

SKILLSKOOLOCCER
8 WEEKS
TO BETTER SOCCER



We believe at Skill Skool Soccer, the key to great development lies with the individual player. Great training is continuous repetition of basic technical skills that are functional to the player and allow them the tools necessary to create the game they see in front of them. Skills in DRIBBLING, RECEIVING, MOVES, TURNS, PASSING, SHOOTING are basic fundamentals that will be covered in the class.

'10,000 HOURS TO ACHIEVE MASTERY IN CHOSEN ACTIVITY.'
~MALCOM GLADWELL

The younger player will always enjoy the excitement and competition of the game. The goal at Skill Skool Soccer is to empower the player with training that can be used in a competitive format using a 'practice to test' mentality . Using a quantitative approach to make the practice more competitive and challenging to the individual player. There are no shortcuts. Performance is a direct statistical relationship between hours of practice and achievement. The elite player does not just work harder than everybody else. Their desire it. This takes them to that next level. Parents can be supportive and some will give the initial push but rarely will a parent take that child to the next level. At some point the elite soccer player falls in love with practice to the point where they want to do little else.

'IF YOU DO NOT BELIEVE YOU CAN DO IT THEN YOU HAVE NO CHANCE AT ALL.'
~ARSENE WENGER

Skill Skool Soccer recognizes the role it plays in the players development. To support the curriculum in class we are providing the 8 week training program to help the player best support their training habits and compliment the activity in class.

I introduce to you
SKILL SKOOL SOCCER 8 WEEKS TO BETTER SOCCER.

This **8 WEEK GUIDE** has been written with one goal in mind: To make the **#SKILLSKOOLER** a better soccer player. This **8 WEEK GUIDE** will show you how you can make a marked improvement in your soccer skills in 8 weeks. All you need is the desire! This **GUIDE** contains all the information that you need to become a better soccer player in 8 weeks. Whether you play club, travel, high school or college, this guide can make you a more confident soccer player. The only thing that I ask of you is to give it **110%**.

'THE HARDER YOU WORK THE HARDER IT IS TO SURRENDER.'
~**VINCE LOMBARDI**

Becoming a great soccer player is a long process, and don't get me wrong, it will be tough. This guide is merely meant to give you a starting point. The **8 WEEK GUIDE** focuses on what we at **SKILL SKOOL SOCCER** believe to be the most important base of all soccer training..... **GREAT TECHNIQUE**. Many programs out there guarantee a certain number of touches. At **SKILL SKOOL SOCCER** we use time as a determinant of training knowing that players of different abilities will have to spend varying amounts of time if given a specific skill or target of touches. We don't want to lose the younger player if the drill takes too long. At **SKILL SKOOL SOCCER** the time constraint will help create demands on touches and allow, in time for the player to touch the ball **1000s** of times in a practice session. All we ask from the **#SKILLSKOOLER** is the commitment! Top professional players or college players will practice for 2 hours a day on average. For the best, that's not enough. They stay around after practice and play with the ball on their own. The modern culture at **MANCHESTER UNITED** was influenced by **ERIC CANTONA** who took younger players after practice to work on his own game and improve their functional skills. Players like **DAVID BECKHAM** would spend hours after practice working on free kicks. Today it's a known fact that at **REAL MADRID** two players who spend more time on the practice field than any others are **CRISTIANO RONALDO** and **GARETH BALE**. Two of the greatest players to have played the game in the modern era are continuously looking for that competitive edge that extra training brings.

ITS TIME TO GET TO WORK. LETS GO!

SKILL SKOOL SOCCER 8 WEEKS TO BETTER SOCCER.

The 4 Pillars at SKILL SKOOL SOCCER to better soccer development will be split in to the following technical categories.



DRIBBLING - Run with the ball at your feet. Walk with the ball at your feet. In the house, outside the house. Vary the size and impact of the ball. Constant repetition will provide you, the #skillskooler, the touches that will allow you to keep better possession of the ball while moving.

'Master the ball. Take it everywhere.'

BALL CONTROL - Tactical soccer does not exist without the appropriate level of ball control. At Skill Skool Soccer we deem that this is the most important pillar within the game and all the drills are designed specifically with repetition in mind for better control of the ball.

