

The two-footed striker

The best attackers can shoot with either foot... is this true? Well attackers that can shoot with either foot have more opportunities to score so the individual will be much better placed if they can score with the foot that naturally takes the ball towards goal.

The complete attacker should be able to at least direct the ball on target with both feet even if one has a more powerful shot than the other.

Young players instinctively go for their preferred foot so you need to get them shooting with both of them or they will come to rely on one foot rather than the other.

How to set it up

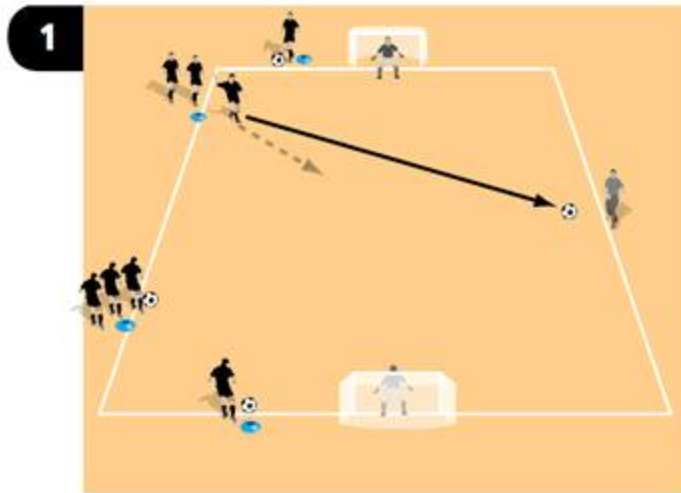
Use an area 40 yards by 30 yards with two goals and two goalkeepers.

How to play it

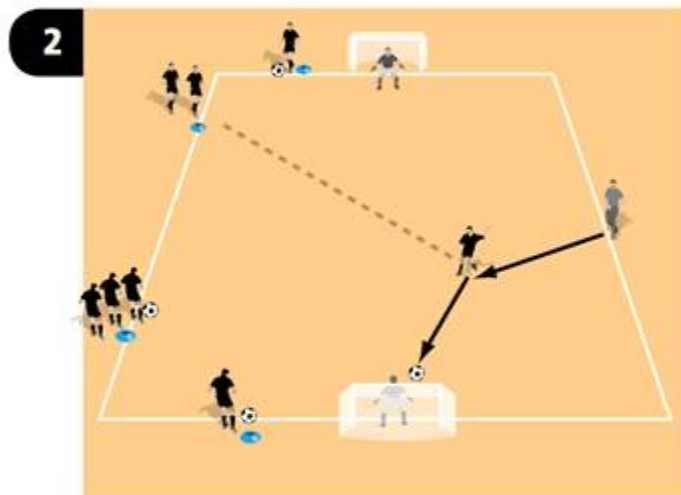
1. The shooter makes a long pass to the coach and runs to receive the ball back.
2. The player now shoots with one foot.
3. After shooting, the player reacts and runs to receive a second ball from another server and shoots with the other foot.

How to rotate it

After completing the circuit, the player becomes a server for the next shooter.



The player makes a long pass to the coach...



...and follows the ball to receive a return pass for a shot at goal with his left foot.



He then reacts quickly for a shot with his right.

KEY ----- —————>

Player Movement Ball Movement