

THE ULTIMATE TRAINING PROGRAM
TO RAPIDLY IMPROVE YOUR GAME

BETTER SOCCER IN 30 DAYS



written by *Paul Spacey*

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INTRODUCTION

(Definitely worth reading)

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do." - Pele

Congratulations! You've made the bold step to take control of your own soccer development.

Your rate of improvement depends entirely upon your own effort; that means you do not need to rely on anyone else. Stop and think about that for just a minute. Your soccer future is in **your** hands.

However, it also means you have nobody else to blame but yourself if you do not improve. One thing is for sure, if you follow this program and put in the effort, you **WILL** improve your soccer skills considerably, that I can **GUARANTEE**.

This program doesn't contain any pointless photos to fill space or fancy design to make it look pretty; all of the information is relevant to your development as a soccer player and all I ask of you initially is to commit yourself to practice for at least 30 MINUTES PER DAY for 30 DAYS and you will see a noticeable improvement in your soccer skills.

Of course, I want you to continue beyond 30 days and your rate of improvement will speed even further, however the initial improvement you will see from 30 days of effort is what will inspire you to continue with the program.

Your EFFORT is ultimately what counts

You may have downloaded this program for yourself, for your child, for your team members or for a friend. It's really all about the effort **YOU** put in; coaches only play a small part in your development (although some like to pretend they play a big part), that's the truth of the situation. A coach can help you with technique but cannot do the actual work for you.

If you are dedicating at least 30 minutes every day to perfecting the skills in this program, you can be sure that you are going to improve at a much faster rate than most of the players around you.

If you play youth soccer, how many of your friends and opponents will be practicing every single day? Not many. If you are an adult playing recreational soccer, how many of your friends and opponents will be practicing for at least half an hour every day? None - unless they have this guide!

How can I become as good as the professionals?

Simple; put in *more time and more effort than everyone else*. There is no secret to becoming an expert at soccer (or anything for that matter); you need to put in time and effort. Lots of it.

One thing most people don't realise is that the players you hear about in the media every day (Messi, Ronaldo, even Beckham before he retired) are also the ones who stay behind to practice after their normal training finishes. Passing, ball control, first touch, dribbling, shooting, free kicks; they practice so much that it becomes literally automatic and they can do things perfectly every single time. *This is the training mentality you need to have if you want to improve quickly. Work hard, work harder and then work some more.*

Quick tip

If you are able to practice or even play in games with players who are better and older than you, it will push your limits and naturally accelerate your development. Growing up, I always played with teams who were two years older and it forced me to work harder to adapt to their level. I have absolutely no doubt that this helped speed my development.

About the Author

I'll keep it pretty short and sweet as this guide isn't really about me, it is about you!

My name is Paul Spacey and I come from a family of soccer players. My grandfather was a professional and my father was a semi-professional so I began playing the game at a young age (as soon as I could walk actually). I played every single day and got scouted to play for Stoke City (now in the English Premier League) as a teenager. I had a couple of injuries and ended up missing out on becoming a pro but I still enjoyed a successful 15 year semi-professional career at a very good level of soccer.

I stopped playing competitively in January 2013 (although I still play recreationally) before moving from England to California where I am now a Private Soccer Coach. I have been a qualified US Soccer and English FA Referee for 4 years so I have a fairly unique perspective on the game having been involved as a player, coach and referee (not too many people can say that!)

My goal is to give you the tools and advice you need to become the best soccer player you can possibly be. It is that simple. Think of me as your personal soccer coach for the next 30 days...and beyond.

Donations – My program is FREE to download. To make a donation, [click here to donate](#).

I would wish you luck but it's not really about luck. It is about hard work.

What are you waiting for? Let's get started!

Paul

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(Feel free to message me anytime on Twitter if you need help or advice)

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HOW THIS PROGRAM WORKS

"Every day I wake up and commit myself to becoming a better player." - Mia Hamm

1. Read the program content from start to finish; it will take less than half an hour of your time and you will pick up lots of good tips and advice before you get to work.
2. Use the video links to watch each skill on my YouTube channel.
3. Follow the exact skills listed in the 30-day program or if you are more advanced, choose which skills you want to work on for any particular day.
4. Start practicing.

Videos

You will find all 17 skills videos on my YouTube channel below:

<http://www.youtube.com/user/PaulJSpacey>

They are tried and tested skills; targeted specifically to **improve your game in the shortest possible time**. I haven't just guessed which skills might work; I've put together skills based on my experiences and taken advice from many friends (who are full-time professional players) to establish the best possible set of skills for you to work on.

