

BALL MASTERY: PRINCIPLES OF EXCELLENCE

WRITTEN BY TAARIQ ALLY

OVER 20+
DRILLS
+ 6 FULL
SESSIONS
INCLUDED



ALLY PRO PERFORMANCE



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INTRODUCTION



INTRODUCTION:

BALL MASTERY IS A SKILL THAT EVERY PLAYER CAN PERFECT.

A BIG PART OF IT CAN BE BASED ON TALENT BUT A MASSIVE PART OF IT IS PRACTICE.

IT IS ABOUT AN UNDERSTANDING BETWEEN YOU AND THE BALL.

A PARTNERSHIP.

A FRIENDSHIP.

LOVE.

I OFTEN SAY TO THE KIDS, THAT I COACH: "DON'T FIGHT WITH THE BALL. IT IS YOUR FRIEND."

IT HAILS TRUE FOR ALL AGES, THE BALL WILL ONLY REFLECT BACK TO YOU WHAT YOU GIVE IT.

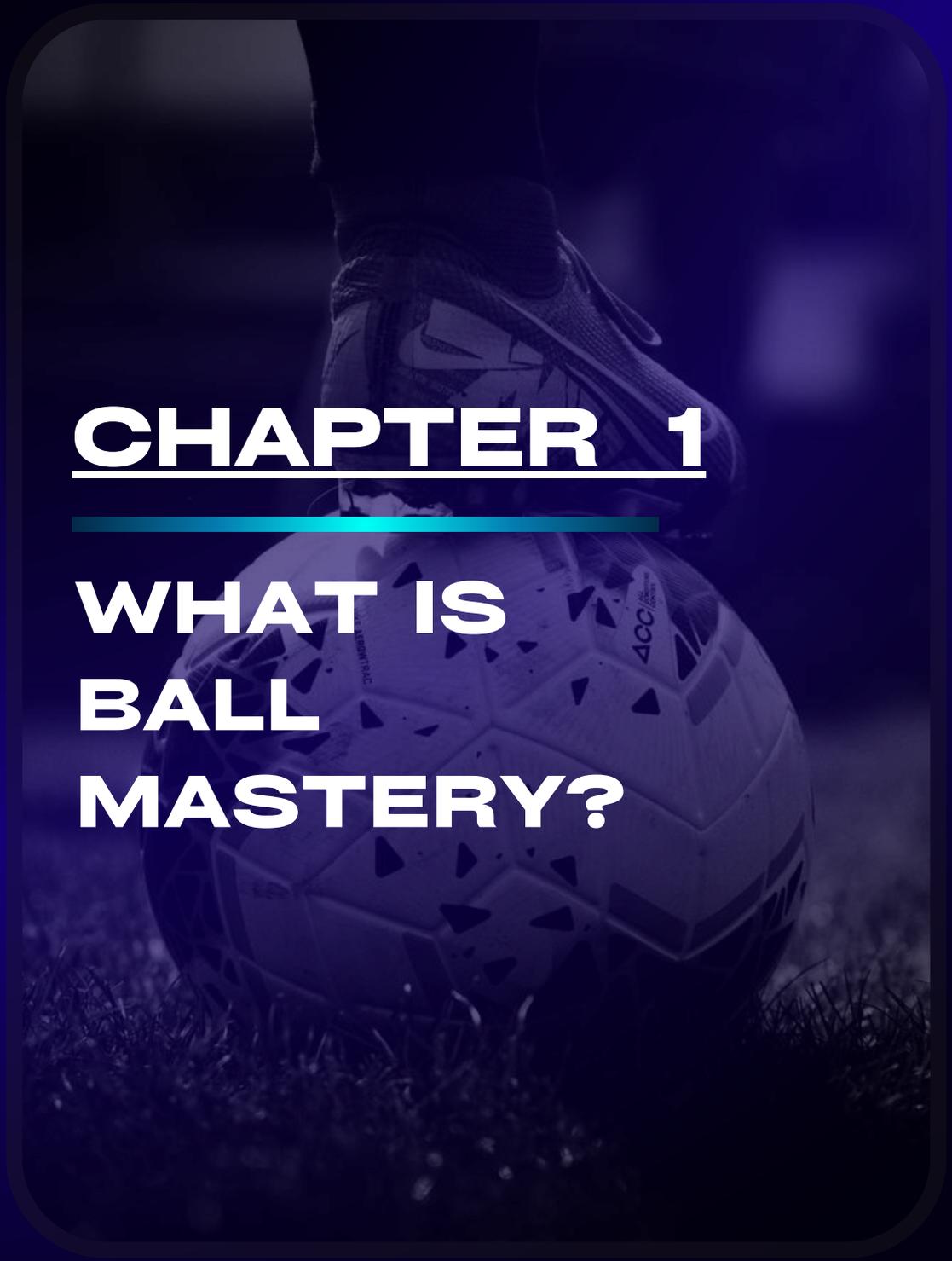
IF YOU GIVE IT THE RIGHT IDEA AND TOUCH, IT WILL FULFILL THE IDEA.

IF YOU FIGHT IT, IT WILL FIGHT BACK AND WIN.

IT IS YOUR JOB TO MASTER IT.

YOU HAVE TAKEN THE CORRECT STEP BY PURCHASING THIS EBOOK.

NOW IT'S TIME TO LEARN.



CHAPTER 1

WHAT IS BALL MASTERY?



WHAT IS BALL MASTERY?

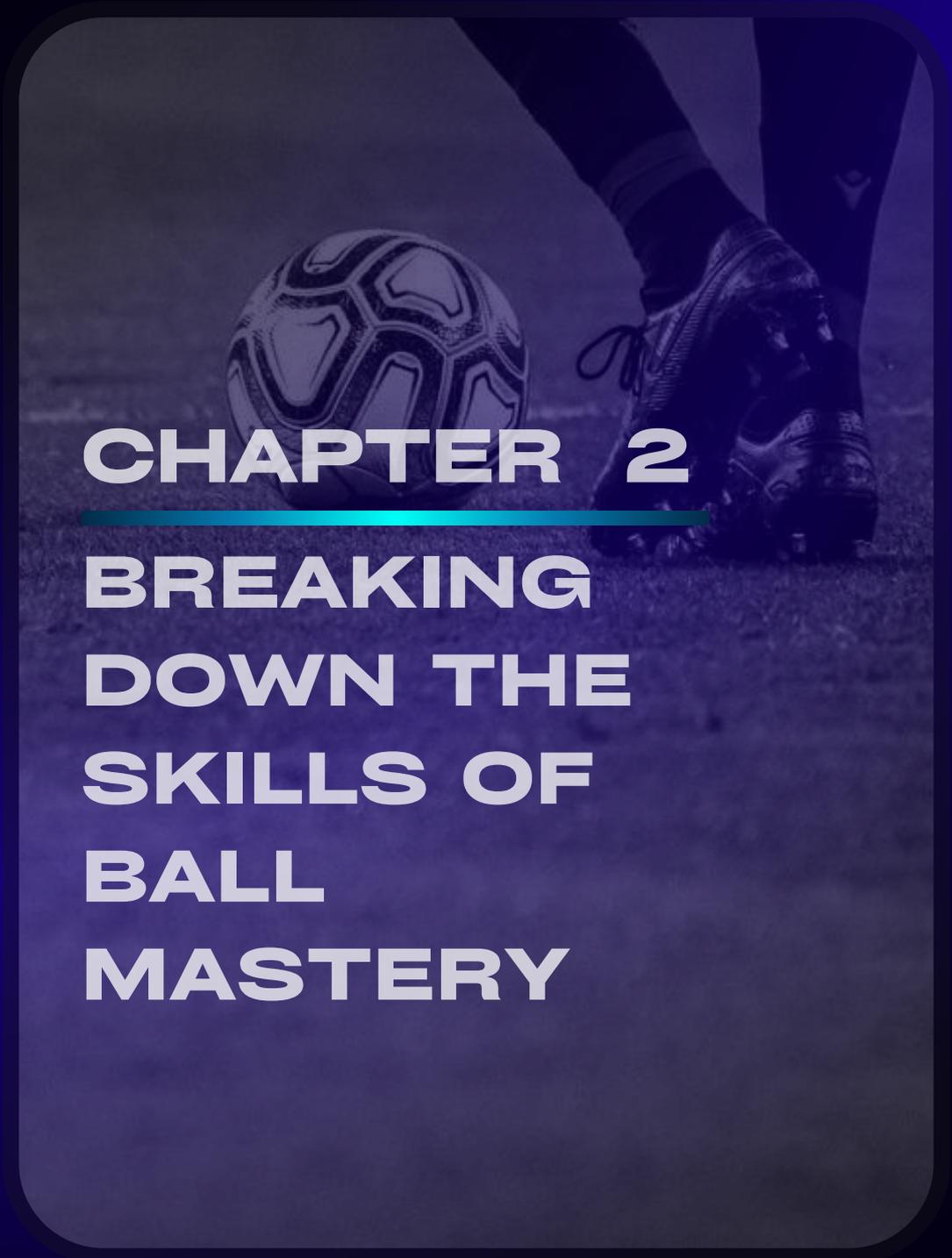
THE TERM MASTERY IS DEFINED AS COMPREHENSIVE KNOWLEDGE OR SKILL IN A PARTICULAR SUBJECT OR ACTIVITY. SO IF WE TAKE THAT DEFINITION INTO BALL MASTERY – BALL MASTERY, ALSO KNOWN AS BALL MANIPULATION – IS THE COMPREHENSIVE KNOWLEDGE, SKILL, CONTROL AND/OR SUPERIORITY OF A FOOTBALL.

WHEN YOU MANIPULATE, YOU CONTROL THROUGH A VARIETY OF MEANS, ONLY IN THIS CASE YOU DO IT WITH A FOOTBALL.

ROBERT GREENE, AUTHOR OF THE BEST SELLING BOOK "THE 48 LAWS OF POWER" DESCRIBED MASTERY AS "THE FEELING THAT WE HAVE A GREATER COMMAND OF REALITY OVER OTHER PEOPLE AND OURSELVES."

HE ADDS THAT "A MASTER AT WORK OFTEN EXPERIENCES A "FEELING OF POWER", "EXCEPTIONAL CREATIVITY" AND A "SENSE OF CONTROL".

BY THE END OF THIS EBOOK, YOU WILL BE SUPPLIED WITH THE KNOWLEDGE TO FEEL THAT WHENEVER YOU TOUCH A FOOTBALL.



CHAPTER 2

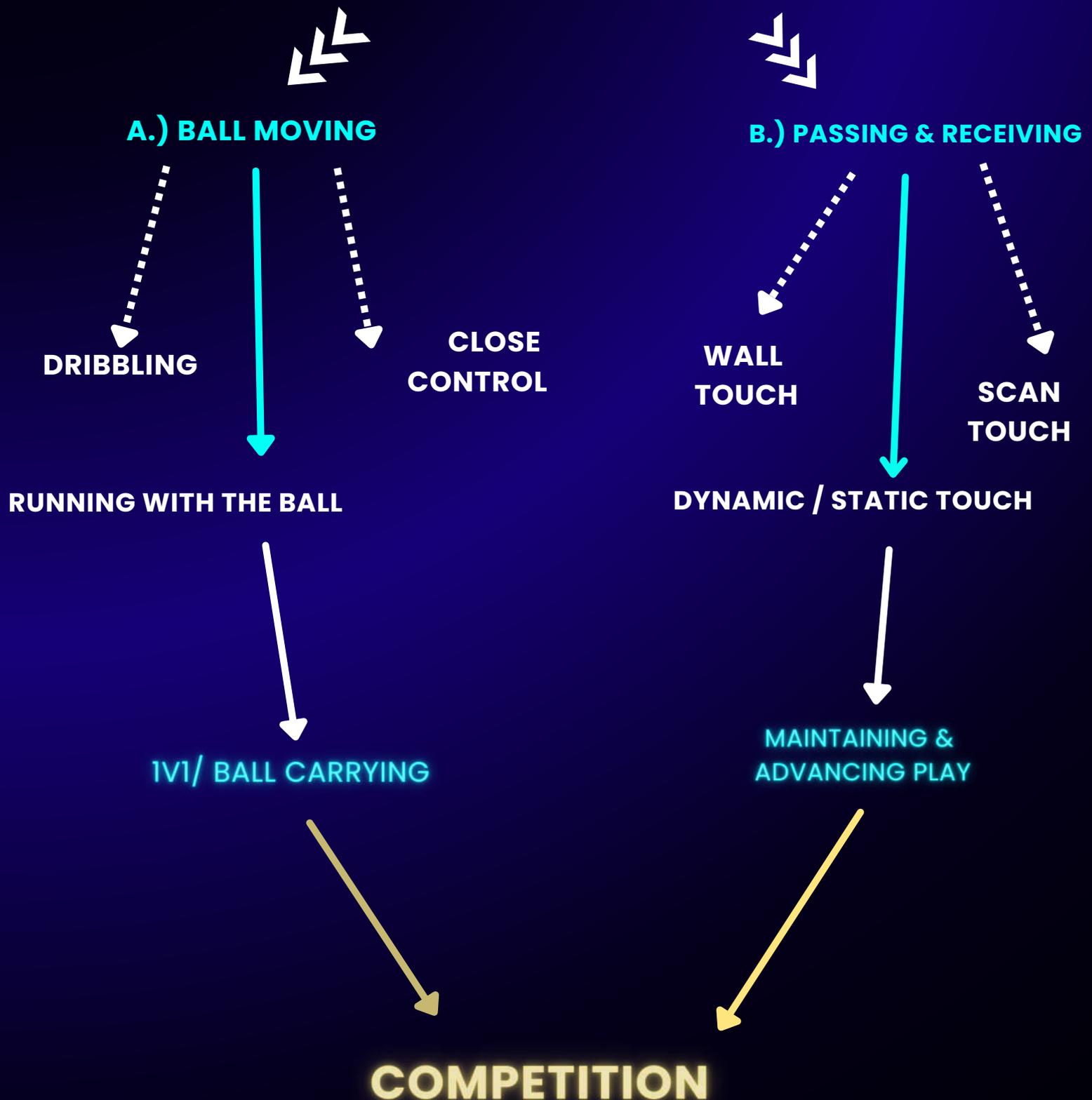
BREAKING DOWN THE SKILLS OF BALL MASTERY



WHAT CAN WE BREAK BALL MASTERY DOWN TO?

