

WARM UP

6 - 14 Minutes

Incorporate bounding, carioca, skater jumps, and low squat-like movements (such as side shuffles) into the warm-up to prepare for the high number of directional changes, rotary actions, lunges, and planting movements involved in skill work. This ensures activation of key muscle groups and enhances movement efficiency.

JUGGLING

6 - 10 Minutes

MENU OF CHALLENGES

1. **Overheads** – [Video Example](#)
2. **Tennis Ball Pick-Up** – [Video Example](#)
3. **Most Juggles in 30 Seconds** – Track your highest count.
4. **Dual-Task Juggling** – Tap a stationary ball on the ground with the sole of your foot while juggling another ball – [Video Example](#)
5. **Switch & Catch** – Every 5 juggles, bounce in a new ball and catch the one you were using – [Video Example](#)
6. **Sit-Stand Juggling** – Every 5 juggles, sit down and stand up while keeping the ball in the air – [Video Example](#)
7. **Ascending & Descending** – Juggle from 1 to 10 touches and back down, alternating feet.
8. **Maradona 7** – Perform the classic Maradona 7 juggling sequence (foot-foot-knee-knee-shoulder-shoulder-head).

SKILL WORK

24 - 60 Minutes

To increase ball possession and the number of successful forward passes, we encourage players to be brave with their first few touches, aiming to 'outplay' their direct opponent. At the same time, they must have an automatic skillset to recover when their bravery is met with excellent defending.

Deception, acceleration, deceleration, and technical form-efficiency establish the foundation of excellence in skill execution.

PART 1 - "THE SUPER 7" CORE SKILLS

Super 7 Series

1. Romario
2. Cruyff Turn
3. V Behind
4. V In Front
5. U Turn
6. Zidane's Roulette / Maradona
7. Double Scissors

 Video Example: [Watch Here](#)

Training Guidelines

- Begin by linking two to three skills together, focusing on covering as much distance as possible while exaggerating movements.
- Use cones as markers for target points or incorporate a passive opponent who mirrors your changes of direction.

Ways to Practice

1. **Directional** – Set up obstacles, flat discs, or 'gates' to emphasize movement and spacing.
2. **Random Order** – Perform skills in any sequence to improve adaptability.
3. **Against a Passive Defender** – Have a defender apply light pressure without attempting to win the ball.
4. **Both Feet** – Execute each skill using both dominant and non-dominant feet.
5. **To a Finish** – Add a pass, cross, or shot after each sequence to simulate match situations.


PART 2 - "RECEIVING & ESCAPING 1 & 2"

Receiving & Escaping Series

Key Emphasis:

- Use the correct foot at every moment of receiving and escaping.
- Maintain awareness of the defender's position to understand the 'why' behind each movement.

Back Foot Receiving + Iniesta's 360

- **Setup:** Use a passing partner, wall, or rebounder.
 - **Objective:** Receive on the back foot to take space and attempt to outplay your direct opponent, then use an Iniesta 360 to escape pressure.
-  Video Example: [Watch Here](#)

Kroos Receiving + Xavi 360

- **Setup:** Use a passing partner, wall, or rebounder.
- **Objective:** Control the ball like Kroos, trying to outplay your direct opponent with your first few touches, then use a Xavi 360 to shift away from pressure.

 Video Example: [Watch Here](#)

Training Mentality

- Be as brave as possible when receiving, attempting to beat your direct opponent immediately.
- If the first action is unsuccessful, use a 'fail-safety' skill to recover and maintain possession.

WARM UP

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SKILL WORK

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PART 1 - THE V SERIES

The V Series

1. V-In front right (single foot)
2. V-behind right (single foot)
3. Deep V from the left foot to instep of the right foot (both feet)
4. V-In front left (single foot)
5. V-behind left (single foot)
6. Deep V from the right foot to instep of the left foot (both feet)

 Video Example of V-in front standards: [Watch Here](#)

Training Guidelines

1. **Master the Basics**
 - Start by practicing each V-move in isolation, focusing on technical execution and correct form.
2. **Bait & Escape Concept**
 - For V-In Front and V-Behind to Deep V, emphasize the bait-and-escape idea:
 - Slow to fast – Use a controlled, deceptive setup before accelerating into the escape.
 - Both feet – Ensure proficiency on both sides for adaptability.