There is no need for lots of fancy tricks or hundreds of drills and videos. The key is to master the basics; not just be able to do the basics well, but be able to do them perfectly.

Professionals didn't spend much time doing fancy tricks and crazy moves as they were growing up; they worked hard at mastering the basics of the game. *Did you ever see David Beckham do a fancy trick or move during a game?* No, because he epitomised hard work and dedication to his craft, honing his right foot to absolute perfection so that he became one of the best passers and free kick takers in the world.

You might be a midfielder and want to improve your close ball control, first touch and passing skills. You may be a striker and want to improve your dribbling and 1v1 moves. Whatever your goal, this program will help you.

What equipment do I need?

1. **A ball** (of course) – make sure it is the correct size for your age group.
2. **Cones/markers** - you can buy them online for around \$10 from Amazon, just search for 'soccer marker cones'. If you don't want to buy them, you can use empty tins or even old t-shirts or towels in their place.
3. **A wall** or surface to kick the ball against so it rebounds – almost everyone will have access to a wall either in their yard at home or at a local park/field. You can actually buy rebound walls and kickboards online relatively inexpensively if you really don't have access to one.

Some of the drills may work better with a helper (parent, friend or team mate) although you can always use a wall or any rebound surface as your 'helper'.

EXAMPLE 30 MINUTE PRACTICE SESSION

I recommend that you follow the 30-day program for best results. However, if you are already a more advanced player, you may choose whichever skills you like, depending on which areas of your game you wish to improve.

You should focus on just a couple of skills each day. I have put together a sample practice session lasting approximately 30 minutes below.

When using a wall or rebound surface, start around 5 meters away from it. The closer you go, the easier it is to pass but the quicker you have to react to control. The further away you go, the harder you have to work to pass but you have more time to react and control the ball.

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

1. PASSING: Inside of the foot (sidefoot)

Use wall or rebound surface
25 passes (minimum) with each foot

2. BALL CONTROL GROUND: Inside of the foot

Use wall or rebound surface
25 times (minimum) with each foot

3. JUGGLING: Feet, thighs and head

Use all areas of the body, both feet and both thighs
10 minutes of timed juggling

Don't just get to the end of your 30 minute session and give up there. Keep going; put in as much time as your schedule will allow and you will see huge improvements.

BALL CONTROL

Ball control is one of the most important aspects of your game and I advise you to spend a large chunk of your time focusing on your ball control skills.

If you can master your first touch, you can be comfortable and confident knowing that you are able to control any ball, ground or aerial, no matter how hard it comes at you.

Player to watch for ball control tips – *Zlatan Ibrahimovic* (Paris Saint Germain)

Please see the ball control drills below and use the video links to view them online before you practice:

BALL CONTROL GROUND: Inside of the foot (known as sidefoot)

Video Link: <http://youtu.be/YQkimZ9Dj1c>

Requirements: Wall, rebound surface or helper

Number of touches: 25 with both your left and right foot

Coaching

- Pass the ball against a wall or rebound surface (or have a helper pass to you)
 - Control using the inside of your foot; ensure it is facing the middle of the ball
 - Cushion the ball by pulling your foot back just as the ball makes contact
-

BALL CONTROL GROUND: Sole of the foot

Video Link: http://youtu.be/XB_2-UMGcbM

Requirements: Wall, rebound surface or helper

Number of touches: 25 with both your left and right foot

Coaching

- Pass the ball against a wall or rebound surface (or have a helper pass to you)
 - Control using the sole of your foot, stopping the ball just in front of the foot
 - Do not 'stomp' down on the ball; apply gentle pressure with the toe pointed up
-

BALL CONTROL AERIAL: Inside of the foot (known as sidefoot)

Video Link: <http://youtu.be/xH-3N0AjZCo>

Requirements: Space to throw or kick the ball high in the air

Number of touches: 20 with both your left and right foot

Coaching

- Throw or kick the ball into the air, around 10-15 feet to test yourself
- Control using the inside of your foot
- Cushion ball by raising your foot and then lowering it just as the ball makes contact

BALL CONTROL AERIAL: Sole of the foot

Video Link: <http://youtu.be/gNoIEqJgTaA>

Requirements: Space to throw or kick the ball high in the air

Number of touches: 20 with both your left and right foot

Coaching

- Throw or kick the ball into the air, around 10-15 feet to test yourself
- Control using the sole of your foot
- Do not 'stomp' on the ball but time your control to meet the ball with the middle and front of your sole as it makes contact with the ground

BALL CONTROL AERIAL: Laces

Video Link: <http://youtu.be/OeVsuu1w25Y>

Requirements: Space to throw or kick the ball high in the air

Number of touches: 20 with both your left and right foot

Coaching

- Throw or kick the ball into the air, around 10-15 feet to test yourself
 - Control using your laces
 - Cushion the ball by raising your foot off the ground and then lowering it just as the ball makes contact with the middle of the laces
-

PASSING

Passing is a crucial skill for any soccer player and it is something you need to master. Good passing leads to increased possession, giving your team more chances to score and limiting the other teams' chances to score.