WE CAN BREAK BALL MASTERY DOWN BY LOOKING AT THE BALL MASTERY TREE:

BALL MASTERY:



WHAT CAN WE BREAK BALL MASTERY DOWN TO?

BALL MASTERY CAN BE BROKEN DOWN INTO 2 MAIN SKILLS:

- BALL MOVING
- PASSING & RECEIVING.

1.) BALL MOVING:

IT CAN'T GET MORE SELF EXPLANATORY THAN THIS, BALL MOVING IS LITERALLY THAT, MOVING THE BALL, ONLY YOU DO IT IN A VARIETY OF WAYS.

THE DIFFERENT CATEGORIES OF BALL MOVING ARE :

A.) DRIBBLING:

MOVING WITH THE BALL WITH CONTROLLED, SMALLER TOUCHES.

B) CLOSE CONTROL:

MAINTAINING CONTROL OF THE BALL IN TIGHT/CLOSED SPACES.

C) RUNNING WITH THE BALL:

MOVING WITH THE BALL TAKING LARGER TOUCHES.

WHAT CAN WE BREAK BALL MASTERY DOWN TO?

2.) PASSING & RECEIVING:

RECEIVING IS ABOUT TAKING THE BALL IN AND GETTING IT UNDER CONTROL.

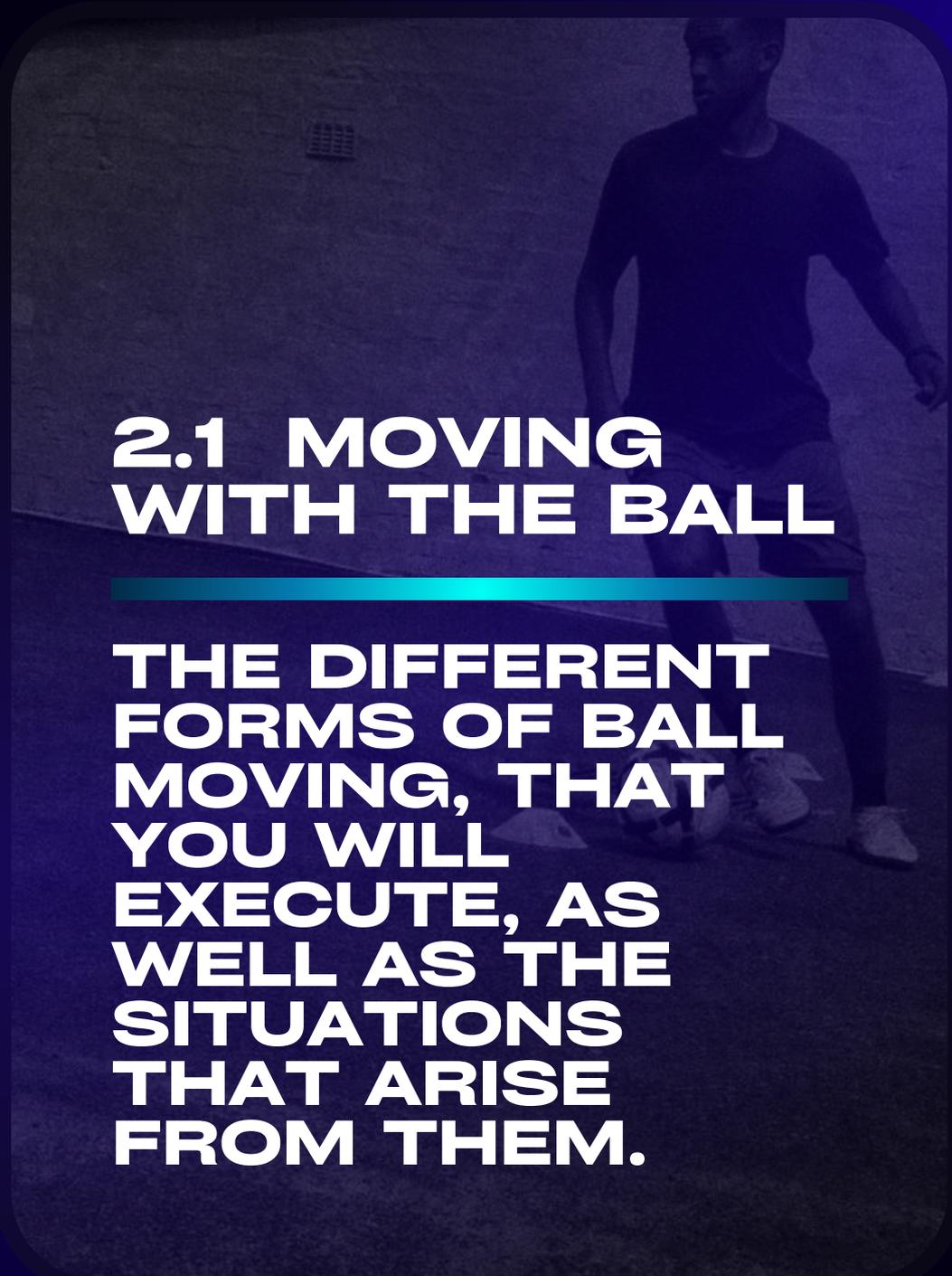
RECEIVING CAN BE BROKEN DOWN INTO:

- DIFFERENT TOUCHES
- AT DIFFERENT HEIGHTS
- WITH DIFFERENT PARTS OF YOUR BODY
- EITHER AT A STATIC OR DYNAMIC POSITION

RECEIVING IS ALWAYS COUPLED WITH PASSING. WHEN YOU TRAIN TO RECEIVE THE BALL, INDIVIDUALLY, NATURALLY YOU WILL PASS THE BALL AS WELL.

PASSING IS THE LIFEBLOOD OF THE GAME, SO IT IS ONLY NATURAL TO INCLUDE IT IN THIS GUIDE (EVEN THOUGH IT IS ACTUALLY PART OF BALL STRIKING).

PASSING AND RECEIVING ARE WITHOUT A DOUBT THE TWO MOST IMPORTANT SKILLS IN FOOTBALL.

A person in a dark t-shirt and shorts is standing on a soccer field, looking down at a ball at their feet. The background is a light-colored wall with a vent. The entire scene is overlaid with a dark blue gradient.

2.1 MOVING WITH THE BALL

**THE DIFFERENT
FORMS OF BALL
MOVING, THAT
YOU WILL
EXECUTE, AS
WELL AS THE
SITUATIONS
THAT ARISE
FROM THEM.**



THE SKILLS OF BALL MASTERY

A.) BALL MOVING:

A.) DRIBBLING:

DRIBBLING IS ABOUT MOVING THE BALL BY TAKING SOFTER, MORE CONTROLLED TOUCHES WITH THE OUTSIDE OF YOUR FOOT (SPECIFICALLY THE AREA FROM YOUR THIRD TO LAST TOE).

B) CLOSE CONTROL:

- THIS IS MANIPULATION & RETENTION OF THE BALL WHEN UNDER PRESSURE IN A CLOSED SPACE (THE SPACE IS CLOSED DUE TO DEFENDERS MARKING YOU.)
- LIKE THE TERM SAYS, IT'S ABOUT CONTROLLING THE BALL WHILE IT'S CLOSE TO YOU.
- CLOSE CONTROL IS USING THE INSIDE, OUTSIDE AND SOLE OF YOUR FOOT TO MANIPULATE THE BALL IN A POCKET OF SPACE AND EVADE THOSE TRYING TO TAKE THE BALL FROM YOU.

C.) RUNNING WITH THE BALL:

DRIBBLING WAS DESCRIBED EARLIER AS "MOVING WITH THE BALL WHILE TAKING SMALLER TOUCHES".

RUNNING WITH THE BALL IS MOVING WITH THE BALL TAKING LONGER STRIDES AND HEAVIER TOUCHES.

1. DRIBBLING:

AS PREVIOUSLY MENTIONED "DRIBBLING IS ABOUT TAKING SOFTER TOUCHES.

YOU DRIBBLE WHEN YOU HAVE OPEN SPACE BUT AN OPPONENT OR TWO CAN QUICKLY CLOSE YOU DOWN, THAT'S WHY IT HAS TO BE MORE CONTROLLED.

YOU DRIBBLE INSTEAD OF RUNNING WITH THE BALL BECAUSE YOU HAVE TO BE IN CONTROL TO MAKE YOUR NEXT ACTION. DRIBBLING IS MOVING THE BALL FORWARD OR "CARRYING" THE BALL.

CLOSE CONTROL IS WHAT IS USED TO BEAT OR EVADE AN OPPONENT OR TO PROTECT THE BALL QUICKLY, IF PRESSURED BY AN OPPONENT.

CUES:

GENERAL PLAY:

IN OPEN SPACE BUT AN OPPONENT CAN CLOSE YOU DOWN QUICKLY:

- MORE OPPOSITION AROUND YOU OR IN YOUR DIRECT PROXIMITY MEANS SOFTER TOUCHES AND MORE CONTROL.

IVIS:

- THE BEGINNING PHASE OF A IVI, YOU TAKE SOFTER TOUCHES. LARGER TOUCHES MEANS THE BALL COULD BE LOST EASIER.

2. CLOSE CONTROL:

AS YOU WERE READING THROUGH THE THREE BALL MOVING SKILLS, I HOPE YOU NOTICED A PATTERN. AS EACH SKILL HAS DIFFERENT SPACE SIZES WHEN USING EACH SKILL.

CLOSE CONTROL IS THE SMALLEST LEVEL OF SPACE. CLOSE CONTROL CAN BE CATEGORISED INTO TWO PHASES.

PHASES OF CLOSE CONTROL:

BALL PROTECTION:

WHEN PROTECTING THE BALL THE BEST COURSE OF ACTION IS TO GET YOURSELF TO A POSITION WHERE YOUR BODY IS BETWEEN THE MAN AND THE BALL.

THIS WAY WHEN YOU'RE IN THE BALL PROTECTION PHASE OF CLOSE CONTROL, THE ONLY WAY THE OPPONENT CAN GET THE BALL IS BY GOING THROUGH YOU AND YOU ALREADY KNOW WHAT HAPPENS IF THEY DO THAT.

GOOD CLOSE CONTROL SKILLS ARE NEEDED BECAUSE AS THE OPPONENT IS BEING HELD OFF, YOU STILL HAVE TO HAVE GOOD CONTROL OF THE BALL TO MAKE YOUR NEXT ACTION.

2. CLOSE CONTROL:

1V1S:

THE CLOSE CONTROL ASPECT OF A 1V1 IS VERY IMPORTANT BECAUSE BEING IN CONTROL OF THE BALL WHEN IT IS CLOSE TO YOU, MEANS BETTER CHANCES OF BEATING THE OPPONENT IN A 1V1 DUEL.

WITH GOOD CLOSE CONTROL THE DEFENDER WILL MORE LIKELY TRY TO WIN THE BALL OFF OF YOU AND WILL EITHER FOUL YOU OR WILL GIVE YOU THE OPENING TO BREEZE PAST.

DRIBBLING JUST BEFORE GOING INTO A CLOSE CONTROL 1V1 DUEL, IS IMPERATIVE.

DRIBBLING AT PACE UNSETTLES A DEFENDER – ESPECIALLY IF THEY’RE TIGHT ON YOU – AND GIVES THEM VERY LITTLE TIME TO SETTLE.

LESS CHANCE OF SETTLING INTO A DEFENSIVE STANCE
= NO SET PROPER POSITIONING
= EASIER TO BEAT IN 1V1 DUEL

IF THEY’RE TIGHT ON YOU, GO AT PACE.

IF THEY’VE GIVEN YOU SPACE, DRAW THEM IN BY STARTING SLOW
AND THEN BREAKING AWAY QUICKLY

HOLDING THE BALL UP:

HOLDING THE BALL UP REQUIRES HAVING GOOD CLOSE CONTROL.

YOU WILL BE FACING YOUR OWN GOAL WITH YOUR BACK TO THE OPPONENT.

BEING ABLE TO PROTECT THE BALL BY KEEPING IT CLOSE AND HAVING THE SKILL TO INITIATE YOUR NEXT ACTION IS INVALUABLE, AT ANY LEVEL, FOR ANY POSITION.

CUES:

1. IN A 1V1 APPROACH THE OPPONENT AT AN ANGLE SO THAT WHEN YOU SHIFT QUICKLY TO THE OPPOSITE SIDE, THE DEFENDER CAN'T RECOVER AS QUICK.
2. IF YOU APPROACH FROM A STRAIGHT POSITION, IT'S EASIER FOR THE DEFENDER TO SHIFT THEIR BODY LEFT OR RIGHT BUT IF YOU SHIFT TO AN ANGLE IT BECOMES MORE DIFFICULT.
3. IF A DEFENDER IS TIGHT ON YOU AND YOU CAN'T TURN HIM/HER, YOU HAVE TO KEEP THE BALL CLOSE AND PROTECT IT.
4. IF STUCK IN A SITUATION WHERE YOU HOLD THE BALL AS A STRIKER, MOST OF THE TIME YOU WILL NOT BE ABLE TO TURN THE OPPOSITION DEFENDER, FIND AN OPTION WITH A PASS.

3. RUNNING WITH THE BALL:

I REMEMBER ASKING AN IMPORTANT QUESTION WHEN I WENT FOR MY CAF/SAFA D LICENSE COURSE: "WHAT IS THE DIFFERENCE BETWEEN DRIBBLING & RUNNING WITH THE BALL? ISN'T IT THE SAME THING?" THE ANSWER I RECEIVED, IS WHAT I'M GOING TO TELL YOU IN THE NEXT FEW LINES.

RUNNING WITH THE BALL IS HAVING THE BALL AT YOUR FEET AND YOU'RE MOVING AT A FAST PACE, SO NATURALLY AS YOUR STRIDES GET LARGER YOUR TOUCHES WILL BE HEAVIER.

YOU USUALLY DO THIS WHEN YOU'VE GOT PLENTY OF OPEN SPACE AHEAD OF YOU (USUALLY ON A TRANSITIONS).