'You control the ball. Don't let the ball control you.'



PASSING - An element of the game that individually gets forgotten in individual training. There is no greater exercise than passing a ball back and forth against a wall. The greatest players in the world have all used the wall in their initial stages of development and at Skill Skool Soccer it has become a main staple of our practice.

'Let the wall be your friend.'

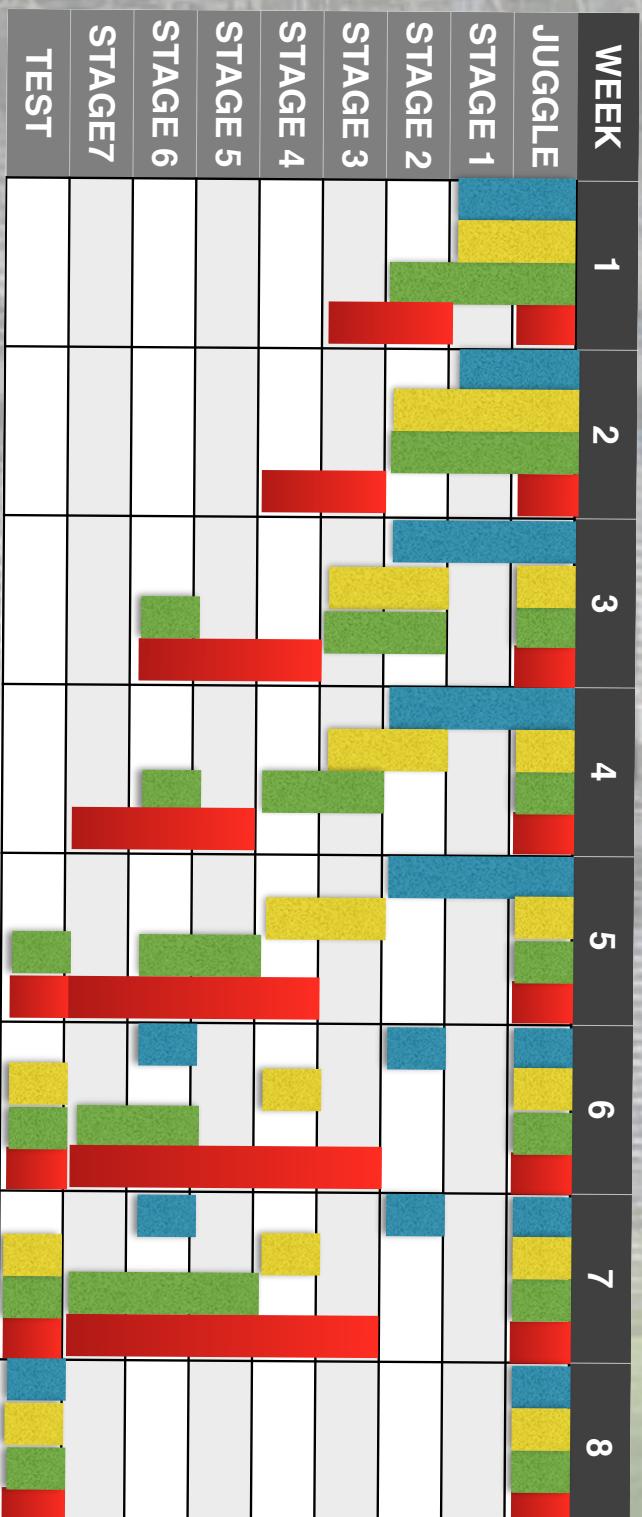


MOVES - The game is often broken down by individual moments of brilliant skill. At Skill Skool Soccer we encourage the players to work on their 1v1 moves, turns and changes of direction without the pressure of losing the ball. In many team environments we see the creativity sacrificed for the sake of passing a ball. With hard work you can become the creative influence on the game.

'Show us your moves.'