Regular practice will help you to improve your passing ability and as you develop using both feet, your coaches, team mates and friends will notice the improvement in your game.

Player to watch for passing tips - *Xavi* (FC Barcelona)

Please see the passing drills below and use the video links to view them online before you practice:

PASSING: Inside of the foot (known as sidefoot)

Video Link: <http://youtu.be/SyjPXhddd4M>

Requirements: Wall, rebound surface or helper

Number of touches: 25 with both your left and right foot

Coaching

- Pass the ball against a wall or rebound surface (or pass to a helper)
- Keep your foot and ankle locked to maintain a straight pass, use inside of foot
- Contact the center of the ball and perform a short, smooth follow through
- See video link above for proper technique

PASSING: Laces

Video Link: <http://youtu.be/CxJsxx7EgP4>

Requirements: Wall, rebound surface or helper

Number of touches: 25 with both your left and right foot

Coaching

- Pass the ball against a wall or rebound surface (or pass to a helper)
 - Keep your knee over the ball and connect in the middle of your laces (the hard bony part of your foot) to keep the ball low and 'driven'
 - Toes should be pointed downwards toward the ground, follow through is smooth
 - See video link above for proper technique.
-

DRIBBLING

Dribbling is an essential part of playing soccer and a key skill that you should strive to perfect. Good dribbling skill allows you to keep control of the ball to go past opponents and advance further forward without losing possession.

Regular practice will help you to improve your dribbling ability and as you develop using both feet you will be able to dribble quickly without even looking at the ball, allowing you to look up for an open pass or shot on goal.

Player to watch for dribbling tips - *Lionel Messi* (FC Barcelona)

Please see the dribbling drills below and use the video links to view them online before you practice:

DRIBBLING: Cones zigzag (2 feet apart)

Video Link: <http://youtu.be/N9JPJBDMsG8>

Requirements: 8 Cones (or t-shirts, towels, tins)

Number of touches: 10 runs with both your left and right foot

Coaching

- Cones spaced 2 feet apart in a straight line
- Dribble in a zigzag between the cones using the inside and outside of your right foot
- Keep the ball very close to your feet and take lots of touches
- See video link above for proper technique

DRIBBLING: Cones diagonal (4 feet apart)

Video Link: <http://youtu.be/hX4HMjRaMCY>

Requirements: 8 Cones (or t-shirts, towels, tins)

Number of touches: 10 runs with both your left and right foot

Coaching

- Cones spaced 4 feet apart on a diagonal so that they zigzag left and right
 - Dribble in a zigzag between the cones using the inside and outside of your right foot, pushing off each time you change direction
 - Keep the ball close to your feet
 - Start slowly and attempt to pick up speed between the cones, concentrating on your technique
 - See the video link above for proper technique
-

TURNS

Turning is an important skill to master as it will allow you to turn away from pressure and create space to pass, dribble or shoot.

Your turning ability will improve with regular practice and as you develop using both feet you will be able to turn effortlessly away from opponents and keep control of the ball before passing to a team mate or shooting. It is important to focus on the 'burst' of speed after you perform a turn as this is the action that allows you to create space.

Player to watch for turning tips - *Cristiano Ronaldo* (Real Madrid CF)

Please see the turning drills below and use the video links to view them online before you practice:

URNS: Inside cut

Video Link: http://youtu.be/Z_BAVnfX_y4

Requirements: Cones (optional to create a 15-20 yard distance)

Number of touches: 10 turns with both your left and right foot

Coaching

- Dribble towards one of the cones, (or just a focal point if you don't have cones)
 - Plant your standing foot (not too close to the ball) and cut the ball inside of your body back in the opposite direction using the inside of your foot, then burst away at speed
 - When you get back to the other cone, set yourself and repeat the process
 - See video link above for proper technique.
-

URNS: Outside cut (hook)

Video Link: http://youtu.be/S_s06OVz5yk

Requirements: Cones (optional to create a 15-20 yard distance)

