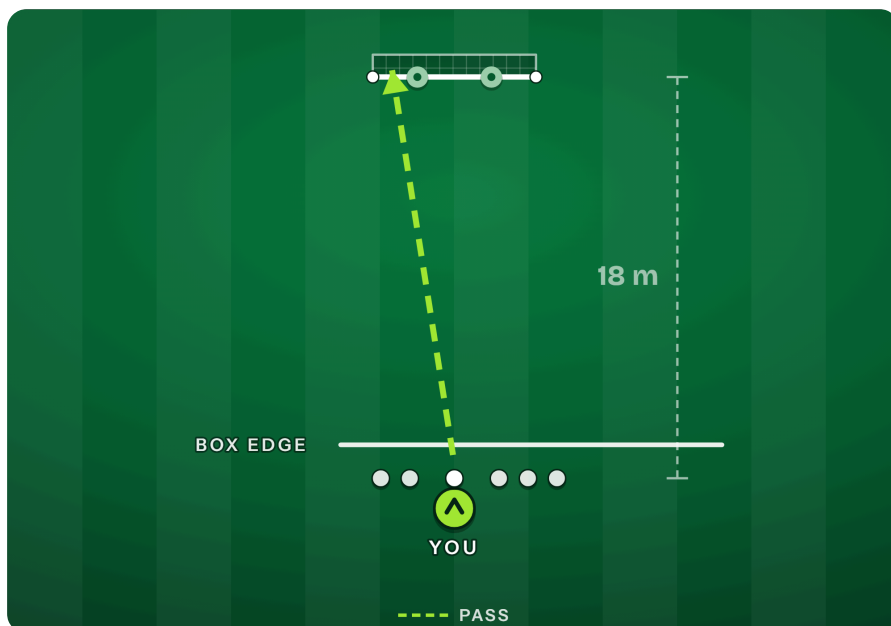




Set up

- A goal
- 6 balls
- Cones 2 m inside posts
- 18 m out, outside box

Dose

- 3 rounds of 6 shots
- 1 min rest between

3 rounds of 6 with 1 minute of rest, from 18 m at corners 2 m wide: Football Reach targets, not FA rules.

What it trains

One small set touch out of your feet, then a low laces strike at a target corner, from just outside the box. Most goals come from inside the box (82% at Euro 2020), so this is for the chances that fall just outside it.

How it works

- Warm up first. Use a goal that is anchored or weighted, with nobody in or behind it. Put a cone 2 m inside each post: the two corners are your targets.
- Line up 6 balls about 18 m out, just outside the box (a full-size penalty area is 16.5 m deep). Size 4 ball at U12-U13, size 5 from U14.
- Pick a corner. Take one small set touch out of your feet, about a step ahead.
- Step in, plant your standing foot beside the ball and strike it low into your corner with your laces. Follow through.
- Shoot all 6, collect the balls and rest 1 minute. Do 3 rounds of 6 (our target).

Coaching points

- Set it a step ahead**
One small touch, about a step ahead: the ball is out of your feet with room to swing your leg, but close enough that you do not stretch for it. Young players usually need a few touches to get ready to score (England Football Learning).
- Foot beside, follow through**
Plant your standing foot beside the ball, pointing at your corner, with your knee over the ball. Strike through the middle with your laces and follow through, landing on your kicking foot. These are coaching cues, not research findings.

× **Not this:** Striking the ball while it is still under your feet: there is no room to swing, so the shot is cramped and scuffs or lifts. A touch so big that you have to stretch for it does the same.

MY NOTES

➤ HARDER

England Football's set and shoot: a friend stands to the side, out of the line of the shot. Pass to them, they set it back into your path, then take your set touch and shoot. Then bring the cones in to 1 m from each post.

➤ EASIER

Start with the ball still, a step ahead of you, and just strike it; add the set touch when that feels clean. Or move closer, 12-14 m out.

🛡️ Safety

- Warm up first. Only use a goal that is anchored to the ground or has a weighted back bar, and never climb or swing on it.
- Flat grass or a pitch, with nobody in or behind the goal and clear space behind it: never a road, a window or a neighbour's wall. Anyone fetching balls stays to the side, out of the line of the shot.
- Low shots only, along the ground or just above it. Stop if anything hurts.
- 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/set-and-shoot-outside-the-box

Then take the free test at footballreach.com