8 WEEK GUIDE - FIND YOUR LEVEL



9 TO 14 AND 8,9, 10 ELITE

11 TO 13 ELITE

14 TO 16 ELITE

HS/COLLEGE

STAGES

FOOTWORK - After finding your level, start working on your stages. Stages 1- 5 will require a space that will allow a 5yd by 5yd square for you to work in. You will need a soccer ball, small ball and timing device to time your workouts. Start with 1 minute rest time and bring the rest time down to a minimum of 30 seconds once you feel comfortable with the exercises or can physically handle the reduced rest. Each player should be looking to work 30 minutes a day with the ball. Each training should start off with 5 minutes of juggling to warm up. Juggling ideas are shown in video.

'Lets Go!'

STAGE 1

1 MIN	STEP-UPS
1 MIN	PENDULEMS
1 MIN	PULL PUSH SAME FOOT
1 MIN	SIDE TO SIDE ROLL
1 MIN	INDSIDE OUTSIDE DRIBBLE
1 MIN	ROLLS
1 MIN	ROLL OUT PUSH IN
1 MIN	PULL TURN

STAGE 2

1 MIN	STEP UP TAP BACK
1 MIN	PENDULEMS THROUGH
1 MIN	PULL PUSH SWITCH
1 MIN	SIDE TO SIDE 3x SWITCH
1 MIN	SLIDE
1 MIN	MATTHEWS
1 MIN	PULL BACK BEHIND
1 MIN	CRUYFFS
1 MIN	SCISSORS
1 MIN	STEPOVERS

STAGE 3

1 MIN	U's
1 MIN	BRAZILIANS
1 MIN	PENDULEM ROLL
1 MIN	PENDULEM SLIDE
1 MIN	PENDULEM ROLL OUT PUSH IN
1 MIN	STOP AND GO
1 MIN	STOP SWIVEL GO
1 MIN	FLIP FLAP
1 MIN	RONALDO CHOP
1 MIN	FAKE CRUYFF

STAGE 4

1 MIN	BOXES 1 CONE
1 MIN	C of D Ls (PULL ACROSS)
1 MIN	C of D Vs
1 MIN	C of D PULL BACK OUTSIDE
1 MIN	C of D PULL BACK BEHIND
1 MIN	2 CONE PULL INSIDE PUSH (U)
1 MIN	2 CONE PULL OUTSIDE PUSH
1 MIN	2 CONE PULL BEHIND PUSH
1 MIN	2 CONE PULL SOLE OUTSIDE
1 MIN	2 CONE INSIDE OUTSIDE

STAGE 5

1 MIN	FIGURE 8 R	1 MIN	FIGURE 8 L
1 MIN	1v1 STEP AND GO	1 MIN	CONES INSIDE OUTSIDE
1 MIN	1v1 INSIDE OUTSIDE	1 MIN	ROLL PULL ACROSS
1 MIN	1v1 SCISSOR	1 MIN	INSIDE OUTSIDE CUT
1 MIN	1v1 STEPOVER	1 MIN	PUSH STOP CHANGE
1 MIN	1v1 DOUBLE STEP	1 MIN	SLIDE

PASSING - Stage 6 and 7 will require a space of 5yds by 5yds and a wall to pass the ball back and forth. You will need a ball that is properly inflated and a timing device. You should allow 1 minute between exercise to rest and bring this time down to 30 seconds once comfortable.

'Lets Go!'

STAGE 6

1 MIN	1 TOUCH INSIDE PASS
1 MIN	1 TOUCH LACES PASS
1 MIN	1 TOUCH BOTH FEET
1 MIN	2 TOUCH PASS
1 MIN	PENDULEM PASS
1 MIN	2 TOUCH OUTSIDE PASS
1 MIN	STEP UP PASS
1 MIN	ROLL PASS
1 MIN	INSIDE OUTSIDE CUT PASS
1 MIN	LACES INSIDE

STAGE 7

1 MIN	HOP PASS
1 MIN	BOUNCING BALL PASS
1 MIN	JUGGLE PASS
1 MIN	INSIDE VOLLEY PASS
1 MIN	PASS 2 TOUCH (CONE)
1 MIN	STEP UPS PASS (CONE)
1 MIN	MATTHEWS PASS (CONE)
1 MIN	PULL BACK BEHIND PASS (CONE)
1 MIN	5 YARD PASS
1 MIN	FWD BACK PASS

TEST - The 8 week program provides 20 drills to be completed against time. Practice these exercises as much as possible and then challenge yourself to complete as many touches, juggles, laps, moves, passes, change of direction as you can. Document your progress and raise your level. Each test is diagramed. Make sure each exercise is performed with consistent space and time to accurately analyze progress.