Number of touches: 10 turns with both your left and right foot

Coaching

- Dribble towards one of the cones, (or just a focal point if you don't have cones)
 - Plant your standing foot (just past the ball) and hook the ball outside of your body back in the opposite direction using the outside of your foot, then burst away at speed
 - When you get back to the other cone, set yourself and repeat the process
 - See video link above for proper technique.
-

TURNS: Dragback (pullback)

Video Link: <http://youtu.be/k66Hvv4YJ1E>

Requirements: Cones (optional to create a 15-20 yard distance)

Number of touches: 10 turns with both your left and right foot

Coaching

- Dribble towards one of the cones, (or just a focal point if you don't have cones)
 - Plant your standing foot next to the ball and using the front part of the sole, drag the ball back in the opposite direction (turning your body sideways) then burst away at speed
 - When you get back to the other cone, set yourself and repeat the process
 - See the video link above for proper technique
-

1v1 MOVES

Beating an opponent 1v1 is a vital skill to have in your locker and believe it or not, the simplest moves are usually the most effective which is why I have included just two moves for you to practice and master. Providing you perform your 1v1 move with confidence, at speed and with acceleration immediately after, you will be able to beat almost any player.

You do not need to worry about complicated tricks and fancy fakes; top players use very simple 1v1 moves to beat their opponents. Your ability to beat a player 1v1 will improve with regular practice using both feet. It is vital that you use both feet so that you can move past your opponent either left or right. Again, it is important to focus on the 'burst' of speed after you perform a 1v1 move as this action takes you away from your opponent into space.

Player to watch for 1v1 tips – *Gareth Bale* (Real Madrid CF)

Please see the 1v1 drills below and use the video links to view online before you practice:

1v1 MOVES: Drop shoulder (also called feint)

Video Link: http://youtu.be/SBX_YsezsTc

Requirements: Helper (to act as defender) or cone (to create a static defender)

Number of touches: 10 moves with both your left and right foot

Coaching

- This is the simplest 1v1 move in soccer but also the most effective
 - Dribble towards the defender (or cone) at speed
 - A few yards from the defender, lean your shoulder and top part of your body quickly to the left, plant your left foot (outside of the ball) and push the ball to the right of the defender with the outside of your right foot and burst away at speed
 - After bursting away at speed, slow down, turn around and repeat the process
 - See video link above for proper technique
-

1v1 MOVES: Scissors (also called stepover)

Video Link: <http://youtu.be/eVYe9umVk2M>

Requirements: Helper (to act as defender) or cone (to create a static defender)

Number of touches: 10 moves with both your left and right foot

Coaching

- Dribble towards the defender (or cone) at a comfortable speed
- A few yards from the defender, move your left foot in a semi circle motion around inside of the ball so it plants down on the outside then push the ball to the right of the defender/cone with the outside of your right foot and burst away at speed
- After bursting away at speed, slow down, turn around and repeat the process
- See video link above for proper technique

JUGGLING

You don't juggle during a game so why do it during practice? It is a good question but the simple answer is that juggling helps you to develop a relationship with the ball and improves your control and co-ordination.

The good thing about juggling is that regular practice makes it inevitable that you will improve quickly. 1-3 is the first step to overcome, then 4-10 which is usually the most frustrating part so stick with it and don't give up! Once you can do 10+ then it becomes much easier and you will quickly improve towards 50+. You should practice with both feet, thighs, your chest, head and even shoulders occasionally.

Please see the juggling drill below and use the video link to view online before you practice:

JUGGLING: Using the feet, thighs, chest and head

Video Link: http://youtu.be/E_4DbYvi5AU

Requirements: None, just a ball

Number of touches: No set number of touches, 10 minutes of timed practice

Coaching

- Use every area of the body (except hands and arms) to keep the ball off the ground
- Use both feet (important) and do not develop just using your 'strong' foot
- Use thighs, chest and head, also shoulders occasionally once you are comfortable
- Experiment with low juggles (keep the ball just a few inches above your feet) and high juggles (ball goes above your head each time you touch it) to vary difficulty
- When your technique improves and you are comfortable juggling, begin trying to 'catch' the ball on your foot (use laces and turn the toes upward to hold the ball on your foot) and then flick it back up in the air to continue juggling
- See video link above for proper technique

SPECIAL MOVES

Although I want you to focus on perfecting the basics, I have included a small 'special moves' section with a couple of fancy tricks and skills, just for fun. Don't spend too much time on them but they are fun to play around with.

Fancy skills and tricks are fun for those games when your team is winning easily and you can try new things; aside from those times, fancy tricks and crazy skills won't get you very far in competitive soccer. Wait until you're a pro, then you can start working on the fancy stuff!