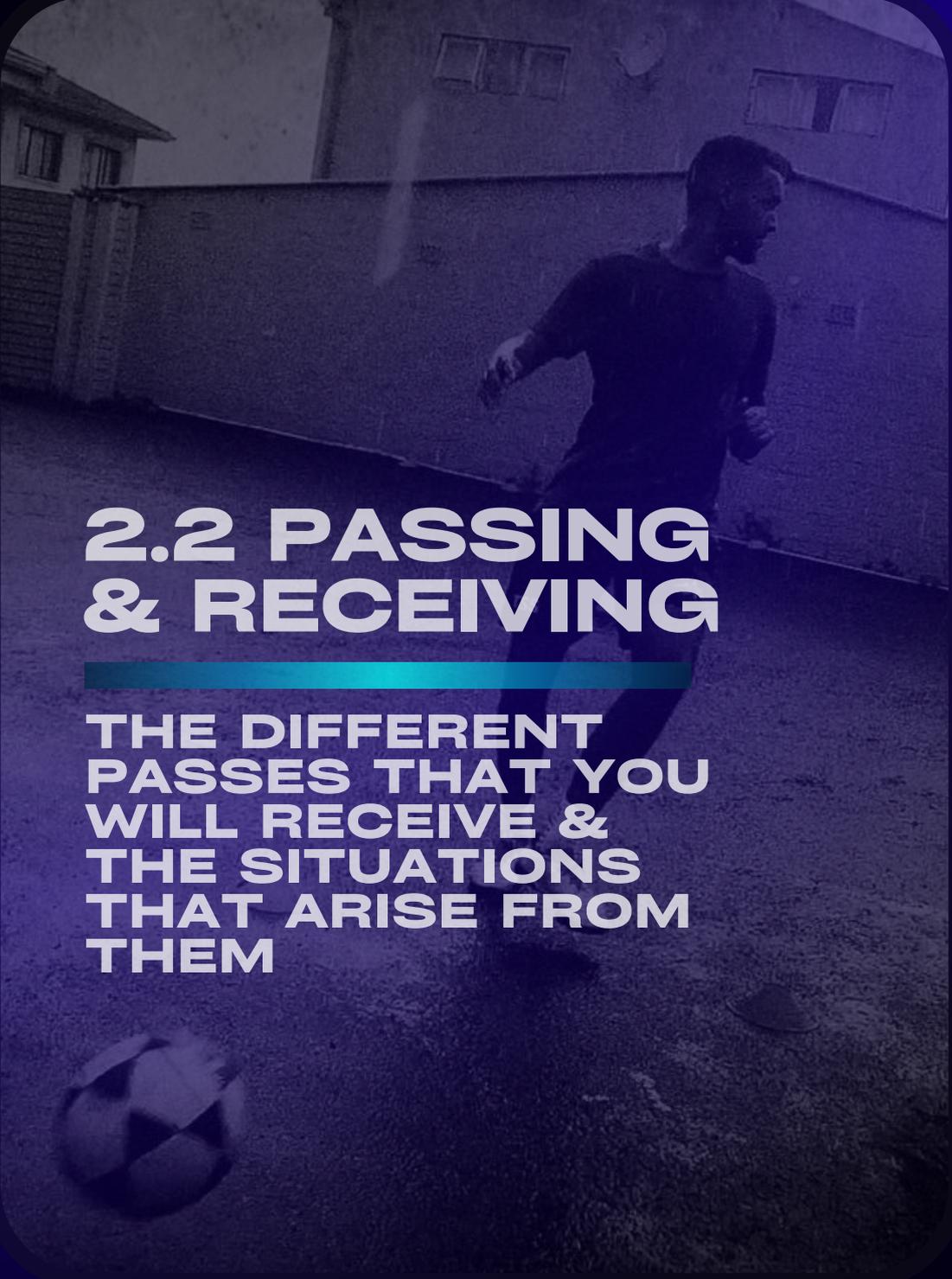
CUES:

IVIS:

- ONCE THE DEFENDER IS BEATEN AND THERE IS FREE SPACE AHEAD OF YOU.

TRANSITIONS:

- JUST LIKE WITH IVIS, FREE SPACE AHEAD OF YOU = CUE TO RUN WITH THE BALL



2.2 PASSING & RECEIVING

**THE DIFFERENT
PASSES THAT YOU
WILL RECEIVE &
THE SITUATIONS
THAT ARISE FROM
THEM**



RECEIVING:

RECEIVING IS BEING ABLE TO TAKE THE BALL IN AND HAVE IT UNDER CONTROL.

RECEIVING IS A MASSIVE PART OF BALL MASTERY BECAUSE IF YOU'RE LOOSE ON THE TOUCH, YOU CANNOT BE TRUSTED ON THE PITCH. IN ORDER FOR MOVES TO FLOW, FIRST TOUCHES HAVE TO BE QUALITY.

HOW TO RECEIVE:

A SIMPLE RULE TO RECEIVING IS LOOKING AT IT LIKE YOU'RE CATCHING THE BALL WITH YOUR FEET. IN SIMPLE TERMS ABSORB THE PRESSURE AND PACE OF THE BALL.

WHEN RECEIVING, YOU:

ADJUST YOUR BODY POSITION (BASED ON OPPONENT'S PRESSURE) TO RECEIVE THE BALL

IN OPEN SPACE:

INSTEP

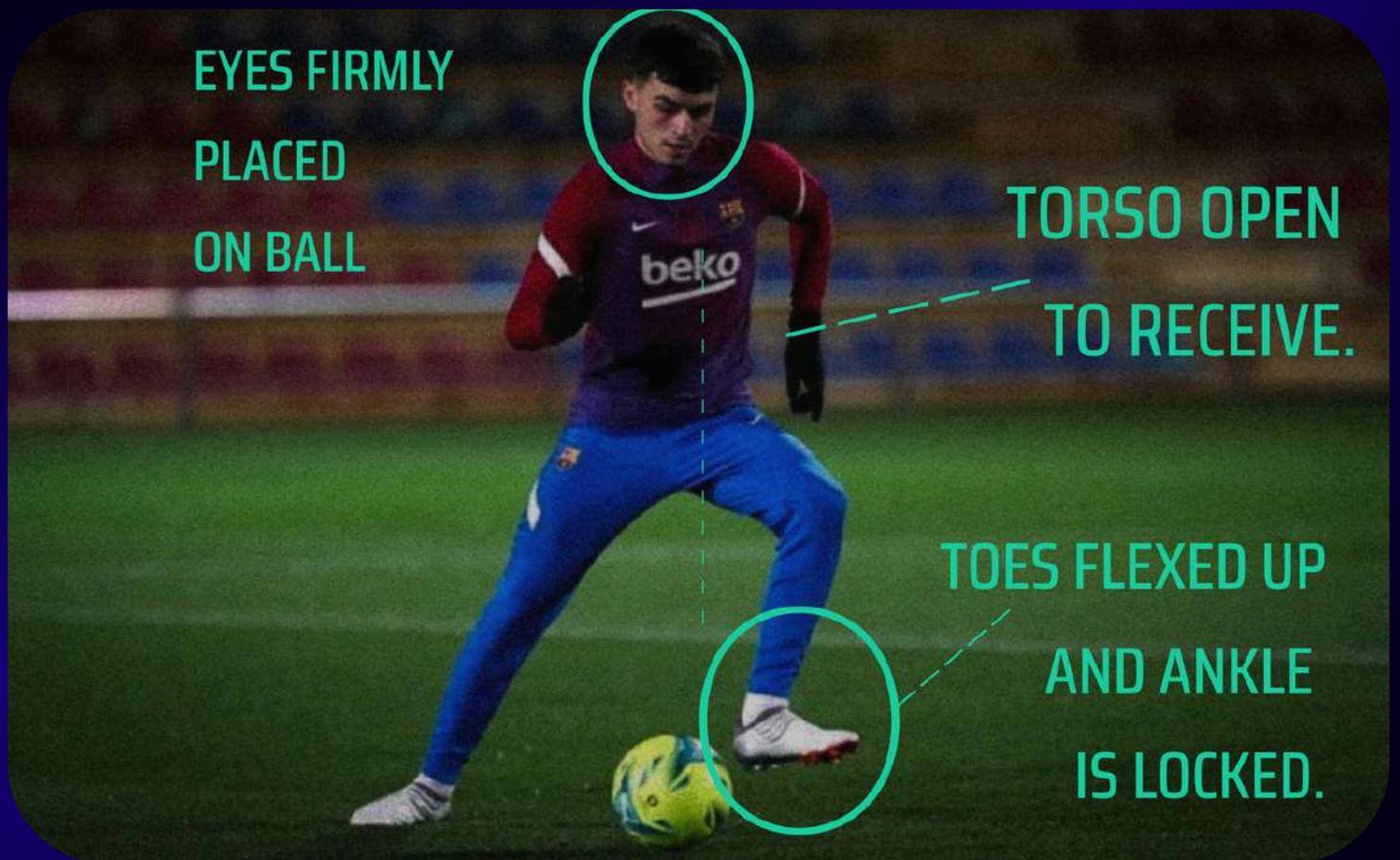
BALL PROTECTION/UNDER PRESSURE :

SOLE OF THE FOOT (THE FOOT FURTHEST AWAY FROM THE BALL)

HIGHER/LOFTED PASSES:

INSTEP/LACES.

OPENING THE BODY WHEN RECEIVING EXAMPLE



EYES FIRMLY
PLACED
ON BALL

TORSO OPEN
TO RECEIVE.

TOES FLEXED UP
AND ANKLE
IS LOCKED.

TYPES OF PASSES YOU WILL ENCOUNTER AND EXPECT TO RECEIVE:

- **SNAIL/SHORT PASS**
- **CHEETAH/ PUNCH PASS**
- **THROUGH PASSES/AIR PASSES (ABOVE HEAD/OVER THE TOP)**
- **AIR PASSES (BELOW HEAD/ABOVE WAIST)**
- **DIRECT AIR PASSES (BELOW WAIST)**

SNAIL/SHORT PASSES:

- THESE ARE UNDERHIT PASSES THAT WE CALL SHORT PASSES. I DUBBED THEM "SNAIL PASSES" TO THE KIDS THAT I COACH BECAUSE OF THE SLOW PACE OF THE PASS.
- CONTROLLING THESE SIMPLY COMES IN THE FORM OF GOING TO THE BALL.
- IF YOU WAIT FOR THESE PASSES TO COME TO YOU, THE DEFENDER IS JUST GOING TO GET AHEAD OF YOU AND STEAL IT.

CHEETAH/PUNCHED PASSES:

- THESE ARE PASSES PLAYED WITH PACE, SO IF YOU'RE GOING TO GO TO THE BALL, IT'S ONLY GOING TO REBOUND OFF OF YOU AND THE BALL IS GONE.
- YOU CONTROL THESE BY TAKING THE BALL IN, THINK OF IT AS CATCHING THE BALL WITH YOUR FOOT.

- **WHEN YOU CATCH A BALL YOU AUTOMATICALLY PULL BACK TO ABSORB THE PACE AND PRESSURE OF THE BALL, THE SAME THING HAPPENS WITH CONTROLLING PUNCHED PASSES.**

THROUGH PASSES & AIR PASSES (ABOVE THE HEAD/OVER THE TOP):

- THROUGH PASSES ARE PUNCHED PASSES PLAYED INTO SPACE. YOUR TOUCHES FOR THESE PASSES SHOULD SET UP YOUR NEXT ACTION AND SHOULD BE IN YOUR STRIDE.
- CONTROLLING AN AIR PASS PLAYED OVER THE TOP HAS A BIT MORE FINESSE TO IT.
- SINCE IT'S PLAYED ABOVE AND OVER YOUR HEAD, YOU'RE MOST LIKELY GOING TO RUN ON TO IT, SO THAT FIRST TOUCH HAS TO BE MADE THAT THE BALL GOES INTO YOUR STRIDE, SO THAT YOU FLOW AND CONTINUE THE ATTACK.

AIR PASSES (BELOW HEAD/ABOVE WAIST):

- THESE PASSES YOU RECEIVE JUST LIKE SNAIL OR CHEETAH PASSES. THE SAME PRINCIPLES APPLY IF IT'S SHORT (TO THE BALL) OR PUNCHED (ABSORB PRESSURE) BUT IT TAKES JUST A BIT MORE CONCENTRATION.
- YOUR FIRST TOUCH FOR AN AERIAL BALL IS TO SETUP THE SECOND TOUCH TO TAKE THE BALL TO THE GROUND EFFECTIVELY, SO THAT YOU CAN EITHER PROGRESS INTO SPACE OR PROTECT THE BALL FROM A DEFENDER.

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- YOUR FIRST TOUCH FOR AN AERIAL BALL IS TO SETUP THE SECOND TOUCH TO TAKE THE BALL TO THE GROUND EFFECTIVELY, SO THAT YOU CAN EITHER PROGRESS INTO SPACE OR PROTECT THE BALL FROM A DEFENDER.

DIRECT AIR PASSES (BELOW WAIST):

- THINK OF THESE PASSES AS AERIAL SNAIL OR CHEETAH PASSES. SAME PRINCIPLES APPLY IF IT'S SHORT (TO THE BALL) OR PUNCHED (ABSORB PRESSURE) BUT IT TAKES JUST A BIT MORE CONCENTRATION.
- THE ONLY DIFFERENCE BETWEEN THESE AND AERIAL BALLS ABOVE THE WAIST IS THAT THE FIRST TOUCH CAN BE USED TO SETUP A SECOND TOUCH OR YOU TAKE THE BALL TO THE GROUND WITH ONE TOUCH.
- YOU CAN USE EITHER DYNAMIC OR STATIC TOUCHES, WHICH WILL BE MENTIONED IN DETAIL ON THE NEXT FEW PAGES.



TOUCHES TO USE WHEN RECEIVING

PASSES:

1. STATIC TOUCH:

THE WORD STATIC CAN BE DEFINED AS: "LACKING IN MOVEMENT, ACTION, OR CHANGE, ESPECIALLY IN AN UNDESIRABLE OR UNINTERESTING WAY."

- A STATIC TOUCH IS A RECEIVING THE BALL IN A STATIC (ONE MOVEMENT HELD) POSITION, OFTEN WITH YOUR BACK TO THE GOAL.
- YOU CAN TURN BUT JUST KNOW THE DEFENDER AND HIS/HER TEAMMATES ARE GOING WITH YOU EVERY STEP OF THE WAY SO WHEN YOU'RE FACING YOUR GOAL AFTER RECEIVING THE BALL WITH A DEFENDER ON YOUR BACK, YOUR SOLE IDEA SHOULD BE ABOUT PROTECTING THE BALL (HOLDING UP PLAY) AND FOLLOW THROUGH WITH A PASS TO THE CLOSEST OPTION.
- IN THAT MOMENT, YOU HAVE TO PLAY THE WAY YOU'RE FACING.

