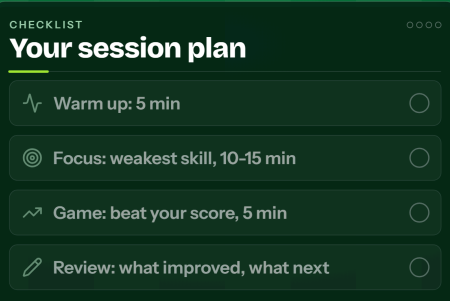




Set up

- ☐ A ball
- ☐ 4 cones
- ☐ A pen and a card
- ☐ Or a note on a phone

Dose

- ☒ Our target: 20-30 minutes
- ☒ A rest day every week

20-30 minutes (warm-up 5, focus 10-15, game 5, review 1), with a full rest day every week: our target, not an FA rule.

What it trains

Plan and run your own 20-30 minute solo session: a warm-up, one focus from your weakest area, a short game against your own score and a 1-minute review. England Football's coaching advice says having a say in your own learning helps motivation.

How it works

- Before you start, write your plan on a card or a phone note: the four parts, your focus and the drill for it. Our split: warm-up 5 min, focus 10-15 min, game 5 min, review 1 min.
- Warm up for 5 minutes: easy jogging and touches with the ball, building up the pace.
- Focus: one drill from your weakest area, such as the 100-touch box (episode 7) or weak-foot wall passing (episode 5). Take about 30 seconds to find your tempo, then raise it (as FIFA's technical activation does).
- Game: move the 4 cones into two 2 m gates about 4 m apart. Dribble through one, loop round and back through the other, weaker foot only, counting gates for 60 seconds. Rest 30 seconds, 3-4 rounds, and beat your best.
- Review, 1 minute: write your best score, one thing that improved and what is next (keep the focus, make it harder, or change it). Change the focus about every 4 weeks (our rule of thumb).

Coaching points

- Pick what you find hardest**
Pick the focus from your weakest area, not your favourite skill: your weaker foot, or the thing to work on from your last match review (episode 49). One theory says choice itself helps learning (Wulf & Lewthwaite 2016), but a 2022 review of the experiments found that benefit small and not clearly above zero (McKay et al.), so the hard reps still count.
- Keep score, then review**
Give the game a score you can beat (gates in 60 seconds) and write it down. Then take 1 minute: what improved, and what next. In one study of 444 players aged 11-17, elite players scored higher on reflection and effort (Toering et al. 2009): a link, not proof.

× **Not this:** Filling the session with your favourite skills, or a bit of everything with no plan. It feels good, but your weakest area stays weak. Choose one focus before you start and stick to it.

HARDER

Make the game harder: 1 m gates, or glance at a mark on a wall or fence before each gate to keep your head up. Film one round a week, keep it private, and compare it with the month before.

EASIER

Short on time? 15 minutes: a 5-minute warm-up, 9 minutes on your focus and a 1-minute review, no game. Or say your review to a parent instead of writing it.

Safety

- Warm up first. Flat, dry grass with space around you, never a road or a car park, and clear of walls and windows.
- Not straight after a hard session if your legs are heavy, and keep at least one full rest day a week. If anything hurts, stop, and tell a parent or your coach.
- Your plan and your score are there to help you improve, not to judge yourself. If practice leaves you anxious or low for a while, talk to a parent, a coach or someone you trust.
- 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/build-your-own-practice

Then take the free test at footballreach.com