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TWO-FOOTEDNESS IN SOCCER

— Fully developing players to their potential



- Theory and tests on two-footedness
- Two-footed passing
- Two-footedness in shooting
- Competitions - game forms

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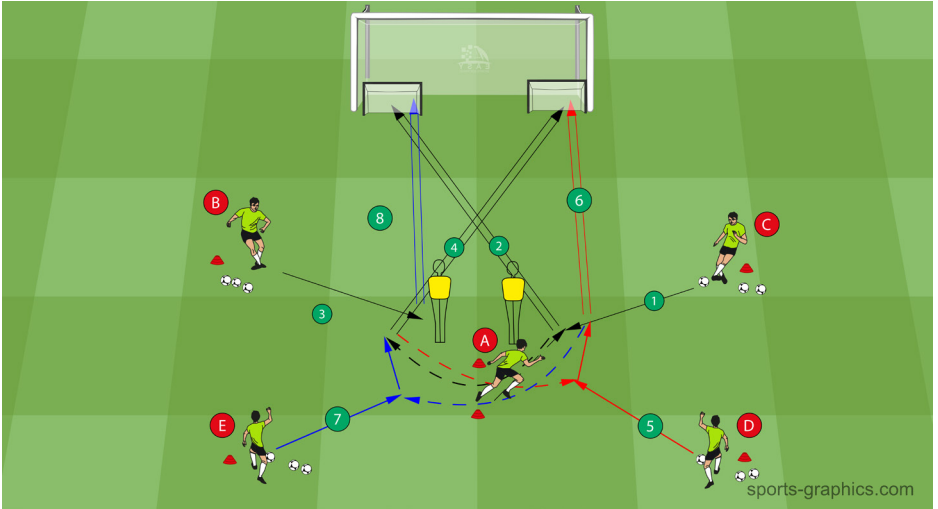
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Passes from the side and from behind

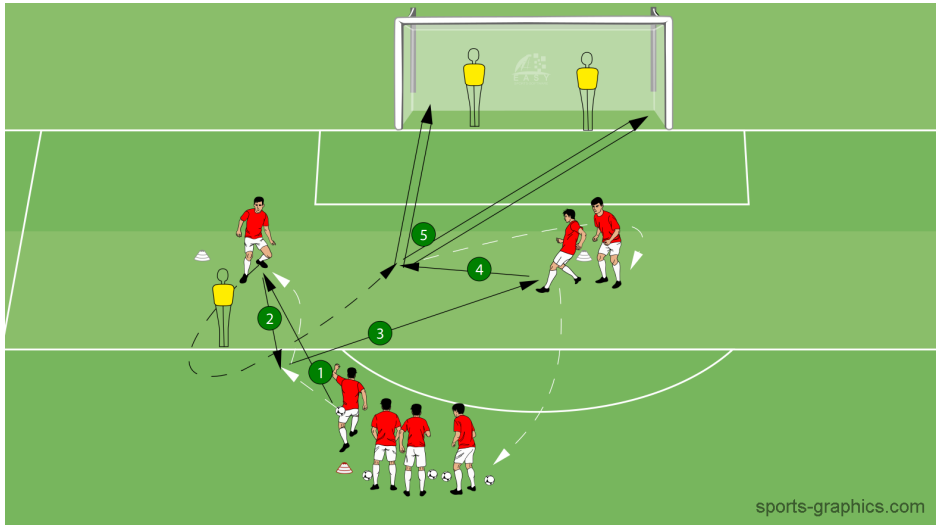


ORGANIZATION/PROCEDURE

2 small goals or 2 dummies as target zones in the corners of the goal, two dummies 8-11 meters in front of the goal. Six cones as markers for the passers and the shooter's running path. One shooter, four passers, 2 next to the dummies, and two more diagonally behind the shooter, each with two balls.

- The passers alternate, passing two balls from the left and right into the path of A.
- The shooter runs to the first pass from C and finishes directly or with two touches with the inside of the right foot, diagonally into the target zone behind the dummy.
- Then, the shooter runs around the dummies to the other side, receives the pass from B, and finishes flat and powerful with the left foot into the right target zone.
- The shooter runs around the dummies again and receives a pass from D, which they control towards the goal and shoot parallel into the goal with the third touch.
- After another sprint around the dummies, they receive the next pass from E, which they also control towards the goal and shoot parallel into the goal.
- The second series follows. Afterward, the players switch positions and roles.