2. DYNAMIC TOUCH:

- DYNAMIC TOUCHES ARE SIMPLY YOU, TAKING A TOUCH TO THE DIRECTION YOU'RE PLANNING TO MOVE IN.
- YOU CAN USE ANY LEGAL PART OF THE BODY BUT MOST LIKELY THE INSIDE OR OUTSIDE OF YOUR FOOT, YOU TAKE A TOUCH TO WHERE THE SPACE IS.
- YOU CAN ALSO BE USED TO QUICKLY EVADE A DEFENDER PUTTING PRESSURE ON YOU.

TOUCHES TO USE WHEN RECEIVING

PASSES:

2. DYNAMIC TOUCH (CONT.):

- FULLBACKS – FOR EXAMPLE – OFTEN DO THESE WHEN RECEIVING UNDER NO PRESSURE ON THE WINGS.
- THIS TOUCH IS OFTEN USED AS AN UNDER PRESSURE/SCAN TOUCH (WHICH IS MENTIONED NEXT), AS IT INCORPORATES A TOUCH, AFTER SCANNING YOUR SURROUNDINGS AND TAKING IN INFORMATION.

3. SCAN/UNDER PRESSURE TOUCH:

- FULLBACKS DO THESE AS WELL WHEN RECEIVING UNDER NO PRESSURE ON THE WINGS.
- THIS TOUCH BECOMES AN UNDER PRESSURE/SCAN TOUCH, AS IT INCORPORATES A TOUCH, AFTER SCANNING YOUR SURROUNDINGS AND TAKING IN INFORMATION.

YOU SHOULD BE SCANNING BEFORE RECEIVING THE BALL, ALWAYS!

IF YOU CANNOT TAKE IN THE INFO, HOW DO YOU EXPECT TO KNOW WHERE TO MOVE INTO WHEN YOU HAVE THE BALL?

- DO YOU CROSS THE STREET WITHOUT LOOKING OR WHEN DRIVING, CHANGE LANES WITHOUT LOOKING? NO.
- SO WHY WOULD IT BE ACCEPTABLE ON THE FOOTBALL PITCH TO NOT LOOK TO SEE WHAT'S AROUND YOU?

4. WALL TOUCH:

- THINK OF A WALL. IF YOU PASS A BALL TO A WALL, THERE'S ONLY ONE WAY THE BALL IS GOING – BACK TO WHERE IT CAME FROM, SO THIS SHOULD TELL YOU EXACTLY WHAT A WALL PASS ENTAILS.
- THIS IS OFTEN A TOUCH A TARGET MAN USES, IT'S A FIRST TIME LAY OFF TO A RUNNER – ESSENTIALLY A ONE TWO OR GIVE AND GO.
- THIS IS PUT UNDER RECEIVING BECAUSE EVEN THOUGH YOU DON'T TAKE IT IN, THE WEIGHT OF PASS IS THE KEY HERE.

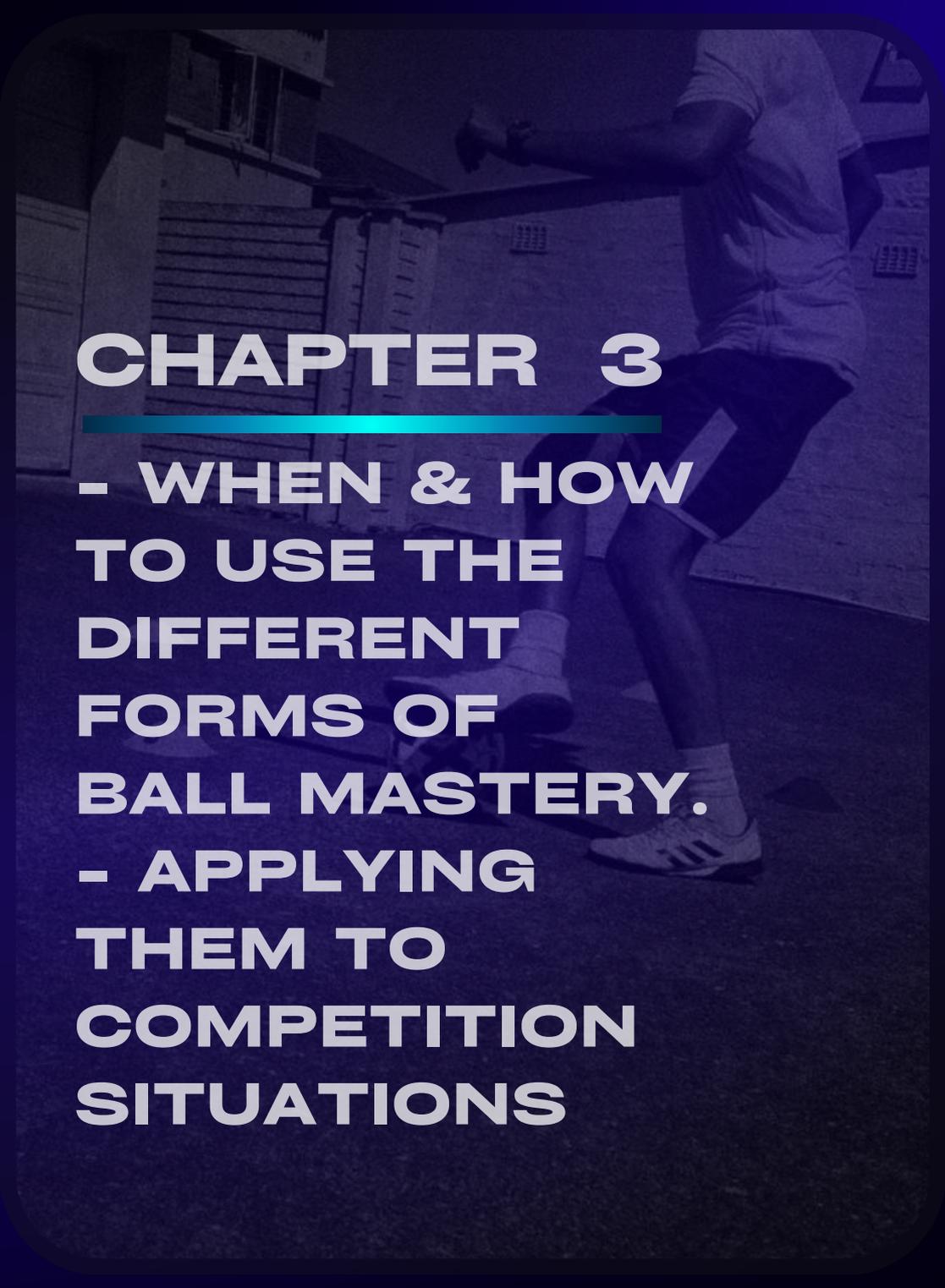
IN ORDER TO BE ABLE TO ABLE TO PLAY A GOOD WEIGHTED PASS TO KEEP PLAY PROGRESSING, YOU HAVE TO HAVE A GOOD FEEL OF THE BALL (I.E. BALL MASTERY).

5. THE SETUP TOUCH:

THIS TOUCH USUALLY PRECEDES ANOTHER ACTION. IT'S A TOUCH THAT SETS YOU UP FOR ANOTHER COURSE OF ACTION. IT CAN BE STATIC OR DYNAMIC.

- THIS TOUCH WITH THE CORRECT BODY ANGLE IN RELATION TO THE BALL, WILL ALLOW YOU TO PERFORM YOUR NEXT ACTION EFFECTIVELY (USUALLY TO EITHER STRIKE IT OR MOVE IT EFFECTIVELY).
- THE ANGLE YOU CREATE DETERMINES THE CONTACT YOU GET ON THE BALL.
- THE PERFECT STRIKING ANGLE RANGE IS BETWEEN 30 & 45 DEGREES.
- THIS LETS YOU STRIKE THE BALL WITH A FULL SWING EITHER FOR A LONG OR SHORT PASS, CROSS OR SHOT BUT WILL ALSO ALLOW YOU TO TAKE A TOUCH TO MOVE THE BALL EFFECTIVELY IF YOU WANT TO DRIBBLE.

NOW THAT YOU HAVE AN UNDERSTANDING OF WHAT BALL MASTERY IS AND THE SKILLS THAT GO WITH IT, NOW IT'S TIME TO SEE HOW THOSE SKILLS APPLY TO COMPETITION.



CHAPTER 3

**- WHEN & HOW
TO USE THE
DIFFERENT
FORMS OF
BALL MASTERY.**

**- APPLYING
THEM TO
COMPETITION
SITUATIONS**



THIS CHAPTER WILL BE SHOW YOU EXAMPLES OF THE MENTIONED BALL MASTERY SKILLS AND ALSO HOW TO TRANSMUTE THE KNOWLEDGE GIVEN IN PREVIOUS CHAPTERS INTO IN GAME SITUATIONS.

BEFORE YOU CAN EXECUTE THESE SKILLS WITH EFFICIENCY IN COMPETITION, YOU HAVE TO BUILD THEM UP IN INDIVIDUAL TRAINING BUT EVEN BEFORE THAT YOU HAVE TO UNDERSTAND HOW THE SKILLS ARE APPLIED IN SITUATIONS AND THERE'S NO ONE BETTER TO LEARN FROM THAN THE PRO'S THEMSELVES.

ONCE YOU HAVE SEEN THE EXAMPLES, YOU WILL BE TAUGHT THE PROCESS OF HOW TO BUILD THOSE SKILLS TO EVENTUALLY USE THEM IN COMPETITION.

EXAMPLES OF A STATIC TOUCH:

TOUCHES THAT EITHER BRING THE BALL OR YOUR BODY TO A STOP.

BEST DONE IF YOU'RE IN SPACE OR IF YOU'RE STUCK HOLDING A DEFENDER OFF AS A PASS IS COMING IN.

EXAMPLE 1

EXAMPLE 2

EXAMPLE 3

EXAMPLE 4

EXAMPLE 5

EXAMPLES OF DYNAMIC TOUCHES:

TOUCHES THAT FOLLOW YOUR STRIDE & PUSH YOU FURTHER INTO YOUR CURRENT DIRECTION OR FORCE YOU INTO A WHOLE NEW DIRECTION.

USED TO EVADE DEFENDERS OR TO BUILD MOEMENTUM FOR NEXT ACTION.

ALSO USED WHEN TRYING TO QUICKLY CONTINUE AN ATTACK.

EXAMPLE 1

EXAMPLE 2

EXAMPLE 3

EXAMPLE 4

EXAMPLES OF SETUP TOUCHES

TOUCHES USED TO SETUP YOUR NEXT ACTION.
THE NEXT ACTION IS USUALLY A STRIKE OF THE BALL,
IN A FORM OF:

- A CROSS
- A SHOT
- A PASS (SHORT OR LONG)

THIS TOUCH CREATES A BETTER ANGLE FOR STRIKING
THE BALL EFFECTIVELY (THE SWING AND FOLLOW
THROUGH).

EXAMPLE 1

EXAMPLE 2

EXAMPLE 3

EXAMPLES OF WALL **/LAY OFF TOUCHES:**

A LAYOFF TOUCH TO A TEAMMATE, WHEN UNDER PRESSURE, TO ALLOW THEM TO MOVE WITH THE BALL.

USUALLY DONE TO KEEP ATTACKS FLOWING OR HOLD POSSESSION.

USED OFTEN BY STRIKERS, WHO HAVE A CENTRE HALF AT THE BACK.

CAN ALSO BE CLASSIFIED AS GIVE AND GOES IN CERTAIN SITUATIONS.

EXAMPLE 1

EXAMPLE 2

EXAMPLE 3

EXAMPLE 4

EXAMPLES OF DRIBBLING

TAKING SOFTER TOUCHES TO MOVE THE BALL AND TEAM FURTHER UP THE PITCH.

DRIBBLING IS USED WHEN THERE'S OPEN SPACE AHEAD OF YOU BUT DEFENDERS CAN CLOSE THAT SPACE QUICKLY.

NOT ENOUGH SPACE TO RUN WITH THE BALL, SO TOUCHES MUST BE MORE CONTROLLED.

EXAMPLE 1

EXAMPLE 2

EXAMPLE 3

EXAMPLE 4

EXAMPLES OF RUNNING WITH THE BALL

RUNNING WITH THE BALL COMES IN WHEN YOU HAVE TO "EAT UP" A LOT OF OPEN SPACE TO CONTINUE AN ATTACK.

UNLIKE WITH DRIBBLING YOUR TOUCHES ARE HEAVIER BECAUSE THERE'S NO DEFENDERS CLOSE ENOUGH TO STOP YOU.

USUALLY USED WHEN QUICKLY COUNTER ATTACKING OPPOSITION.

EXAMPLE 1

EXAMPLE 2

EXAMPLES OF RECEIVING BALLS OVER THE TOP:

A CLIPPED BALL OVER THE TOP OF A DEFENSE FOR A RUNNER MEANS YOUR TOUCH HAS TO BE WELL TIMED TO MATCH YOUR STRIDE AND RUN.

IF IT IS CLIPPED AND YOUR BACK IS TO GOAL, A WALL/SETUP TOUCH WILL SUFFICE.

EXAMPLE 1

EXAMPLE 2

EXAMPLES OF CLOSE CONTROL

CLOSE CONTROL IS CONTROLLING THE BALL IN TIGHT SPACES.

THIS IS ESSENTIAL FOR PROTECTING THE BALL BUT ALSO BEING DANGEROUS IN AN ATTACKING 1V1 SCENARIO.