Ways to Practice

1. **Directional** – Set up obstacles, flat discs, or 'gates' to emphasize movement and spacing.
2. **Random Order** – Perform skills in any sequence to improve adaptability.
3. **Against a Passive Defender** – Have a defender apply light pressure without attempting to win the ball.
4. **Both Feet** – Execute each skill using both dominant and non-dominant feet.
5. **To a Finish** – Add a pass, cross, or shot after each sequence to simulate match situations.

 Variations in action — Brazilian Ronaldo: [Watch Here](#)


PART 2 - "RECEIVING & ESCAPING 3 & 4"

Receiving & Escaping Series


Key Emphasis:

- Use the correct foot at every moment of receiving and escaping.
- Maintain awareness of the defender's position to understand the 'why' behind each movement.

Zidane-V Under-Cruyff

- **Setup:** Use a passing partner, wall, or rebounder.
 - **Objective:** Receive with the outside of your foot and attempt to outplay your direct opponent, then use a **Zidane** to escape pressure, then a **Deep V** to escape pressure and lastly a **Cruyff** to turn away from pressure
-  Video Example: [Watch Here](#)

Xabi Alonso + Cruyff

- **Setup:** Use a passing partner, wall, or rebounder.
 - **Objective:** Control the ball like **Xabi Alonso**, looking to receive the ball from one side and switch to the other, then use a **Cruyff** to shift away from pressure.
-  Video Example: [Watch Here](#)

Training Mentality

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PART 1 - THE BUSQUETS SERIES

The Busquets Series

1. V-In front right (single foot)
2. Cruyff Turn right
3. U Turn right foot
4. Zidane's Roulette (left-right)
5. V-in front (both feet: left-right)
6. Pull-back snap (left-left)
7. V-Behind (right)

 Video Example: [Watch Here](#)

 Details in the Cruyff - plant foot detail and rotary details: [Watch Here](#)

 Details in the Pull-back snap - [Watch Here](#)

Training Guidelines

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Ways to Practice

1. **Directional** – Set up obstacles, flat discs, or 'gates' to emphasize movement and spacing.
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4. **Both Feet** – Execute each skill using both dominant and non-dominant feet.
5. **To a Finish** – Add a pass, cross, or shot after each sequence to simulate match situations.

PART 2 - "RECEIVING & ESCAPING 5 & 6"

Receiving & Escaping Series

Key Emphasis:

- Use the correct foot at every moment of receiving and escaping.
- Maintain awareness of the defender's position to understand the 'why' behind each movement.

Near-foot Take, V-behind, V-in front and Outside Cut

- **Setup: Use a passing partner, wall, or rebounder.**
- Objective: Receive with the near-foot to inject pace and attempt to outplay your direct opponent, then use a **V-behind** to turn away from pressure, then a **V-behind** to escape pressure and lastly an **Outside Cut** to turn away from pressure

 Video Example: [Watch Here](#)

Outside spin + Outside Cut

- **Setup: Use a passing partner, wall, or rebounder.**
- **Objective:** Inject speed with your first touch using an **Outside spin turn**, then use an **Outside Cut** to shift away from pressure.

 Video Example: [Watch Here](#)

Training Mentality

- Be as brave as possible when receiving, attempting to beat your direct opponent immediately.
- If the first action is unsuccessful, use a 'fail-safety' skill to recover and maintain possession.

WARM UP

6 - 14 Minutes

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JUGGLING

6 - 10 Minutes

MENU OF CHALLENGES

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SKILL WORK

24 - 60 Minutes

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PART 1 - DF ON SIDE SERIES 1, 2 & 3

DF On The Side Series 1-3

1. Receive with **outside of right foot (safe side)**, **V behind turn** to get forward facing on your left foot, **Deep V Left-Right** to beat the player on your right, **stop turn** with your right sole to protect the ball and play back
 Video Example: [Watch Here](#)
2. Receive with **outside of right foot (safe side)**, **Deep V right/left turn** beating player and **outside hook left** to protect the ball and play back
 Video Example: [Watch Here](#)
3. Receive with **outside of right foot (safe side)**, create separation into a **Cruyff** with your right to get forward facing on your left foot, **Iniesta's Croqueta** (dragging from right to left) to beat direct opponent that over shifted to defend the Cruyff
 Video Example: [Watch Here](#)

Training Guidelines

- Ensure you understand the concepts of 'side on' and 'safe side' in relation to a defender marking you
- Use of double movements or the 'bump' (using your glutes or arms) to create separation and get side on


PART 2 - "RECEIVING & ESCAPING 1 & 2" REVISIT

Receiving & Escaping Series


Key Emphasis:

- Use the correct foot at every moment of receiving and escaping.
- Maintain awareness of the defender's position to understand the 'why' behind each movement.

