



Set up

- A solid wall
- 2 cones
- 2 m target on the wall
- 5 m from the wall

Dose

- 4 x 25 passes, 1 min rest
- 200 a week: our target

200 weaker-foot passes and finishes a week (the Football Reach plan target, not an FA or research rule): this session twice gets you there, and weaker-foot finishes (episode 9) count too.

What it trains

Make your weaker foot usable: firm, accurate passes into a target with the foot you use least. In one study of 39 players aged 15–20, the 18 who used only their weaker leg in all their team training except full games for 8 weeks improved in tests with both legs, compared with a control group from the same team. This drill is a much smaller home dose of that idea. FIFA's technical activation circuit also asks for equal use of the left and right foot, and runs some drills the other way round to build two-footedness.

How it works

- Find a solid wall with flat ground in front of it. Put 2 cones against the wall, 2 m apart (or chalk a 2 m box on the wall). That is your target.
- Stand 5 m from the wall with the ball.
- Pass the ball firmly into the target with the inside of your weaker foot. The video shows a left weaker foot. If you are left-footed, use your right.
- Let it come back, control it and pass again, weaker foot only. Count every pass.
- Do 4 sets of 25 passes with 1 minute of rest between sets (100 passes).

Coaching points

- Hit it between the cones**
Aim every pass between the cones, and try to make the ball come back to the same spot every time.
- Strike through the middle**
Strike through the middle of the ball with the inside of your weaker foot, firm and along the ground.

× **Not this:** Switching to your stronger foot when the ball comes back awkwardly. Every pass in this drill is weaker foot only.

➤ HARDER

Pass first time as the ball comes back, still weaker foot only. Then narrow the target to 1 m.

➤ EASIER

Stand closer (3 m), pass softer, and widen the target to 3 m until most passes hit it.

🛡️ Safety

- Use a solid wall with nothing breakable nearby, never a window or a neighbour's wall.
- Flat, dry ground with space around you, never a road or a driveway next to traffic.
- 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
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/weak-foot-wall-passing

Then take the free test at footballreach.com

MY NOTES