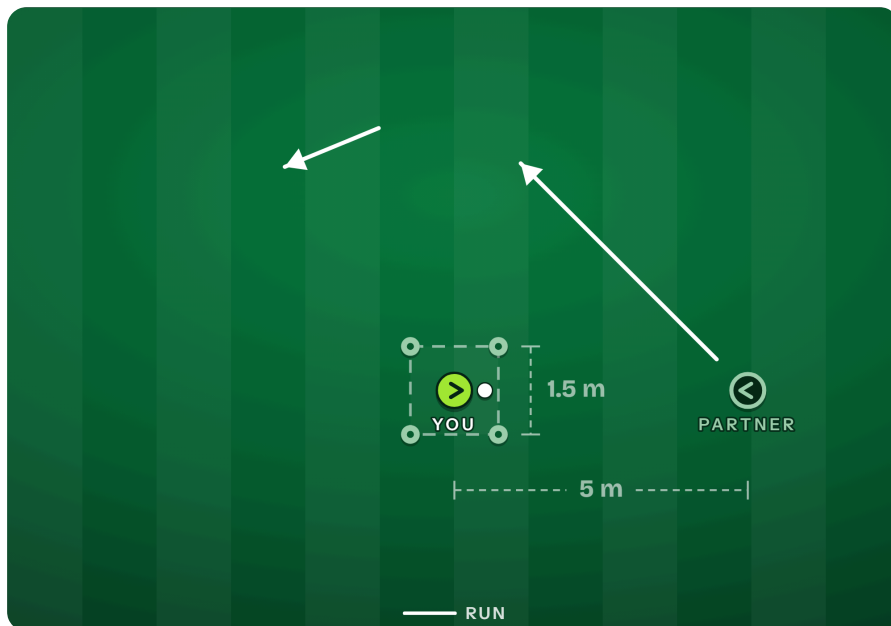




Set up

A ball

4 cones

A 1.5 m box

Partner, 5 m away

Dose

30 s on, 30 s off, x6

Swap roles every block

Our own choices, not FA or FIFA rules: 6 x 30 s blocks, 30 s rest, a 1.5 m box, a 5 m gap.

What it trains

Close control in a tiny space with your head up: keep the ball inside a 1.5 m box with the sole, outside and inside of both feet, while you read a signal from a partner who moves round you.

How it works

- 1 Mark a 1.5 x 1.5 m box with 4 cones on flat grass and stand in the middle with the ball (size 5 from U14).
- 2 Keep the ball inside the box for 30 s, using the sole, outside and inside of both feet. Small touches only.
- 3 Your partner stands 5 m away and holds up some fingers every few seconds. Call the number out loud before your next touch.
- 4 During the block your partner walks round to your side, then behind you, so you have to check over your shoulder to see the number.
- 5 30 s on, 30 s off, 6 blocks in all. Swap roles after each block.

Coaching points

- 1 **Ball stays in the box**
Small touches with the sole, the outside and the inside, so the ball never leaves the box. If it does roll out, bring it straight back in and keep going.
- 2 **Call the number first**
Lift your eyes between touches and call the number out loud before your next touch. When your partner is behind you, check over your shoulder. In a study of Premier League players, more scanning went with more completed passes, but the effect was small.

× **Not this:** Watching only the ball. You miss the number, and in a game you would miss the pressure arriving. Big touches that roll out of the box are the other common mistake.

MY NOTES

➤ HARDER

For the last 10 s of each block your partner steps into the box as a light, passive defender: they stay close, but no tackling and no pushing. Or set a target count of clean touches for each block.

➤ EASIER

Use a 3 x 3 m box and keep your partner in front of you, so you only lift your eyes and never have to turn your head.

🛡️ Safety

- Flat, dry grass with space around the box, never a road or a polished floor.
- The ball can roll under your foot during sole work, so start at an easy tempo.
- Passive defender only in the harder version: no tackling and no pushing in a tiny space.
- 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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