Back Foot Receiving + Iniesta's 360

- **Setup:** Use a passing partner, wall, or rebounder.
- **Objective:** Receive on the back foot to take space and attempt to outplay your direct opponent, then use an Iniesta 360 to escape pressure.
 Video Example: [Watch Here](#)

Kroos Receiving + Xavi 360

- **Setup:** Use a passing partner, wall, or rebounder.
- **Objective:** Control the ball like Kroos, trying to outplay your direct opponent with your first few touches, then use a Xavi 360 to shift away from pressure.
 Video Example: [Watch Here](#)

Training Mentality

- Be as brave as possible when receiving, attempting to beat your direct opponent immediately.
- If the first action is unsuccessful, use a 'fail-safety' skill to recover and maintain possession.

WARM UP

6 - 14 Minutes

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6 - 10 Minutes

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SKILL WORK




24 - 60 Minutes

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PART 1 - DF ON SIDE SERIES 4, 5 & 6

DF On The Side Series 4-6

4. Receive with **outside of right foot (safe side)**, **Sole Face Up Turn** to get forward facing on your right foot, **Iniesta La Croqueta** to beat the player to your left, **stop turn / outside hook** with your left sole to protect the ball and play back
 Video Example: [Watch Here](#)
5. Receive with **outside of right foot (safe side)**, **De Jong body feint** (fake step over) and take with the outside of your right and **stop turn** (left) and face up your opponent
 Video Example: [Watch Here](#)
6. Receive with **outside of right foot (safe side)**, **De Jong body feint** (fake step over) into second body feint (fake scissor) and then take with the instep of your right foot into a **Deep V Under** escape (right foot to left foot)
 Video Example: [Watch Here](#)

Training Guidelines

- Ensure you understand the concepts of 'side on' and 'safe side' in relation to a defender marking you
- Use of double movements or the 'bump' (using your glutes or arms) to create separation and get side on


PART 2 - "RECEIVING & ESCAPING 3 & 4" REVISIT

Receiving & Escaping Series


Key Emphasis:

- Use the correct foot at every moment of receiving and escaping.
- Maintain awareness of the defender's position to understand the 'why' behind each movement.

Zidane-V Under-Cruyff

- **Setup:** Use a passing partner, wall, or rebounder.
- **Objective:** Receive with the outside of your foot and attempt to outplay your direct opponent, then use a **Zidane** to escape pressure, then a **Deep V** to escape pressure and lastly a **Cruyff** to turn away from pressure
 Video Example: [Watch Here](#)

Xabi Alonso + Cruyff

- **Setup:** Use a passing partner, wall, or rebounder.
- **Objective:** Control the ball like **Xabi Alonso**, looking to receive the ball from one side and switch to the other, then use a **Cruyff** to shift away from pressure.
 Video Example: [Watch Here](#)

Training Mentality

- Be as brave as possible when receiving, attempting to beat your direct opponent immediately.
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WARM UP

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PART 1 - TWO CONE SKILL SERIES 1 & 2

Two Cone Series 1 & 2

1. Busquets & Cruyff

 Video Example: [Watch Here](#)

2. Zidane & U Turn

 Video Example: [Watch Here](#)

Training Guidelines

- Follow set up instructions and try to be mindful of the size of space you are covering with skills
- Ensure no extra touches are being taken and follow the video examples exactly
- Aim to inject as much power into the skill series for a period of 20 seconds maximum before resting

PART 2 - "RECEIVING & ESCAPING 5 & 6" REVISIT

Receiving & Escaping Series

Key Emphasis:

- Use the correct foot at every moment of receiving and escaping.
- Maintain awareness of the defender's position to understand the 'why' behind each movement.