TEST		
30 SECONDS	DRIBBLE	FIGURE 8 RIGHT
30 SECONDS		FIGURE 8 LEFT
30 SECONDS		FIGURE 8 BOTH FEET
30 SECONDS		MULTI CONE
30 SECONDS	TURN	CRUYFF
30 SECONDS		SOLE
30 SECONDS	MOVES	STEP OVER
30 SECONDS		SCISSOR
30 SECONDS		MATTHEWS
30 SECONDS	CHANGE OF DIRECTION	L
30 SECONDS	PASS	1 TOUCH R 2.5YD
30 SECONDS		1 TOUCH L 2.5YD
30 SECONDS		2 TOUCH 5YD
30 SECONDS		2 TOUCH CONE 2.5YD
1 MIN	JUGGLE	TENNIS BALL
1 MIN		SIZE 1
1 MIN		REG ALTERNATE FEET
1 MIN		WEAK FOOT ONLY
1 MIN		2 RIGHT 2 LEFT
1 MIN		JUGGLE LADDER

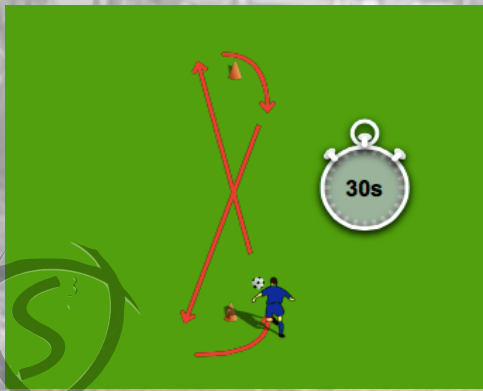
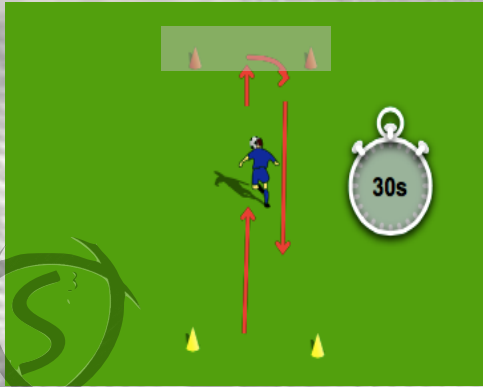


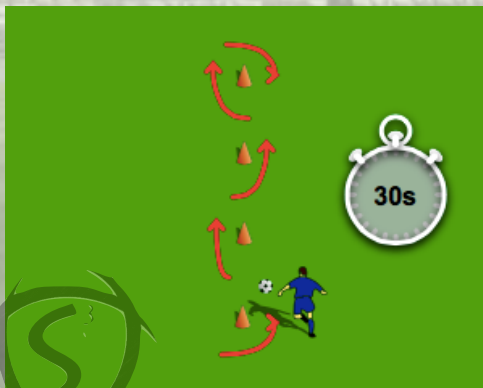
FIGURE 8s - 2 cones 5 yards apart. 30 seconds. Dribble the ball around the cones in a figure 8. Each completed lap is counted as 1 point and at the end a total number of points should be recorded. Partial laps can be recorded as 1/2. Must use designated foot (feet) and restart if you do not go around the cone. **RECORD SCORE.**



