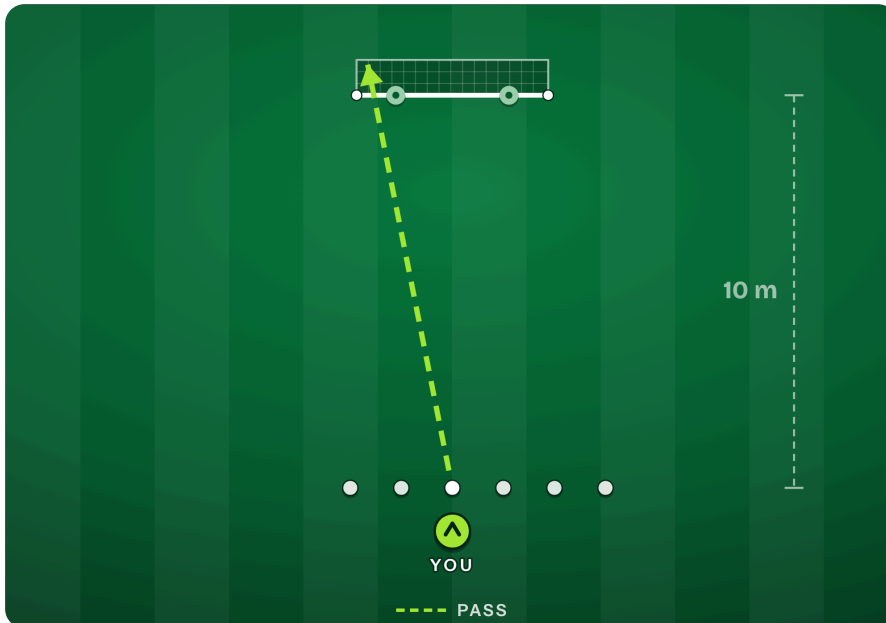




Side-foot into the corners

TECHNICAL & TACTICAL · FINISHING ·

1 PLAYER (A FRIEND CAN COLLECT THE BALLS FROM THE SIDE) · AGE 9+



Set up

- A goal
- 6 balls
- Cones 1 m inside posts
- 10 m from the goal

Dose

- Gate 3 points, middle 1
- 3 rounds of 6, 1 min rest

3 rounds of 6 with 1 minute of rest, from 10 m at 1 m corner gates: Football Reach targets, not FA rules.

What it trains

Place the ball into a small target with the side-foot: accuracy over power. England Football calls the side-foot probably the most common finish, especially inside the box, and says it offers accuracy over power. The points game makes every shot count.

How it works

- Warm up first. Use a goal that is anchored or weighted, with nobody in or behind it. Put a cone on the goal line 1 m inside each post: the two corner gates are your targets.
- Line up 6 balls 10 m out. Size 3 ball up to U11, size 4 at U12-U13, size 5 from U14.
- Open your hips so the inside of your foot faces a gate, lock your ankle and pass the ball along the ground into that gate.
- Score each shot: a corner gate = 3 points, the middle of the goal = 1, a miss = 0. Shoot all 6 and add up your total.
- Collect the balls and rest 1 minute. Do 3 rounds of 6 (our target) and try to beat your best total.

Coaching points

- Aim just inside the post**
Aim just inside the post, through the gate between the post and the cone. Pass it into the corner rather than blasting it.
- Open hips, lock ankle**
Turn your kicking foot out so its inside faces the gate (open your hips), keep your ankle firm (locked) and strike through the middle of the ball so it stays on the grass. These are coaching cues, not research findings.

✗ **Not this:** Trying to blast it. The side-foot is for placing the ball: a firm, controlled pass into the gate beats a big swing that sprays it wide or over.

➤ HARDER

Take one touch out of your feet, then finish into a gate (the ladder's next step). Then play a round with your weaker foot.

➤ EASIER

Move closer, to 6 m, until most shots go in. Younger players can start with a size 3 ball and a wider gate.

🛡️ 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 collecting balls stays to the side and only goes in between rounds.
- Ground shots only, along the grass. 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/side-foot-into-the-corners

Then take the free test at footballreach.com

MY NOTES