

How to use: Train 2x/week if possible. Keep sessions 15-25 minutes. Complete Session A first, Session B later. Repeat a week if your player needs more confidence. Finish with play.

Week 13: ProStep	Week 14: Natural Run-Up	Week 15: Setup Touch	Week 16: Ball Striking Review
<p>Goal: Build a clean inside-foot strike from a strong plant step.</p> <p>ProStep: Solid plant foot and a long, quick final step.</p> <p>Cues: Plant foot to target; knee out; toe up.</p> <p>First Touch: Outside-Inside Level 1. 3 Toes; Fold and Fall.</p> <p>Game: 1v1 to a goal.</p> <p>Done = Uses the ProStep and 3-Toes setup before striking.</p>	<p>Goal: Connect a natural approach to the ProStep.</p> <p>Run-Up: 3-5 steps back at an angle; quick into the last step.</p> <p>Cues: ProStep; knee out; toe up; stay balanced.</p> <p>First Touch: Outside-Inside Level 2. 3 Toes; Fold and Fall.</p> <p>Game: 1v1 to a goal.</p> <p>Done = Approaches naturally and arrives balanced to strike.</p>	<p>Goal: Create the striking window before the pass or shot.</p> <p>Setup Touch: Use 3 Toes to move the ball into space.</p> <p>Cues: Fold and Fall; twist plant foot to target; smooth is fast.</p> <p>First Touch: Outside-Inside review. See the field; feel the ball.</p> <p>Game: 1v1 to a goal.</p> <p>Done = Creates a clean setup touch before striking.</p>	<p>Goal: Combine setup touch, approach, ProStep, and finish.</p> <p>Review: Natural run-up + ProStep finishing.</p> <p>Cues: Plant foot to target; 3 Toes with shooting foot.</p> <p>Finishing: Plant foot goal-side; body outside the post; trust the curve.</p> <p>Game: 1v1 to a goal.</p> <p>Done = Combines setup, balance, and striking in live play.</p>

Simple Session Rhythm

1

Quick Start

2-3 min
Start playing fast.

2

Learn It

Main skill
ProStep, run-up, setup.

3

Use It

Add pressure
Defender, target, or goal.

4

Finish With Play

Play freely
1v1 or small game.

Parent Coaching Rules

Say less. Let them try more.

Give one praise and one simple cue.

Let the game teach.

Use 1v1, a target, or a simple challenge.

Create the window.

Praise the setup touch before the strike.

Weekly Progress Check

Rate each area once per week: 1 = Not yet 2 = Improving 3 = Consistent

Skill	Week 13	Week 14	Week 15	Week 16
ProStep plant-foot position	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Natural angled run-up	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
3-Toes setup touch	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Inside-foot striking shape	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Confidence under pressure	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Reminder: Look for the player creating space with the 3-Toes setup touch, arriving balanced through the natural run-up, and using a long, quick ProStep before a clean inside-foot strike.