Finishing after overlapping (2)



ORGANIZATION/PROCEDURE

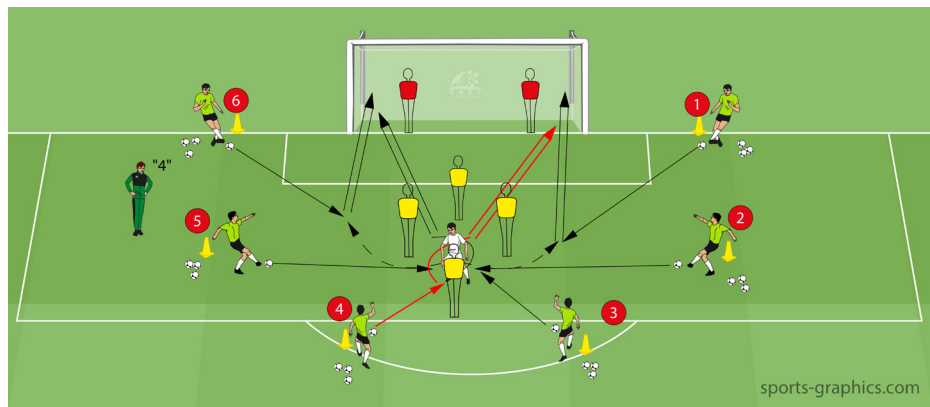
The shooter is positioned at the penalty spot, with a dummy 2 meters in front of them. Passers with a ball are positioned 5-8 meters diagonally away, and the passers are at the level of the penalty spot, as shown in the diagram.

- The first passer passes to the shooter (1) and receives the ball back from them (2).
- The shooter then runs around the dummy from outside to inside.
- The first passer plays the ball diagonally to the second passer (3) and moves to the shooter's position.
- The second passer lays the ball off for the shooter (4), who finishes directly or with two touches, either parallel or diagonally (5).
- The players switch positions in a clockwise direction.

VARIATION

- Same sequence on the right side.

Goal Scorer Diamond: Precision shots after reacting to numbers



ORGANIZATION/PROCEDURE

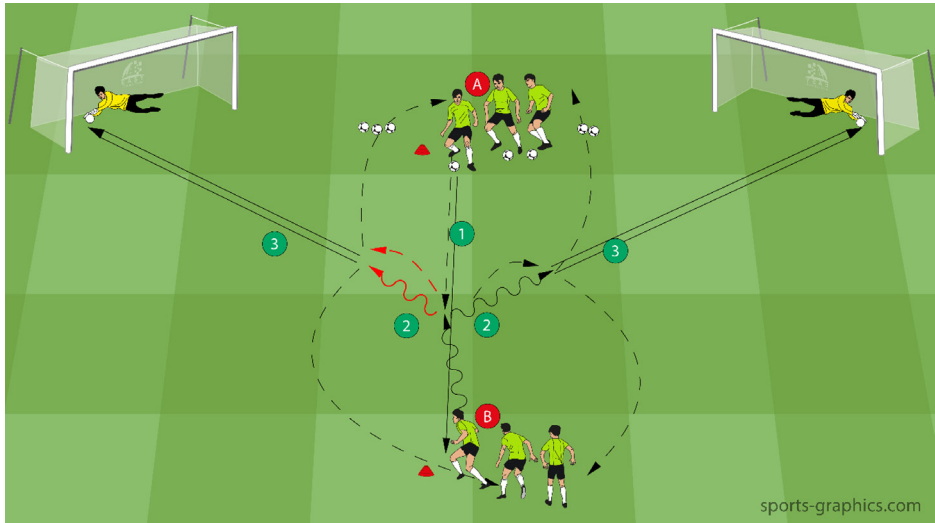
Set up a diamond around the penalty spot, position six passers with enough balls at the starting cones and number them from 1 to 6. The shooter starts within the diamond, and target zones in the large goal should be marked. The coach stands to the side and calls out the numbers.

- The six passers pass their ball to the striker when their number is called by the coach.
- The shooter takes the ball towards the goal and finishes as precisely as possible with the corresponding foot.
- The attacker then runs back to the starting position, and the coach calls out the next number, etc.
- After 6 to 12 shots, the next player moves into the center.

COACHING POINT

- Since the forward does not know from which direction the ball will be played, they must adjust their body position as precisely as possible before controlling the ball in order to finish accurately (quality of the last touch).

Shot on goal after 1v1 with goalkeeper



ORGANIZATION/PROCEDURE

Divide 6-8 players into two teams, A and B. Set up two large goals with a goalkeeper, placed diagonally on the sides. Position two starting cones for the passers and attackers about 10 to 15 meters apart. Play and replacement balls should be with the passers.

- The first passer passes to the dribbler and sprints towards them.
- The attacker dribbles towards the passer and tries to beat them to the right or left.
- If successful, the attacker finishes with the corresponding foot on the large goal, retrieves the ball, and joins the passers.
- The passer joins the attackers.
- Competition: Which team scores more goals in one round?

COACHING POINTS

- Strikers should be able to finish with a shot after a feint and a change of direction at any time, even when being attacked and pressured.
- The precise shot under pressure should always be taken with the far foot.