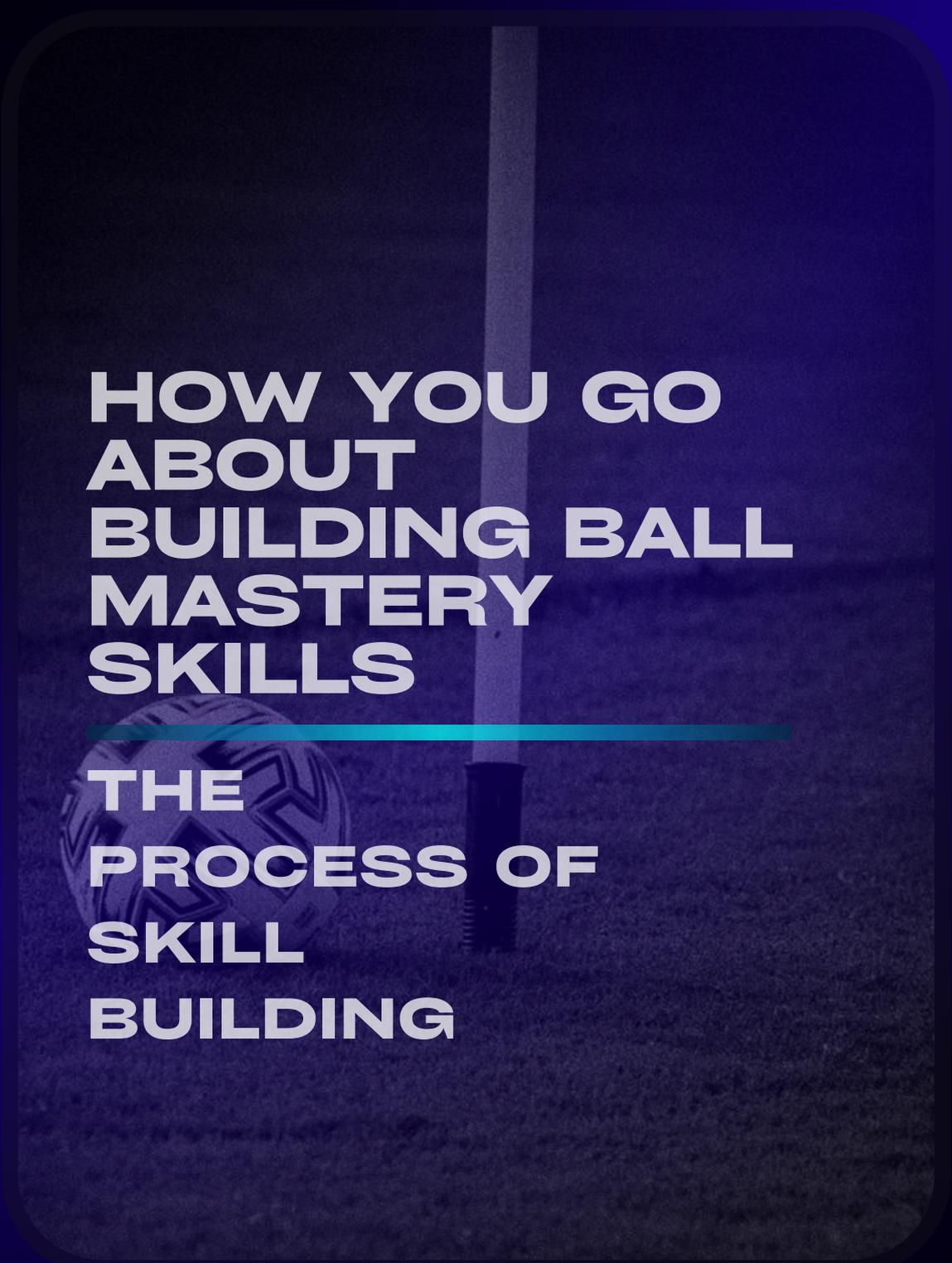
EXAMPLE 1

EXAMPLE 2

EXAMPLE 3

EXAMPLE 4

EXAMPLE 5



**HOW YOU GO
ABOUT
BUILDING BALL
MASTERY
SKILLS**

**THE
PROCESS OF
SKILL
BUILDING**



1.) HOW TO BUILD BALL MASTERY SKILLS

OBVIOUSLY IT TAKES PRACTICE BUT THE ENVIRONMENT PLAYS A HUGE ROLE TOO.

YOU CANNOT EXPECT TO PERFORM A SKILL IN GAME, IF YOU CAN'T EVEN DO THE BASICS ON AN INDIVIDUAL, PRESSURE FREE LEVEL.

IT'S ALL ABOUT BUILDING THE CORRECT FOUNDATION, IN THE CORRECT ENVIRONMENT. ONCE YOU MASTER THAT, YOU MOVE ON TO THE NEXT LEVEL AND THEN THE NEXT ONE.

IT FLOWS INTO EACH OTHER BUT YOU MUST START IN THE CORRECT ENVIRONMENT.

THE OTHER FACTORS ARE:

- TECHNIQUE (PART OF THE FOOT OR BODY YOU'RE USING)
- BALANCE, COORDINATION AND AGILITY.

THE ENVIRONMENTS TO TRAIN IN FOR MAXIMUM IMPROVEMENT WILL BE MENTIONED ON THE FOLLOWING PAGES.

2.) THE ENVIRONMENTS OF SKILL BUILDING:

IN ORDER TO EFFECTIVELY BUILD THESE SKILLS YOU NEED DIFFERENT ENVIRONMENTS:

- A.) NO PRESSURE ENVIRONMENT
- B.) LOW PRESSURE ENVIRONMENT
- C.) MEDIUM PRESSURE ENVIRONMENT
- D.) HIGH PRESSURE ENVIRONMENT

A.) NO PRESSURE ENVIRONMENT:

IN THIS ENVIRONMENT, YOU HAVE NO COMPETITION, IT'S JUST YOU AND YOUR EQUIPMENT. THIS IS PERFECT WHEN STARTING OUT BECAUSE YOU CAN ALLOW MISTAKES SO THAT YOU CAN CORRECT YOUR FORM AND TECHNIQUE.

THIS IS THE BASIS OR FUNDAMENTAL ASPECT OF SKILL BUILDING. THIS ALLOWS YOU TO ANALYSE AND PROPERLY DEVELOP THE SKILL TO A HIGHER DEGREE.

IT'S RECOMMENDED THAT YOU TAKE A VIDEO OF YOURSELF DOING THESE SKILLS TO BE ABLE TO ANALYSE TECHNIQUE.

B.) LOW PRESSURE ENVIROMMENT:

IN THIS ENVIRONMENT, YOU HAVE VERY LITTLE COMPETITION. USUALLY IT'S JUST YOU AND YOUR FRIENDS, IN A PARK OR BACK GARDEN.

THIS IS A PERFECT WAY TO TAKE THE SKILL LEVEL YOU DEVELOPED INDIVIDUALLY AND TEST IT, IN A FUN, LOW PRESSURE, HIGH REWARD ENVIRONMENT.

IN THIS ENVIRONMENT YOU ARE ALLOWED A MISTAKE OR TWO BUT ALSO HAVE TO TEST YOUR SKILLS UNDER THE PRESSURE OF A PLAYER MARKING YOU.

THIS IS THE PERFECT PLATFORM AFTER THE PRESSURE FREE ENVIRONMENT FOR SKILL BUILDING TO TAKE IT TO THE NEXT LEVEL.

C.) MEDIUM PRESSURE ENVIROMMENT:

THIS IS USUALLY A TEAM TRAINING ENVIRONMENT BUT CAN ALSO BE A KICK UP GAME ENVIRONMENT.

THIS IS GREAT FOR TESTING THE SKILLS WITH THE PRESSURE OF MESSING UP IN A GAME SITUATION – THIS IS THE BASIS OF WHY MOST PLAYERS DON'T TRY NEW SKILLS – WHICH CAN BUILD YOUR CONFIDENCE IN THE SKILLS.

THIS IS A CRUCIAL STEP TO PASS BEFORE HEADING INTO THE FINAL PHASE.

D.) HIGH PRESSURE ENVIROMMENT

THIS IS THE FINAL STAGE AND WHERE IT REALLY MATTERS. ALL OF YOUR WORK, YOUR TRAINING, YOUR DEDICATION COMES TO THIS POINT: YOU MUST EXECUTE IN COMPETITION.

THIS IS THE MOST IMPORTANT STAGE BECAUSE IT IS THE ULTIMATE LEARNING EXPERIENCE.

IF YOUR SKILLS ARE PERFORMED WELL AND IT GOES SMOOTH, ADD IT AS A NOTCH TO YOUR BELT BUT DON'T FORGET TO KEEP IMPROVING ON IT.

IF IT DIDN'T GO WELL, NOW YOU CAN BACK TO THE DRAWING BOARD, KNOWING WHAT YOU NEED TO IMPROVE ON,

YOU CANNOT LOSE.

3.) TECHNIQUE :

INSIDE
OUTSIDE
SOLE

ONE TOUCH
TWO TOUCH
THREE TOUCH, FOUR.

THESE ARE VITAL INSIGHTS INTO BETTER TECHNIQUE.

KNOWING:

- WHICH FOOT TO USE
- THE BODY POSITION TO RECEIVE
- WHO'S AROUND YOU.

WILL GIVE YOU MORE TIME ON THE PITCH TO MAKE DECISIONS AND BE INFLUENTIAL FOR THE TEAM.

3.1) TECHNIQUE : SCANNING.

SCANNING IS INCLUDED HERE BECAUSE GETTING IT RIGHT WILL MEAN YOU CAN SHOW MORE OF YOUR SKILLS ON THE BALL.

SCANNING IS ABOUT YOUR SPEED OF PLAY, HOW QUICK YOU THINK.

IF YOU THINK QUICKER, ALWAYS IN SPACE AND YOUR NEXT ACTION IS QUALITY, THERE'S NO DOUBT YOU'LL ALWAYS STAND OUT ON THE PITCH.

THAT'S WHY YOU MUST SCAN FOR:

- OPEN SPACE
- TEAMMATES
- WHO IS AROUND YOU

THIS WILL HELP YOU MOVE BETTER, THINK QUICKER AND PLAY FASTER.

WHEN TO SCAN:

1.) SCAN BEFORE AND AFTER ENTERING A POCKET OF SPACE.

2.) SCAN JUST BEFORE RECEIVING THE BALL.

3.) SCAN AS YOU'RE TAKING YOUR NEXT ACTION (I. E. MOVING WITH THE BALL) OR SCAN AFTER YOUR NEXT ACTION (LAY OFF PASS UNDER PRESSURE)

3.2) TECHNIQUE : BALL MOVING.

BALL MOVING IS ABOUT COORDINATION AND BALANCE.

TO MOVE GRACEFULLY WITH THE BALL AT YOUR FEET TAKES PRACTICE.

TO MOVE THE BALL WELL, THE MAIN RULE IS TO MAINTAIN FOOT AND ANKLE STIFFNESS.

THIS IS A KEY INGREDIENT IN QUALITY BALL STRIKING. WHEN COACHING I COMPARE IT TO PUNCHING. YOU NEVER PUNCH WITH YOUR HAND LOOSE, IT IS ALWAYS FIRM.

STRIKING THE BALL IS THE EXACT SAME.

MOVING THE BALL IS ABOUT HAVING A STIFF FOOT BUT ALSO CARESSING THE BALL WITH THE INSIDE, SOLE OR OUTSIDE.

CLOSE CONTROL :

SOFT, CARESSING TOUCHES WITH ALL PARTS OF THE FOOT.

DRIBBLING :

THE OUTSIDE OF THE FOOT IS THE GO TO METHOD BUT YOU CAN USE THE INSIDE AS WELL.

RUNNING WITH THE BALL:

EITHER THE INSIDE OR OUTSIDE OF THE FOOT ARE THE USUAL GO TO METHODS.

3.3) TECHNIQUE : BALL RECEIVING

STIFFENING UP THE FOOT AND ANKLE IS ALSO NECESSARY FOR BALL RECEIVING.

THE KEY FACTOR OF RECEIVING IS TAKING THE PRESSURE OUT/ ABSORBING THE PRESSURE OF A STRIKE OF THE BALL.

THINK OF CATCHING A BALL BUT YOU'RE USING YOUR FOOT, CHEST OR THIGH.

TAKING AND ABSORBING ALL THAT PRESSURE FROM THE PACE OF THE BALL.

THAT'S WHAT IT TAKES TO RECEIVE THE BALL VERY WELL. COUPLE IN SCANNING AND YOU SHOULD NEVER LOSE THE BALL.

THE BEST WAY TO PRACTICE RECEIVING ESPECIALLY IF YOU HAVE NO FRIENDS IS TO USE A WALL.

YOU ARE THEN IN CONTROL OF HOW HARD THE BALL COMES TO YOU IN TERMS OF RECEIVING.

3.4) TECHNIQUE : BALL STRIKING

BALL STRIKING COMPRISES OF SKILLS LIKE:

- PASSING (SHORT AND LONG)
- CROSSING
- SHOOTING

THE KEY FACTOR TO SOLID TECHNIQUE IS ABOUT PUNCHING THE BALL WITH YOUR FOOT.

JUST AS IT WAS MENTIONED BEFORE, WHEN YOU THROW A PUNCH YOUR HAND IS NEVER LOOSE BECAUSE YOU WILL NOT GET SOLID CONTACT. STRIKING A BALL IS NO DIFFERENT. IF YOU WANT SOLID CONTACT, MAKE YOUR FOOT STIFF (LOCK THE ANKLE) AS YOU STRIKE.

METHODS OF STRIKING:

INSTEP/FRONT PART OF THE FOOT:

USED FOR POWER SHOOTING, LONG PASSING AND CURLING/CROSSING.

LACES:

USED FOR POWER SHOOTING AND VOLLEYS.

OUTSIDE:

USED FOR THE "TRIVELA" KICK.

4.) BALANCE, COORDINATION AND AGILITY : THE BCA'S.

IN ORDER TO STRIKE, RECEIVE OR MOVE A BALL WELL YOUR BODY HAS TO BE WELL COORDINATED.

IF YOU'RE FALLING OVER WHEN TRYING TO DO A FOOTBALL ACTION, YOU'RE NEVER GOING TO BE EXCEPTIONAL.

THIS COMES FROM PRACTICE OF THE SKILLS BUT ALSO OUTSIDE OF FOOTBALL, DOING ACTIVITIES LIKE:

- PLYOMETRICS
- MOVEMENT IN THE DIFFERENT PLANES AND PATTERNS
- STOP, START SPRINTS.
- BACKTRACK/BACKWARD MOVEMENTS

THIS WILL AID YOUR FOUNDATION OF BCA'S.

BODY POSITIONING WHEN DOING FOOTBALL ACTIONS: WHEN PLAYING FOOTBALL YOU SHOULD HARDLY EVER BE SQUARE (FACING ONE DIRECTION), YOUR BODY SHOULD BE OPENED UP TO EITHER THE LEFT OR RIGHT HAND SIDE.

THIS WILL ALLOW TO RECEIVE AND PROTECT THE BALL BETTER. GET BETTER SWING AND BALANCE ON YOUR STRIKES OF THE BALL.

THIS COMES INTO THE BCA'S BECAUSE WITH THE FOUNDATION, BEING ANGLED TO A SIDE BECOMES TOUGHER.

IT REQUIRES AGILITY AND GOOD MOVEMENT.

ONCE YOU UNDERSTAND HOW THE SKILLS ARE DONE,
YOU CAN THEN PRACTICE BUILDING THEM AND
IMPROVING THEM IN THE DIFFERENT ENVIRONMENTS.

