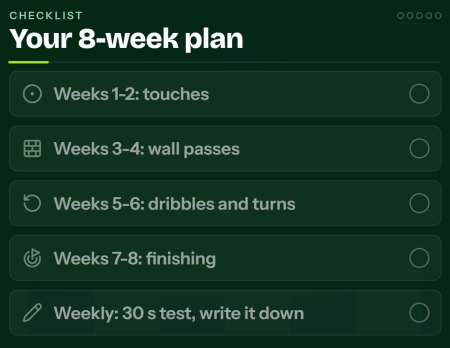




Weak-foot weeks: an eight-week plan

TECHNICAL & TACTICAL · WEAK FOOT · 1 PLAYER · AGE 15+



Set up

A ball

2 cones

A solid wall

A pen and a card

Dose

Our target: 15 min a day

6 days a week, for 8 weeks

15 minutes a day, 6 days a week, for 8 weeks, and the 30-second weekly test: Football Reach targets, not FA or research rules.

What it trains

An 8-week block for your weaker foot: 2 weeks each of touches, wall passes, dribbles and turns, then finishing, all weaker foot only, with a 30-second touch test every week so you can track your own score.

How it works

- 1 Write the plan on a card or a phone note: weeks 1-2 touches, 3-4 wall passes, 5-6 dribbles and turns, 7-8 finishing. Every session is weaker foot only. The video shows a left weaker foot: if you are left-footed, use your right.
- 2 Weeks 1-2: sole rolls, inside-outside touches and pull-push with your weaker foot (the moves from The 100-touch box, episode 7, and Pull-push, episode 17).
- 3 Weeks 3-4: Weak-foot wall passing (episode 5), the 2 cones against a solid wall as your target. Weeks 5-6: dribble out and back through the 2 cones with Cruyff turns (episode 18) and drag-backs (episode 24).
- 4 Weeks 7-8: Weak-foot finishing (episode 9), the 2 cones as a goal, shots along the ground only.
- 5 Every week, before a session: 30 seconds of weaker-foot inside-outside touches, counted out loud. Write down the date, your minutes and the count. In weeks 1 and 8, test your stronger foot too and compare the gap.

Coaching points

- 1 **Small touches, close**
Small, soft touches with the inside, then the outside, of your weaker foot, the ball never more than a step away. Hop the foot over the ball between touches and stay light on your standing foot.
- 2 **Count every touch**
Count every touch for 30 seconds and write the number down with the date, then try to beat it next week. In one study of 39 players aged 15-20, the 18 who used only their weaker leg in all team training except full games for 8 weeks improved on tests with both legs, compared with a control group from the same team. This plan is a much smaller home version of that idea, so it cannot promise the same result.

× **Not this:** Letting your stronger foot sneak in when the ball runs awkwardly. Every touch, pass, turn and finish in these 8 weeks is weaker foot only: if it gets too hard, slow down rather than switch feet.

HARDER

Finish every session with 5 weaker-foot shots along the ground (episode 9). Or film your test once a week, keep it private, and compare week 8 with week 1.

EASIER

Short on time? 10 minutes, 3 times a week. Or, while the touches still feel awkward, alternate 1 minute weaker foot with 30 seconds stronger foot.

Safety

- Warm up first. Flat, dry ground with space around you, never a road, a driveway or a car park.
- Use a solid wall with nothing breakable nearby, never a window or a neighbour's wall. If you use a goal, it must be anchored or weighted down.
- Keep at least one full rest day a week. If anything hurts, stop, and tell a parent or your coach.
- 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/weak-foot-weeks-an-eight-week-plan

Then take the free test at footballreach.com