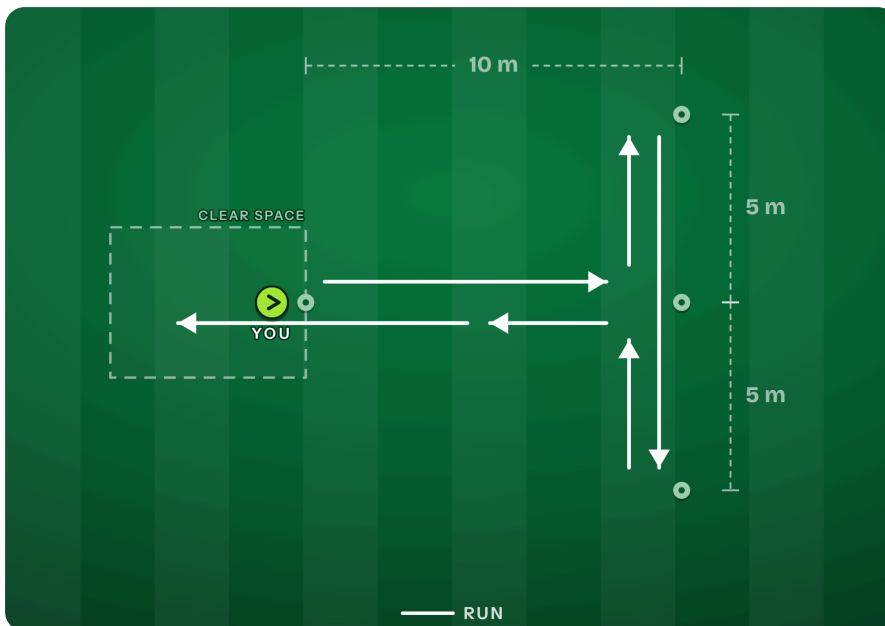




Shuffle and backpedal

PHYSICAL · DEFENSIVE FOOTWORK · 1 PLAYER (A PARTNER CAN WATCH YOUR FEET)
· AGE 12+

Set up

- Warm up first
- 4 cones in a T
- 10 m out, 5 m each way
- Clear space behind

Dose

- 4-5 reps
- Rest 90 s between reps

4-5 reps with 90 s rest, inside the plan's agility time (our target). No timing: it is a movement drill, not a test.

What it trains

Defensive footwork: sprint, shuffle sideways and backpedal while still facing forward, then turn your hips and sprint. The cone layout is borrowed from the T-test, but here it is a movement drill done for quality, not a test or a race against the clock.

How it works

- Warm up first, every time: your club warm-up, the FIFA 11+ Kids (up to 13) or the FIFA 11+ (from 14), then a few easy shuffles and backpedals.
- On flat, dry, non-slip grass, set 4 cones in a T: a start cone, a middle cone 10 m straight ahead, and one 5 m either side of it. Keep at least 5 m behind the start clear. Never on a road.
- Sprint to the middle cone and touch it. Facing forward, shuffle left 5 m and touch that cone, shuffle right 10 m to the far cone, then shuffle back to the middle.
- Look behind you, then backpedal towards the start. About halfway, turn your hips and sprint through the start, then slow down in the clear space.
- Walk back and rest 90 s. Do 4-5 reps; on the next rep shuffle right first and turn the other way.

Coaching points

- Feet apart, never crossing**
Step out with your leading foot and bring the other one towards it, so your feet never cross and your hips keep facing forward. Crossed feet leave you briefly off balance, unable to push back the other way.
- Stay low, short steps**
Bend your knees and keep your hips low, chest over your toes, with short, quick steps back. Coaching advice for defenders says the same: bend your knees to stay down, and short, controlled steps keep you balanced.

× **Not this:** Standing up and leaning back as you backpedal. Your weight goes onto your heels, your steps get long, and you are more likely to fall backwards.

➤ HARDER

A partner stands well to the side of the start and calls "turn" at a random moment while you backpedal, so the turn becomes a reaction, not a plan.

➤ EASIER

Walk the backpedal and jog the shuffles until your feet never cross, then add speed. Leave the turn out at first: just backpedal to the start.

🛡️ Safety

- Flat, dry, non-slip grass or a track, never a road, pavement or driveway. Keep at least 5 m behind the start clear of walls, posts, goals and people.
- Look behind you before every backpedal. Stay low and take short steps, so you do not fall backwards.
- Under 16: if your knees or heels hurt when you run or jump, stop and tell an adult. Knee and heel pain is common while you are growing, and a GP or physio can help. 16 and over: if something hurts, stop and get it checked by a GP or physio.
- 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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