ON THE NEXT FEW PAGES WE'LL TAKE A LOOK AT HOW TO
CONSTRUCT THE SESSIONS WITH REGARD TO VARIOUS
FACTORS LIKE THE BODY'S ENERGY SYSTEMS.



SESSION SETUPS:

**THE PROCESS
OF
SETTING UP
SESSIONS FOR
MAXIMUM
IMPROVEMENT
& EFFECIENCY**



SETTING UP SESSIONS :

SETTING UP YOUR SESSIONS JUST INVOLVES YOU ORGANISING DRILLS IN A CERTAIN ORDER FOR MAXIMUM IMPROVEMENT.

THIS SPECIFIC ORDER IS TO ACCOUNT FOR:

- THE BODY'S ENERGY SYSTEMS
- RETENTION OF SKILLS
- KEEPING SESSIONS TO A TIMEOUS FASHION.

WE DO THIS BY COMPILING AN ORDER OF AND SEPARATING THE DRILLS INTO COMPOUND AND ISOLATION DRILLS (MENTIONED NEXT).

ALSO SETTING UP SESSIONS FOR A MICROCYLE (WEEK) OR MESOCYLE (MONTH) SHOULD COME INTO PLAY. YOU CAN DO THIS ON YOUR OWN OR WITH THE HELP OF A COACH.

INCLUDED IN THIS PROGRAM IS A MINI PLANNER WHICH WILL GUIDE YOU AND INTRODUCE YOU THE DRILLS AND GIVE YOU SESSIONS.

THIS WILL HELP YOU FIND YOUR FEET AND GIVE YOU A TEMPLATE WHICH YOU CAN ALTER TO SUIT YOUR SCHEDULE AND TECHNICAL LEVEL – THIS WILL BE MENTIONED IN CHAPTER 4.

HOW TO SETUP YOUR BALL MASTERY

SESSIONS:

BEFORE EVEN SETTING UP THE SESSION, YOU MUST FIRST KNOW THE DIFFERENCE BETWEEN TWO TERMS, COMPOUND AND ISOLATION DRILLS.

COMPOUND DRILLS:

THESE DRILLS ARE LIKE COMPOUND EXERCISES, BANG FOR BUCK.

THEY TAKE THE MOST ENERGY AND RIGHTLY SO BECAUSE THEY WORK A VARIETY OF SKILLS AND ARE MORE MATCH REALISTIC THAN ISOLATION DRILLS.

YOU DO THESE DRILLS EITHER AT THE BEGINNING (FOR FITNESS) OR IN THE MIDDLE OF THE WORKOUT (TO ADD TO THE FITNESS WORK). YOU DO THESE DRILLS WHEN YOUR ENERGY IS AT IT'S HIGHEST POINT.

ISOLATION DRILLS:

ISOLATION DRILLS ARE ALL IN THE NAME: ISOLATION, WORKING A SINGULAR SKILL, ON IT'S OWN.

JUST LIKE WITH ISOLATION EXERCISES, IT MAY IMPROVE A SECONDARY SKILL AS WELL BUT YOUR MAIN FOCUS IS THE PRIMARY SKILL, THAT YOU HAVE CHOSEN.

THESE SHOULD CLOSERS.

AFTER THE ENERGY SAPPING COMPOUND DRILLS, THE ISOLATION DRILLS ARE LESS INTENSE AND AID THE COOL DOWN.

HOW TO SETUP YOUR BALL MASTERY

SESSIONS:

SESSION SETUP ORDER:

- 1.) WARM UP:
 - DYNAMIC MOVEMENTS
 - LIGHT TECHNICAL/ISOLATION DRILL
- 2.) CONDITIONING BASED DRILL (FCT ONLY)
- 3.) COMPOUND DRILL #1
- 4.) COMPOUND DRILL #2
- 5.) COMPOUND DRILL #3
- 6.) COOL DOWN:
 - LIGHT TECHNICAL/ISOLATION DRILL
 - STATIC STRETCHES

FOR THE PURPOSE OF AIDING BALL MASTERY, ALL CONDITIONING BASED DRILLS WILL BE DONE WITH THE BALL.

THE SESSION SHOULD TAKE YOU 30 – 60 MINS. THIS WAY YOU CAN STILL BE FRESH ENOUGH TO DO MORE THE NEXT DAY.

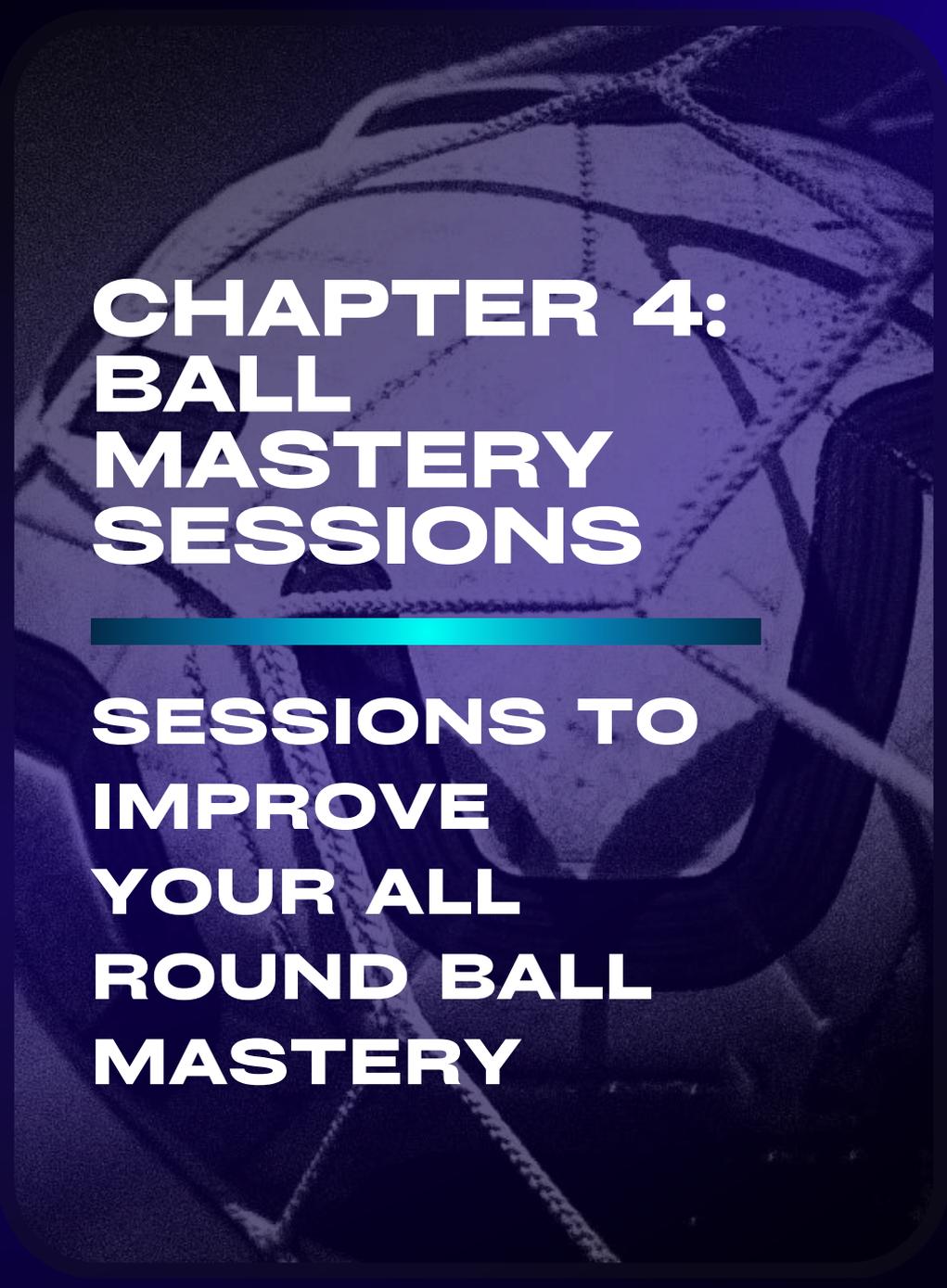
HOW TO SETUP YOUR BALL MASTERY SESSIONS:

HOW OFTEN SHOULD I DO THESE SESSIONS?

IDEALLY 2-4 TIMES A WEEK.

KEEP IN MIND THESE SESSIONS CAN ALSO BE BROKEN DOWN INTO A SMALLER SESSION AFTER A TEAM SESSION – IN THAT CASE DO ONLY ONE COMPOUND DRILL AND ONE ISOLATION DRILL TO NOT BURN YOURSELF OUT.

ALSO REMEMBER YOU CAN BREAK DOWN THESE DRILLS INTO OTHER SKILL SESSIONS (WORK ON A DRIBBLING DRILL IN A FINISHING SESSION) BUT IF YOU NEED TO BUILD A SKILL, YOU SHOULD RATHER FOCUS ON THEM, ON THEIR OWN.



CHAPTER 4: BALL MASTERY SESSIONS

**SESSIONS TO
IMPROVE
YOUR ALL
ROUND BALL
MASTERY**



SESSION EXAMPLES

**TRAINING
WHEELS TO
HELP YOU
IMPROVE AND
UNDERSTAND
THE SESSION
ORGANISING
PROCESS.**



SESSION EXAMPLES:

UNTIL YOU FIND YOUR FEET WITH SETTING UP SESSIONS, HERE ARE 3 SESSION PLANS FOR YOU TO USE.

FOOTBALL CONDITIONING:

FITTECH SESSIONS COMBINE FITNESS & TECHNICAL WORK.

IT COMPRISES OF ON AND OFF THE BALL MOVEMENTS WHICH IMPROVE YOUR BCA'S (BALANCE, COORDINATION & AGILITY) & SAQ (SPEED, AGILITY, QUICKNESS) ENDURANCE.

THE GOAL FOR THIS PROGRAM IS TO IMPROVE BALL MASTERY, SO ONLY WORK WITH THE BALL IS GIVEN.

FULL TECHNICAL:

EVERYTHING IN THIS SESSION EXCEPT THE WARM UP WILL BE DONE WITH A BALL.

THIS WORKS BCA'S AS WELL BUT ALL IN RELATION TO ON THE BALL FITNESS AND SKILLS.

INPUTTING SESSIONS INTO YOUR WEEKLY PLAN:

UNDERSTAND THE SESSION TYPES FIRST:

1. **1V1 PLAY** – DEVELOP ALL THE SKILLS TO BOSS 1V1 ATTACKING MOMENTS
2. **AERIAL CONTROL** – DEVELOP THE SKILLS TO CONTROL AERIAL BALLS
3. **POSSESSION PLAY** – DEVELOP THE SKILLS TO MAINTAIN & ADVANCE POSSESSION UNDER PRESSURE

YOU WILL GAIN 24/7 TEXT SUPPORT FOR HELP INPUTTING SESSIONS INTO TEAM TRAINING SCHEDULE

WE WILL WORK TOGETHER OVER THE 2 WEEKS TO INPUT ALL SESSIONS INTO YOUR TRAINING SCHEDULE

WEEK 1 & 2

SESSION 1: 1V1 PLAY

**BALL CARRYING,
DRIBBLING &
CLOSE
CONTROL**



WARM UP & TECHNIQUE PHASE

ROTATIONS

LUBRICATE JOINTS FOR SMOOTHER MOVEMENTS & INJURY PREVENTION

1 SET OF 8-10 ROTATIONS FOR EACH JOINT

30 SECS REST BEFORE NEXT DRILL

DYNAMIC ROTATIONS

OPENING UP THE JOINTS, STRETCHING THE MUSCLES AND PRIMING THE NEUROMUSCULAR SYSTEM

1 SET FOR EACH DRILL

-30 SECS REST IN BETWEEN VARIATIONS

-1 MIN REST BEFORE FIRST DRILL

INSIDE CUTS

PRO GAME MOMENT

DRILL SETUP

COACHING POINTS



8 FEET IN
BETWEEN
CONES



TACTICAL:

- IMPROVE BALL CARRYING & TURNS UNDER PRESSURE TECHNIQUE WITHOUT LOOKING AT THE BALL

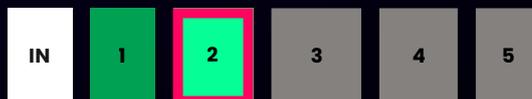
TECHNIQUE DEVELOPMENT:

- TORSO UPRIGHT, KNEES BENT TO MAINTAIN STABILITY
- EYES UP LOOKING FOR OPTIONS AT PACE
- SOFT TOUCHES ON BALL
- KEEP BALL CLOSE TO YOU
- STOP THE BALL WITH THE INSIDE OF YOUR FOOT

GET AS MANY REPS - ON BOTH FEET - AS POSSIBLE IN 2 MINS

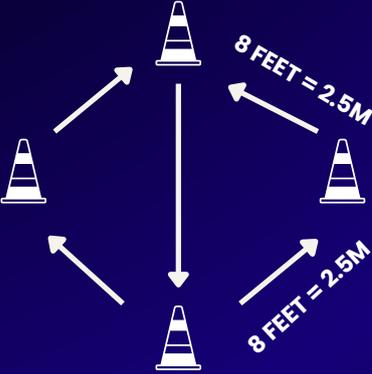
1 SET OF 2 MINS OF WORK

-30 SECS BETWEEN VARIATIONS
-1 MIN BEFORE STATIC STRETCHES



HIGH INTENSITY ACTIONS 1

2 WAY DRIBBLES V1 (TUTORIAL)

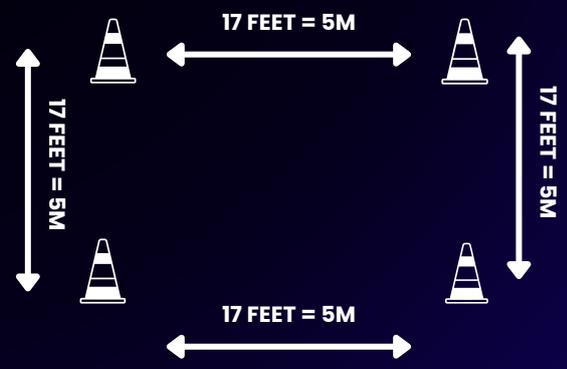
| <u>LINEAR DRIBBLE</u> | <u>TRIANGLE DRIBBLE</u> | COACHING POINTS |
|--|--|---|
|  <p style="text-align: center;">17 FEET = 5M</p> |  <p style="text-align: center;">17 FEET = 5M</p> | <p>TACTICAL:</p> <ul style="list-style-type: none"> • DRIVING WITH THE BALL AT YOUR FEET, INTO SPACE • DRIVING IN FIELD AT PACE, CUTTING IN AS A WINGER <p>TECHNICAL:</p> <ul style="list-style-type: none"> • TORSO UPRIGHT • KNEES BENT • DRIBBLE WITH OUTSIDE OF FOOT • TURN WITH INSIDE OR OUTSIDE • EYES UP LOOKING FOR OPTIONS AT PACE |
| <p>2 SETS TOTAL (1 SET = DOING A REP ON EACH FOOT)</p> | <p>1 SET = GOING IN BOTH DIRECTIONS ON ONE FOOT (1 SET FOR EF IN TOTAL)</p> | <ul style="list-style-type: none"> • 30 SEC FOR A CHANGE IN DIRECTION/FOOT USED • 2 MINS REST IN BETWEEN SETS • 2 MINS IN BETWEEN DRILLS |
| <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; background-color: #cccccc;">IN</div> <div style="border: 1px solid black; padding: 5px; background-color: #008000; color: white;">1</div> <div style="border: 1px solid black; padding: 5px; background-color: #00ff00; color: white;">2</div> <div style="border: 1px solid black; padding: 5px; background-color: #ffff00; color: white;">3</div> <div style="border: 1px solid black; padding: 5px; background-color: #ff0000; color: white;">4</div> <div style="border: 1px solid black; padding: 5px; background-color: #808080; color: white;">5</div> </div> | | |

