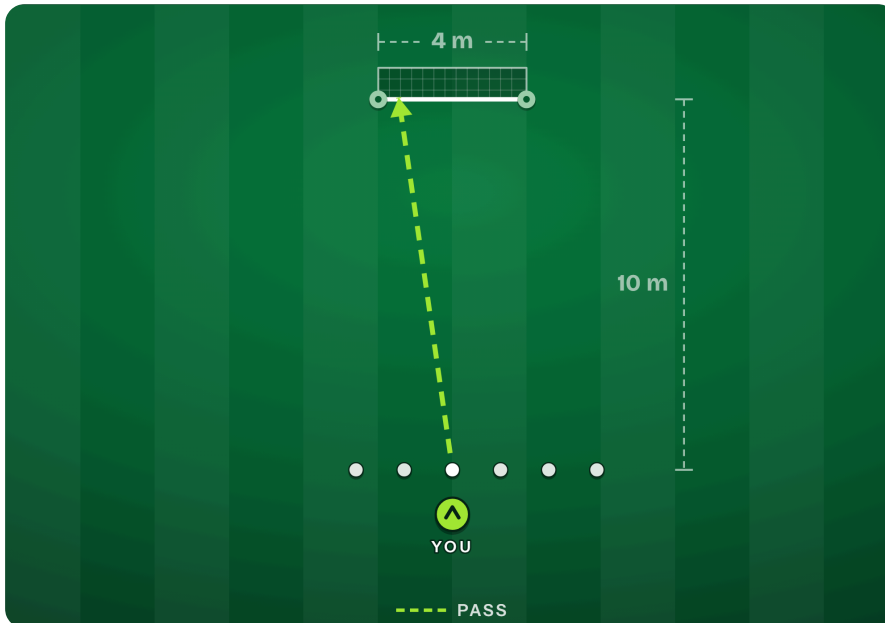




## Set up

🎯 A goal, or 2 cones

↔️ Cones 4 m apart

🕒 6 balls in a line

📏 10 m from the goal

## 🕒 Dose

↺️ 3 sets of 6, weaker foot

⌚ Collect balls as rest

Our target: 3 sets of 6 weaker-foot finishes a session. They count toward the plan's 200 weaker-foot passes and finishes a week. Both are Football Reach targets, not FA rules.

## What it trains

Finish with either foot in the box, instead of taking an extra touch onto your stronger foot. The FA says around 60-70% of goals in senior football are scored from inside the box. In one small study of 39 players aged 15-20, the 18 who used only their weaker foot in training (except full games) for 8 weeks improved on football skill tests with both feet.

## How it works

- 1 Warm up first. Set up a goal, or two cones 4 m apart, on flat grass.
- 2 Line up 6 balls 10 m out (anywhere from 8 to 12 m works).
- 3 Pick a corner, step in and strike the ball along the ground into it with your weaker foot.
- 4 Shoot all 6, then collect the balls. Collecting them is your rest.
- 5 Do 3 sets of 6, weaker foot only (our target).

## Coaching points

- 1 **Keep it on the grass**  
Drive the ball low so it stays on the grass all the way in. With cones there is no bar, so only a shot along the ground counts.
- 2 **Pick before you strike**  
Choose your corner before you step in, then strike for it. Pick a different corner each time.

✗ **Not this:** Shots that rise into the air. Keep every finish on the grass.

## MY NOTES

### ➡ HARDER

Move back to 12 m or bring the cones in to 3 m. Older players can then add a follow-through: land on your kicking foot, moving toward the goal. With a partner, finish first time from their pass along the ground.

### ➡ EASIER

Move closer (8 m, or nearer for under-10s) and start with a toe poke or the laces, then the side-foot.

## 🛡️ Safety

- Flat grass with nobody in or behind the goal and clear space behind it: never a road, a window or a neighbour's wall. A partner passes from the side, out of the line of the shot.
- Any goal, including a portable one, must be anchored or weighted down. Never climb or swing on a goal.
- Ground finishes only: the ball starts on the grass every time, no volleys.
- 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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Watch Archie show it

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