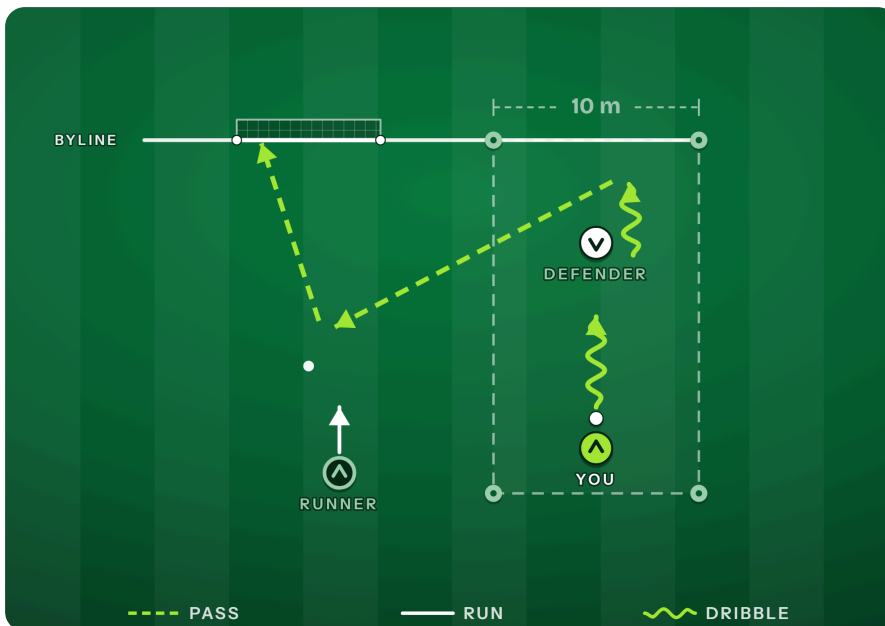




Winger: beat them, then cut it back

TECHNICAL & TACTICAL · WING PLAY ·
3 PLAYERS (YOU, A DEFENDER AND A RUNNER); A 4TH CAN GO IN GOAL · AGE 10+



Set up

A partner to defend

A runner

A ball and a goal

10 m wide channel

Dose

6 goes on each wing

Then swap roles

6 goes on each wing with 1 minute of rest between sets, then swap roles (the Football Reach target, not an FA rule).

What it trains

The winger's end product: beat a defender towards the byline, then pass it back along the ground for a runner to finish first time. The FA suggests trying a cut-back when you get near the byline.

How it works

- 1 Warm up first. Mark a channel 10 m wide on one wing, running 15 to 30 m back from the byline, next to a goal.
- 2 You start in the channel with the ball, 10 m from the defender. The runner starts about 5 m behind the penalty spot.
- 3 Beat the defender towards the byline. They try to win the ball, staying on their feet.
- 4 Near the byline, look up and pass it back along the ground to the runner arriving at the penalty spot. They finish first time.
- 5 Walk back and go again: 6 goes on each wing, with 1 minute of rest between sets, then swap roles.

Coaching points

- 1 **Burst past, down the line**
Dribble at the defender, fake inside, then push the ball past their outside and sprint after it down the line, towards the byline.
- 2 **Pass into the runner's path**
Near the byline, look up before you pass. Pass it back along the ground into the space the runner is arriving in, not behind them, so they can finish first time.

× **Not this:** Lifting the ball into the air. Keep every cut-back on the grass, so the runner can finish it first time with their feet.

➤ HARDER

Add a second defender who recovers and tracks the runner. Or start with a pass in from the runner, so you take the defender on from your first touch.

➤ EASIER

The defender only jockeys and does not try to win the ball, and the runner starts on the penalty spot, until the cut-back is clean.

🛡️ Safety

- If in doubt, sit them out: anyone with a suspected concussion stops straight away, does no training for at least 24 hours and plays no matches for at least 21 days (UK concussion guidelines).
- Defenders stay on their feet: no slide tackles. Ground cut-backs only: the ball stays on the grass, never in the air.
- The goal must be anchored or weighted down, and nobody climbs or swings on it. Flat grass with space all round, never a road or driveway.
- Under 16: if your knees or heels hurt when you run, stop and tell an adult. The FA says not to play through pain during growth spurts.
- 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/winger-beat-them-then-cut-it-back

Then take the free test at footballreach.com