FREE DRIBBLES

PRO GAME MOMENT

DRILL SETUP

COACHING POINTS



GET AS MANY REPS AS POSSIBLE IN 2 MINS ON BOTH FEET

TACTICAL:

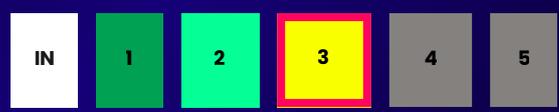
- IMAGINE THERE'S DEFENDER CLOSE TO YOU
- BALL CARRYING & POSSESSION RETENTION
- **LOOKING TO CHANGE DIRECTION QUICKLY AWAY FROM DEFENDERS**
- CLOSE CONTROL UNDER PRESSURE

TECHNICAL:

- TORSO UPRIGHT
- **KNEES BENT**
- SOFT TOUCHES & KEEP BALL CLOSE - AT SPEED
- **BODY LOWER DOWN AS YOU TURN**
- EYES UP LOOKING FOR OPTIONS

2 SETS OF 2 MIN OF WORK

-2 MINS REST IN BETWEEN SETS
-2 MINS REST IN BETWEEN DRILLS

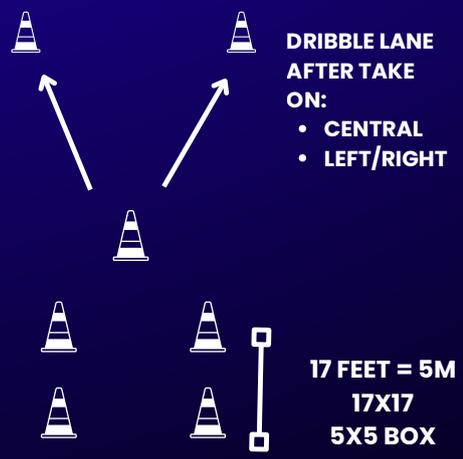


SCANS TO TAKE ONS

PRO GAME MOMENT

DRILL SETUP

COACHING POINTS



TACTICAL:

- FOCUS ON SCANNING & THEN RECEIVING ON THE HALF TURN
- **BEFORE THE TAKE ON, SLOW DOWN - TO DRAW DEFENDER IN - AND THEN ACCELERATE AGAIN (ELIMINATE DEFENDER- TURN 1V1, TO 1V0)**
- USE BOX TO REPRESENT POCKET OF SPACE TO RECEIVE IN

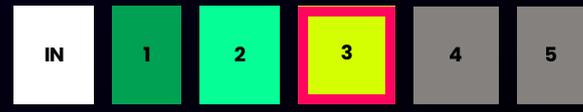
TECHNICAL:

- TORSO UPRIGHT
- **KNEES BENT**
- DRIBBLE WITH OUTSIDE OF FOOT
- **TURN WITH INSIDE OR OUTSIDE**
- EYES UP LOOKING FOR OPTIONS

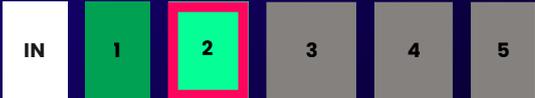
GET AS MANY REPS AS POSSIBLE IN 2 MINS

2 SETS OF 2 MINS OF WORK

-2 MINS REST IN BETWEEN SETS
-2 MINS IN BETWEEN DRILLS



FATIGUED TECHNIQUE & COOL DOWN PHASE

| <u>OUTSIDE CUTS</u> | | <u>PRO GAME MOMENT</u> |
|--|--|--|
| DRILL SETUP | | COACHING POINTS |
|  <p>8 FEET IN BETWEEN CONES</p> | | <p>TECHNICAL WORK TO EASE MUSCLE TENSION BEFORE STATIC STRETCHING</p> <p>TACTICAL:</p> <ul style="list-style-type: none"> • IMPROVE BALL CARRYING ABILITY WITHOUT LOOKING AT THE BALL <p>TECHNIQUE DEVELOPMENT:</p> <ul style="list-style-type: none"> • TORSO UPRIGHT, KNEES BENT TO MAINTAIN STABILITY • EYES UP LOOKING FOR OPTIONS AT PACE • SOFT TOUCHES ON BALL • KEEP BALL CLOSE TO YOU • GRIP THE BALL WITH THE BOTTOM OF YOUR FOOT & ROLL THE BALL <p>GET AS MANY REPS – ON BOTH FEET – AS POSSIBLE IN 2 MINS</p> |
| 1 SET OF 2 MINS OF WORK | <p>-30 SECS BETWEEN VARIATIONS</p> <p>-1 MIN BEFORE STATIC STRETCHES</p> |  |

STATIC STRETCHES

LENGTHEN MUSCLES TO RELIEVE MUSCULAR TENSION BUT ALSO PROMOTE FLEXIBILITY

1 SET OF 15 SEC FOR EACH STRETCH



**SESSION 2:
TECHNICAL
SESSION**

**AERIAL
CONTROL**



WARM UP & TECHNIQUE PHASE

ROTATIONS

LUBRICATE JOINTS FOR SMOOTHER MOVEMENTS & INJURY PREVENTION

1 SET OF 8-10 ROTATIONS FOR EACH JOINT

30 SECS REST BEFORE NEXT DRILL

DYNAMIC ROTATIONS

OPENING UP THE JOINTS, STRETCHING THE MUSCLES AND PRIMING THE NEUROMUSCULAR SYSTEM

1 SET FOR EACH DRILL

-30 SECS REST IN BETWEEN VARIATIONS
-1 MIN REST BEFORE FIRST DRILL

BACKTRACK JUGGLING

PRO GAME MOMENT

DRILL SETUP

COACHING POINTS



8 FEET IN BETWEEN CONES



WALKING JUGGLES BUT BACKWARD. IMPROVES BALANCE WHEN JUGGLING + BACK TO GOAL PLAY CONTROL

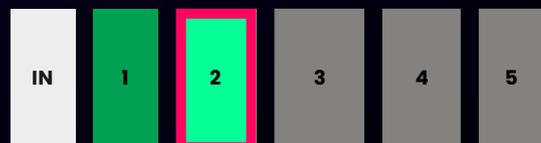
- USE AREA BETWEEN LACES & TOES
- TOES UP ON CONTACT TO KNOCK BALL BACK UP

CHALLENGE: COUNT HOW MANY REPS YOU CAN DO WITHOUT DROPPING THE BALL - USE THAT AS A SCORE TO BEAT NEXT TIME

1 REP = GO FROM ONE CONE TO THE OTHER & BACK

1 X
2 REPS: SF ONLY
2 REPS: WF ONLY
1 REP: BOTH FEET

-30 SECS REST IN BETWEEN VARIATIONS
-1 MIN REST BEFORE FIRST DRILL



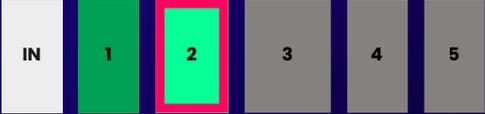
| <u>WALL TOUCHES: TWO TOUCH</u> | | <u>PRO GAME MOMENT</u> |
|---------------------------------------|---|---|
| DRILL SETUP | | COACHING POINTS |
| | | <p>TACTICAL:</p> <ol style="list-style-type: none"> 1.) BEING ABLE TO RECEIVE AND PLAY AERIAL PASSES – RELATED TO DIFFERENT GAME SITUATIONS FOR EVERY POSITION <p>TECHNICAL:</p> <ol style="list-style-type: none"> 1.) KEEP FOOT LOCKED AND STIFF ON RECEIVING 2.) PLAY AERIAL PASS BACK WITH ENOUGH SPEED TO RECEIVE AGAIN <p>REP CHALLENGE: GET AS MANY REPS AS POSSIBLE IN 2 MINS</p> |
| 2 SETS OF 2 MINS OF WORK | -2 MINS REST IN BETWEEN SETS -2 MINS IN BETWEEN DRILLS | |

| <u>KNOCK UP SCAN TOUCHES</u> | | <u>PRO GAME MOMENT</u> |
|-------------------------------------|--|---|
| DRILL SETUP | | COACHING POINTS |
| | | <p>TACTICAL:</p> <ol style="list-style-type: none"> 1.) IMAGINE YOU'RE RECEIVING AN AERIAL BALL UNDER PRESSURE 2.) SCAN TO UNDERSTAND POSITION & "OPPONENTS" AROUND YOU 3.) TAKE YOUR FIRST TOUCH GET YOUR BODY IN BETWEEN MAN AND BALL - TO PROTECT FROM DEFENDER <p>TECHNICAL:</p> <ol style="list-style-type: none"> 1.) KNOCK THE BALL UP AND TAKE A TOUCH TO GET YOUR BODY IN BETWEEN BALL AND DEFENDER 2.) KEEP FOOT STIFF ON CONTACT 3.) THINK OF YOUR FOOT AS A TRAMPOLINE AS BALL IS DROPPING, YOU GET IT BACK UP IN THE AIR – WITHOUT IT TOUCHING THE FLOOR <p>REP CHALLENGE: GET AS MANY REPS AS POSSIBLE IN 2 MINS</p> |
| 2 SETS OF 2 MINS OF WORK | -2 MINS REST IN BETWEEN SETS -2 MINS REST IN BETWEEN DRILLS | |

GAME/POSITION SPECIFIC TRAINING

| <u>KNOCK UP TOUCHES TO DRIBBLE:</u> | | <u>PRO GAME MOMENT</u> |
|--|---|--|
| DRILL SETUP | | COACHING POINTS |
| | | <p>TACTICAL:</p> <ol style="list-style-type: none"> 1.) IMAGINE YOU'RE RECEIVING AN AERIAL BALL UNDER PRESSURE 2.) SCAN TO UNDERSTAND POSITION & "OPPONENTS" AROUND YOU 3.) TAKE YOUR FIRST TOUCH GET YOUR BODY IN BETWEEN MAN AND BALL - TO PROTECT FROM DEFENDER 4.) ARM OUT TO FEEL OPPONENT AND CREATE SEPERATION BY PUSHING OFF 5.) DRIBBLE TO OPEN SPACE IN EITHER OF THE 4 ZONES <p>TECHNICAL:</p> <ol style="list-style-type: none"> 1.) KNOCK THE BALL UP AND TAKE A TOUCH TO GET YOUR BODY IN BETWEEN BALL AND DEFENDER 2.) CREATE SEPERATION 3.) DRIBBLE TO ONE OF THE 4 ZONES <p style="color: #00FFFF;">REP CHALLENGE: GET AS MANY REPS AS POSSIBLE IN 2 MINS</p> |
| <p>2 SETS OF 2 MINS OF WORK</p> | <p>-2 MINS REST IN BETWEEN SETS -2 MINS IN BETWEEN DRILLS</p> | <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="background-color: white; padding: 5px 10px; border: 1px solid black;">IN</div> <div style="background-color: #008000; padding: 5px 10px; border: 1px solid black;">1</div> <div style="background-color: #00FF00; padding: 5px 10px; border: 1px solid black;">2</div> <div style="background-color: #FFFF00; padding: 5px 10px; border: 2px solid red;">3</div> <div style="background-color: #808080; padding: 5px 10px; border: 1px solid black;">4</div> <div style="background-color: #808080; padding: 5px 10px; border: 1px solid black;">5</div> </div> |

TECHNIQUE UNDER FATIGUE & COOL DOWN PHASE

| JUGGLING: | | PRO GAME MOMENT |
|--|---|---|
| DRILL SETUP | | COACHING POINTS |
|  <p>8 FEET IN BETWEEN CONES</p> | | TECHNICAL WORK TO ELEVATE HEART RATE AND IMPROVING TECHNICAL SKILLS <ul style="list-style-type: none">• USE AREA BETWEEN LACES & TOES• TOES UP ON CONTACT TO KNOCK BALL BACK UP CHALLENGE: COUNT HOW MANY REPS YOU CAN DO WITHOUT DROPPING THE BALL - USE THAT AS A SCORE TO BEAT NEXT TIME 1 REP = GO FROM ONE CONE TO THE OTHER & BACK |
| 1 X 2 REPS: SF ONLY 2 REPS: WF ONLY 1 REP: BOTH FEET | -30 SECS REST IN BETWEEN VARIATIONS -1 MIN REST BEFORE FIRST DRILL |  <p>IN 1 2 3 4 5</p> |