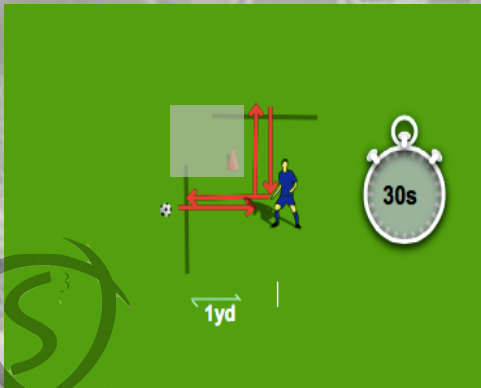
TURNS - Arrange cones 5 yards by 2 yards. 30 seconds. Dribble the ball and execute the turn in between the two cones. Player must execute the turn behind the line between the two cones (shaded area). Each completed turn is 1 point. If a turn is not completed behind the line, restart the test. **RECORD SCORE.**



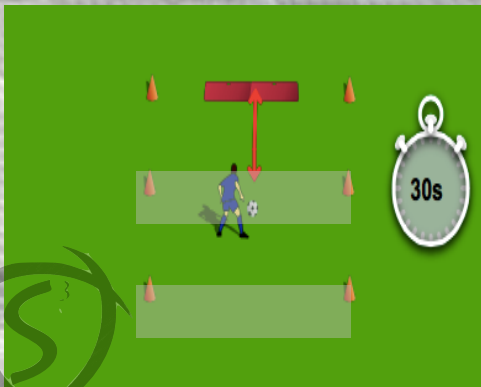
MOVES - 2 cones 5 yards apart. 2 cones in the middle 1 yard apart. 30 seconds. Dribble the ball in a figure 8 but execute a move to go through the two middle cones. After going around the end cone repeat coming back and execute the opposite way. Each completed move through the cone is 1 point. Restart if you do not go around the end cone. **RECORD SCORE.**



MULTI-CONE - 2 cones 5 yards apart. 2 cones in between equally spaced. 30 seconds. Dribble the ball in and out of the cones. Each completed lap is counted as 1 point and at the end a total number of points should be recorded. Partial laps can be recorded as 1/2. Must use designated foot (feet) and restart if you do not go around the end cones. **RECORD SCORE.**



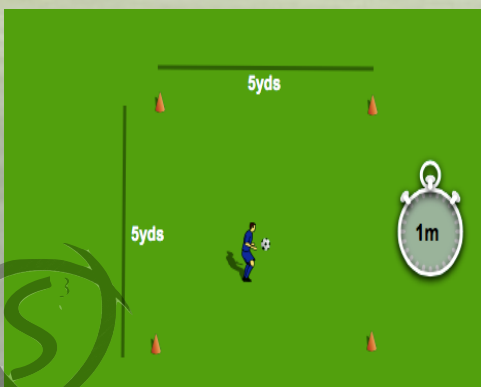
CHANGE OF DIRECTION- Taped lines used outside of a 1 yard by 1 yard box with a cone (to go around) just inside the right corner. Players move the ball from one line to the other within 30 seconds and 1 point is awarded for each successful change of direction drill. **RECORD SCORE.**



PASSING - An area 5 yards by 5 yards needed with 2 cones in between to provide a line at 2.5 yards away from a wall. 30 seconds. Player must pass the ball back and forth 1 touch. Each successful pass is awarded one point. Points are not given if the pass is executed in front of the line. For the two touch drill you will go back behind the 5 yard line and record the same way. **RECORD SCORE.**



PASSING 2 TOUCH CONE- An area 5 yards by 5 yards needed with 1 cone in between at 2.5 yards away from a wall. 30 seconds. Player must pass the ball back and forth taking the ball across their body with their first touch . Each successful touch and pass is awarded one point. **RECORD SCORE.**



JUGGLE - An area 5 yards by 5 yards. You must juggle the ball within the designated area. Only touches in the square count. Follow the sequence as set in the test and **RECORD YOUR HIGHEST SCORE.** The juggle ladder is a progression and your highest total should be recorded. Players juggle in to their hands and move up 1. If player fails you fall down the ladder. **Example: If your trying to get 10 and you fail. Your next attempt will be 9 and so on.**

*All juggling exercises are on the test video.

8 WEEK TO BETTER SOCCER WORKSHEET (BRING THIS WORKSHEET TO CLASS)

		WEEK							
STAGE	EXAMPLE	1	2	3	4	5	6	7	8
JUGGLE	HHH II								
1	HHH								
2	I								
3									
4									
5									
6									
7									
TEST	I								