Near-foot Take, V-behind, V-in front and Outside Cut

- **Setup:** Use a passing partner, wall, or rebounder.
- **Objective:** Receive with the near-foot to inject pace and attempt to outplay your direct opponent, then use a **V-behind** to turn away from pressure, then a **V-behind** to escape pressure and lastly an **Outside Cut** to turn away from pressure

 Video Example: [Watch Here](#)

Outside spin + Outside Cut

- **Setup:** Use a passing partner, wall, or rebounder.
- **Objective:** Inject speed with your first touch using an **Outside spin turn**, then use an **Outside Cut** to shift away from pressure.

 Video Example: [Watch Here](#)

Training Mentality

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PART 1 - TWO CONE SKILL SERIES 3 - INIESTA

Two Cone Series 1 & 2

3. Iniesta - Iniesta

 Video Example: [Watch Here](#)

 Alternative Practice Formats:

1. Iniesta to 'Cruyff-type' turn ([Watch Here](#))
2. One cone Iniesta turn ([Watch Here](#))
3. Two cone iniesta ([Watch Here](#))
4. Two cone dribble circuit 1 ([Watch Here](#))
5. Two cone dribble circuit 2 ([Watch Here](#))

Training Guidelines

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PART 2 - DF ON SIDE SERIES 1, 2 & 3 REVISIT

DF On The Side Series 1-3

1. Receive with **outside of right foot (safe side)**, **V behind turn** to get forward facing on your left foot, **Deep V Left-Right** to beat the player on your right, **stop turn** with your right sole to protect the ball and play back

 Video Example: [Watch Here](#)

2. Receive with **outside of right foot (safe side)**, **Deep V right/left turn** beating player and **outside hook left** to protect the ball and play back

 Video Example: [Watch Here](#)

3. Receive with **outside of right foot (safe side)**, create separation into a **Cruyff** with your right to get forward facing on your left foot, **Iniesta's Croqueta** (dragging from right to left) to beat direct opponent that over shifted to defend the Cruyff

 Video Example: [Watch Here](#)

Training Guidelines

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PART 1 - TWO CONE SKILL SERIES 4 & 5

Two Cone Series 1 & 2

4. Zidane & Outside foot cut

 Video Example: [Watch Here](#)

5. Step Over U Turn

 Video Example: [Watch Here](#)

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PART 2 - DF ON SIDE SERIES 4, 5 & 6 REVISIT

DF On The Side Series 4-6

4. Receive with **outside of right foot (safe side)**, **Sole Face Up Turn** to get forward facing on your right foot, **Iniesta La Croqueta** to beat the player to your left, **stop turn** with your left sole to protect the ball and play back

 Video Example: [Watch Here](#)

5. Receive with **outside of right foot (safe side)**, **De Jong body feint** (fake step over) and take with the outside of your right and **stop turn / outside hook** (left) and face up your opponent

 Video Example: [Watch Here](#)

6. Receive with **outside of right foot (safe side)**, **De Jong body feint** (fake step over) into second body feint (fake scissor) and then take with the instep of your right foot into a **Deep V Under** escape (right foot to left foot)

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To increase ball possession and the number of successful forward passes, we encourage players to be brave with their first few touches, aiming to 'outplay' their direct opponent. At the same time, they must have an automatic skillset to recover when their bravery is met with excellent defending.

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PART 1 - "THE SUPER 7" CORE SKILLS REVISIT

Super 7 Series

1. Romario
2. Cruyff Turn
3. V Behind
4. V In Front
5. U Turn
6. Zidane's Roulette / Maradona
7. Double Scissors

 Video Example: [Watch Here](#)

Training Guidelines

- Begin by linking two to three skills together, focusing on covering as much distance as possible while exaggerating movements.
- Use cones as markers for target points or incorporate a passive opponent who mirrors your changes of direction.

Ways to Practice

1. **Directional** – Set up obstacles, flat discs, or 'gates' to emphasize movement and spacing.
2. **Random Order** – Perform skills in any sequence to improve adaptability.
3. **Against a Passive Defender** – Have a defender apply light pressure without attempting to win the ball.
4. **Both Feet** – Execute each skill using both dominant and non-dominant feet.
5. **To a Finish** – Add a pass, cross, or shot after each sequence to simulate match situations.

PART 2 - NEYMAR SERIES

The Neymar Series

1. Roll-Cruyff
2. Body feint and turn
3. Pullback Snap
4. Roll Step Over

 Video Example: [Watch Here](#)

Training Guidelines

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- Use cones as markers for target points or incorporate a passive opponent who mirrors your changes of direction.

Ways to Practice

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