STATIC STRETCHES

LENGTHEN MUSCLES TO RELIEVE MUSCULAR TENSION BUT ALSO PROMOTE FLEXIBILITY

1 SET OF 15 SEC FOR EACH STRETCH



**SESSION 3:
TECHNICAL
SESSION**

**POSSESSION
PLAY**



WARM UP PHASE & TECHNIQUE PHASE

ROTATIONS

LUBRICATE JOINTS FOR SMOOTHER MOVEMENTS & INJURY PREVENTION

1 SET OF 8-10 ROTATIONS FOR EACH JOINT

30 SECS REST BEFORE NEXT DRILL

DYNAMIC ROTATIONS

OPENING UP THE JOINTS, STRETCHING THE MUSCLES AND PRIMING THE NEUROMUSCULAR SYSTEM

1 SET FOR EACH DRILL

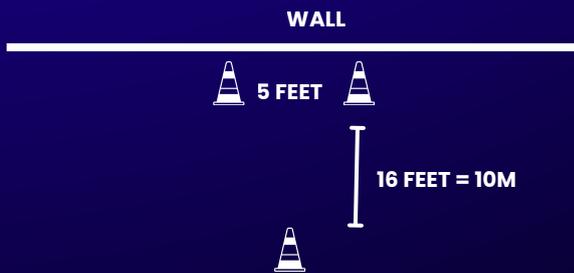
-30 SECS REST IN BETWEEN VARIATIONS
-1 MIN REST BEFORE FIRST DRILL

PNR SCANS: PASS TO INSIDE TOUCH

PRO GAME MOMENT

DRILL SETUP

COACHING POINTS



TACTICAL:

- FOCUS ON SCANNING & THEN RECEIVING PASS WITH INSIDE TOUCH TO SETUP NEXT ACTION

TECHNICAL:

- FIRM PASS
- HEAD UP - LOOKING FOR OPTIONS
- OPEN BODY SHAPE ON RECEIVE ON INSIDE
- FIRST TOUCH SETS UP NEXT ACTION

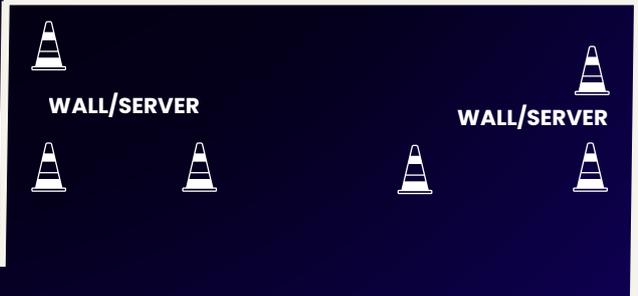
REP CHALLENGE: GET AS MANY REPS AS POSSIBLE IN 2 MINS

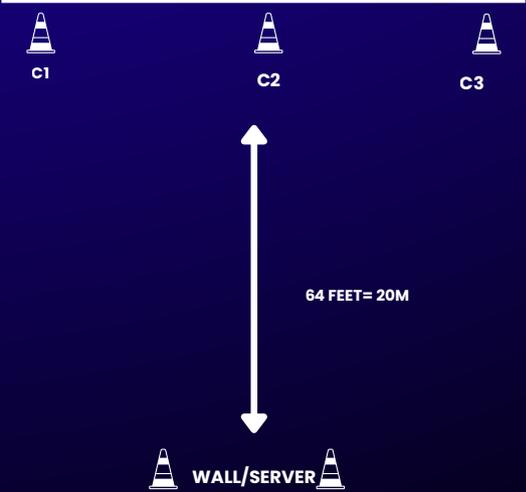
1 SET OF
2 MINS WORK

-1 MIN REST IN BETWEEN
SETS
-1 MINS IN BETWEEN DRILLS



GAME/POSITION SPECIFIC TRAINING

| | | |
|---|--|---|
| <u>SCAN ANGLED PASSES</u> | | <u>PRO GAME MOMENT</u> |
| DRILL SETUP | | COACHING POINTS |
|  <p>GET AS MANY REPS AS POSSIBLE IN 1 MINS</p> | | <p>TACTICAL:</p> <ul style="list-style-type: none"> • FOCUS ON SCANNING & THEN RECEIVING ON THE BACKFOOT • RELATED TO RECEIVING IN BUILD UP, FOR QUICK MIDFIELD COMBINATIONS, RONDOS & IN PIVOT POSITIONS <p>TECHNICAL:</p> <ul style="list-style-type: none"> • FIRM PASS • HEAD UP - LOOKING FOR OPTIONS • OPEN BODY SHAPE ON RECEIVE • ANGLED ON RECEIVING - DIAGONAL SHAPE • FIRST TOUCH SETS UP NEXT ACTION (PASS TO TARGET) |
| 2 SETS OF 1 MIN OF WORK ON ES | -2 MINS REST IN BETWEEN SETS -2 MINS REST IN BETWEEN DRILLS |  |

| | | |
|---|--|---|
| <u>SCANS TO DRIBBLES</u> | | <u>PRO GAME MOMENT</u> |
| DRILL SETUP | | COACHING POINTS |
|  <p>GET AS MANY REPS AS POSSIBLE IN 2 MINS</p> | | <p>TACTICAL:</p> <ul style="list-style-type: none"> • LOOKING TO RECEIVE ON HALF TURN • IMAGINE THERE'S A DEFENDER COMING OMN THE LEFT OR RIGHT SIDE • FOCUS ON SCANNING & THEN RECEIVING & TURNING INTO THE OPEN SPACE , ON OPPOSIT SIDE OF DEFENDER • BODY IN BETWEEN MAN & BALL RECEIVING TECHNIQUE • AS YOU TURN INTO THE SPACE - DRIVE WITH PACE TO A CONE <p>TECHNICAL:</p> <ul style="list-style-type: none"> • FIRM PASS • HEAD UP - LOOKING FOR OPTIONS • OPEN BODY SHAPE ON RECEIVE - ANGLED ON RECEIVING - DIAGONAL SHAPE • FIRST TOUCH SETS UP NEXT ACTION |
| 2 SETS OF 2 MIN OF WORK | -2 MINS IN BETWEEN SETS -2 MINS IN BETWEEN DRILLS |  |

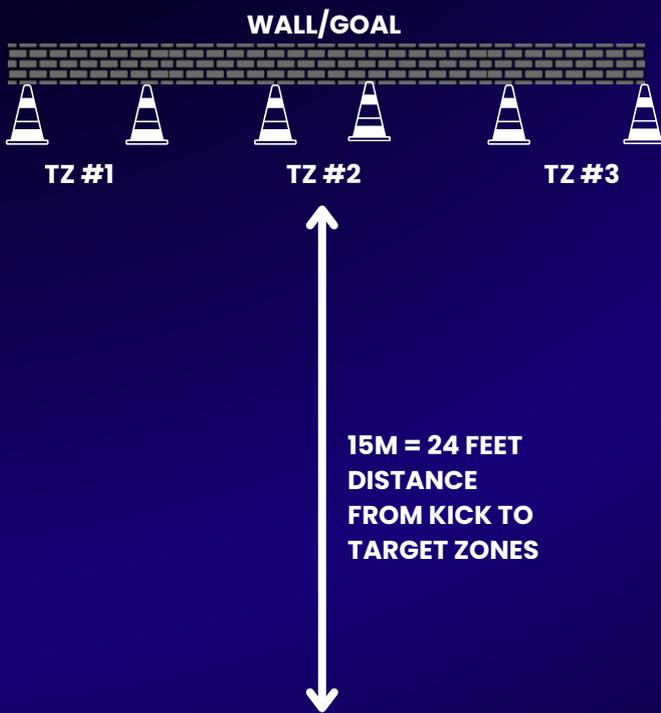
GAME/POSITION SPECIFIC TRAINING

LONG PASSING:

PRO GAME MOMENT

DRILL SETUP

COACHING POINTS



TECHNO-TACTICAL:

- **CREATE AN ANGLE FOR YOURSELF - EXACTLY AN ANGLE OF 30° - THIS WILL ALLOW YOU TO GET IT OUT OF YOUR FEET TO GET GOOD CONTACT**
- **LEAN BACK, ARM OUT FOR BALANCE AND CATCH THE UNDERSIDE OF THE BALL TO MAKE IT RISE - AS IT IS MOVING**
- **KEEP YOUR FOOT STIFF AND HAVE A GOOD FOLLOW THROUGH**
- **YOUR STANDING LEG IS THE POINT OF DIRECTION, WHERE IT IS AIMED, THE BALL WILL GO**
- **THINK OF REP AS CHALLENGE FOR TARGETS.**
- **SEE HOW MANY TARGETS YOU HIT IN THE REP COUNT**

SKILL FOR SWITCHING PLAY

- **DRIVEN PASS**
- **CURVED LONG PASS**

2 X 8 REPS: SF
2 X 10 REPS: WF

-2 MINS IN BETWEEN SETS
-2 MINS IN BETWEEN DRILLS



FATIGUED TECHNIQUE & COOL DOWN PHASE

| <u>PNR SCANS: PASS TO OUTSIDE TOUCH</u> | | <u>PRO GAME MOMENT</u> |
|--|--|---|
| DRILL SETUP | | COACHING POINTS |
| <p style="text-align: center;">WALL</p> <p style="text-align: center;">5 FEET</p> <p style="text-align: center;">16 FEET = 10M</p> | | <p><u>TACTICAL:</u></p> <ul style="list-style-type: none"> • FOCUS ON SCANNING & THEN RECEIVING PASS WITH OUTSIDE TOUCH TO SETUP NEXT ACTION <p><u>TECHNICAL:</u></p> <ul style="list-style-type: none"> • FIRM PASS • HEAD UP - LOOKING FOR OPTIONS • OPEN BODY SHAPE ON RECEIVE ON INSIDE • FIRST TOUCH SETS UP NEXT ACTION <p>REP CHALLENGE: GET AS MANY REPS AS POSSIBLE IN 2 MINS</p> |
| 1 SET OF 2 MINS WORK | <p>-30 SEC REST IN BETWEEN VARIATIONS</p> <p>-1 MINS IN BETWEEN DRILLS</p> | <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; background-color: white;">IN</div> <div style="border: 1px solid black; padding: 5px; background-color: green;">1</div> <div style="border: 2px solid red; padding: 5px; background-color: green;">2</div> <div style="border: 1px solid black; padding: 5px; background-color: gray;">3</div> <div style="border: 1px solid black; padding: 5px; background-color: gray;">4</div> <div style="border: 1px solid black; padding: 5px; background-color: gray;">5</div> </div> |

| <u>STATIC STRETCHES</u> | |
|--|---|
| LENGTHEN MUSCLES TO RELIEVE MUSCULAR TENSION BUT ALSO PROMOTE FLEXIBILITY | |
| <u>1 SET OF 15 SEC FOR EACH STRETCH</u> | -QUICK CHANGES IN BETWEEN VARIATIONS |

- KEYS -

| NO | KEYS | TERM |
|----|------|--------------------------------|
| 1 | S | SECONDS |
| 2 | " | TIME FOR RECOVERY (IN MINUTES) |
| 3 | DL | DOUBLE LEG |
| 4 | SL | SINGLE LEG |
| 5 | SF | STRONG FOOT |
| 6 | WF | WEAK FOOT |
| 7 | ET | EACH TECHNIQUE |
| 8 | EV | EACH VARIATION |
| 9 | EE | EACH EXERCISE |
| 10 | ES | EACH SIDE |
| 11 | RI | RIGHT |
| 12 | LE | LEFT |
| 13 | BO | BOTH |
| 14 | SA | SINGLE ARM |
| 15 | BA | BOTH ARMS |

- KEYS -

| NO | KEYS | TERM |
|----|------|-----------------------------------|
| 16 | R | RECOVERY |
| 17 | EV | EACH VARIATION |
| 18 | SAQ | SPEED, AGILITY , QUICKNESS |
| 19 | P | POWER |
| 20 | BCA | BALANCE, COORDINATION, AGILITY |
| 21 | BW | BODYWEIGHT |
| 22 | DIST | DISTANCE |
| 23 | M | METRE |
| 24 | F | FEET |
| 25 | KG | KILOGRAM |
| 26 | ISO | ISOMETRIC |
| 27 | ECC | ECCENTRICS |
| 28 | BO | BOTH |

CONCLUSION



CONCLUSION:

WITH THIS EBOOK AS YOUR COMPANION, I EXPECT YOU TO EXCEL AND BRING EXCELLENCE TO YOUR GAME.

YOU'VE INVESTED IN THIS EBOOK TO TRANSFORM YOUR GAME.

READING IS NOT ENOUGH THOUGH YOU HAVE TO APPLY WHAT HAS BEEN GIVEN.

ACTION IS THE MOST POWERFUL THING YOU CAN DO TO ACHIEVE YOUR DREAMS AND GOALS. WITHOUT IT, NOTHING WILL CHANGE.

THE KNOWLEDGE GIVEN IS READY FOR APPLICATION IF YOU WANT TO TAKE IT FURTHER AND GET EVEN MORE VALUE & A BETTER EDGE OVER THE OPPOSITION SIGN UP FOR ONLINE COACHING TODAY EMAIL ALLYPROPERFORMANCE@GMAIL.COM AND WE'LL GET BACK TO YOU.

**THIS BOOK HAS GIVEN YOU ALL THE TOOLS.
ALL THE INFORMATION.
ALL YOU NEED TO DO NOW, IS APPLY IT.**

**GET READY TO TRANSFORM YOUR GAME.
GET INTO THE FIRST TEAM.
SMASH IT AT THAT TRIAL.
GET THAT CONTRACT.
GET READY TO ACHIEVE YOUR DREAMS.**

CONNECT WITH

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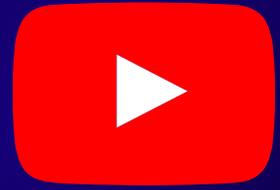
INSTAGRAM



X



TIKTOK



YOUTUBE



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WHATSAPP



TELEGRAM

ABOUT THE AUTHOR:

**MY NAME IS TAARIQ ALLY.
GROWING UP IN DUNDEE, KWA-ZULU
NATAL AND LATER MOVING TO THE
COASTAL CITY OF DURBAN .
THIS IS WHERE MY REAL FOOTBALL
EDUCATION BEGAN.**

**A COACH AT AGE 21,
PERSONAL TRAINER CERTIFICATION AT 22,
CAF D LICENSE AND SOCCERTECH
INTERNSHIP AT 23.
I SPENT YEARS LOOKING TO BUILD MYSELF
AS A PROFESSIONAL FOOTBALLER.**

**I RESEARCHED AND STUDIED THE BEST
METHODS OF TRAINING, NUTRITION,
MENTALITY - EVERYTHING.
I SPENT YEARS OF MY LIFE LOOKING FOR
THAT PRO CONTRACT AND IN THE END
LIFE PUT ME WHERE I NEEDED TO BE -
DEVELOPING FOOTBALLERS TO THEIR FULL
POTENTIAL.**

**THIS IS MY WAY OF GUIDING
FOOTBALLERS AND GIVING THEM THE
POWER TO ACHIEVE THEIR DREAMS, IN
FOOTBALL AND LIFE.**





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