Player to watch for special moves and tricks – *Ronaldinho* (Atletico Mineiro)

SPECIAL TURN: Reverse Cruyff

Video Link: <http://youtu.be/tkfmGqNQqVA>

Requirements: Helper (to act as defender) or cone (to create a static defender)

Number of touches: 10 turns with both your left and right foot

Coaching

- Dribble towards the defender (or cone) relatively slowly or ask the defender to run alongside you as this move works well when a defender is running alongside you and attempting to tackle
 - Plant your non-kicking foot just past the ball and use the outside of your kicking foot to drag the ball back between your feet then burst away at speed
 - After bursting away at speed, slow down, turn around and repeat the process
 - See video link above for proper technique.
-

SPECIAL PASS/SHOT: Rabona

Video Link: <http://youtu.be/FIGYeEG1knQ>

Requirements: Helper to act as team mate (optional) or wall/rebound surface

Number of touches: 10 passes with both your left and right foot

Coaching

- The pass itself is not that difficult but generating enough power to make it an effective pass (or shot) takes practice and very good timing
 - Use a static ball to begin with (as you improve you can use a moving ball)
 - Plant non-kicking foot around 1 foot from the side of the ball with the outside of your foot facing the ball
 - Use laces of the kicking foot to contact by bringing the kicking foot around the back of the non-kicking leg
 - Keep non-kicking foot firmly planted throughout the pass/shot
 - See video link above for correct technique
-

ATTITUDE / MINDSET

Soccer is as much a mental sport as it is physical.

You need to have confidence in your own ability. If you work hard then you will improve and become better at performing all of the skills in this program; confidence comes when you are performing well but it also increases as a result of putting in time and effort.

During practice and on game-day, you need to go out with confidence and believe you are the best player on the field. Don't be arrogant, that is a different thing, just be confident as it plays a huge part in soccer. Be confident that you are going to improve quickly, be sure about it and motivate yourself to work hard and put in the effort required to make progress. The rewards will come, that I can guarantee.

Even professional players can go to pieces if their confidence is gone. Look at Fernando Torres after he signed for Chelsea from Liverpool for £50 million. He had a lot of pressure on his shoulders and really struggled to produce the goods; I remember watching a couple of games where he genuinely looked like a child playing with adults, he couldn't even control the ball, let alone score a goal! In 2011 he went almost five months without scoring and ended up with just 14 goals for the season.

However, top players invariably work things out and regain their confidence; indeed Torres improved in 2012 and doubled his previous years' tally by scoring 28 goals whilst this season he is looking sharp and more like the player he was at Liverpool. Clearly his confidence is back.

If you have some bad practice sessions or games when things don't go well for you, don't worry about it. Seriously, just forget it, immediately. Get your mind ready for the next practice or game and focus on putting things right by performing well.

Equally, if you have a very good game or practice session, don't go over the top with your celebrations or self-praise. Remember the things you did well, enjoy the feeling and then start preparing for the next practice or game.

Ultimately, you will get out of this program what you put into it. Therefore, if you dedicate yourself to a minimum of 30 minutes per day for 30 days, you can be sure that your game will improve noticeably. If you can practice for more than 30 minutes per day, it is inevitable that you will improve even further. If your goal is simply to be a better player, you will achieve that with 30 minutes per day of practice; if your goal is to become a professional, you will need to dedicate as many hours as possible, every day, to perfecting your skills.

Time to get started on the 30-day program...

30-DAY PROGRAM

"I don't believe skill was, or ever will be, the result of coaches. It is the result of a love affair between the child and the ball." – Roy Keane

The 30-day program has been designed specifically to address the skills and techniques which will bring about the most rapid improvements in your game.

It is an easy to follow, straight forward program which requires that you commit yourself for at least 30 MINUTES PER DAY. You want to become a better soccer player right? Then committing just half an hour a day is really not much to ask. As mentioned before, if you commit more than this, your improvements will be even greater but 30 minutes is the minimum required to see noticeable improvement after following the program.

You can print the 30-day program and just take the single page for each day with you when you go into your yard, garden, local park or somewhere else to practice. I have broken down each day's practice onto a single page to make it easy to follow. Alternatively, you can save the program text on your cell phone for easy access anytime.

You also need to watch the skills videos on my YouTube channel, details below:

<http://www.youtube.com/user/PaulJSpacey>

The videos show you exactly how you should be performing each skill and you can continue to watch the techniques and compare them to your own technique as you move through the program and improve.

Important Tips before you start

- Watch where I make contact with the ball in the videos
- Look at my body shape and balance
- Note the position of my legs and angle of my feet when contacting the ball
- Spend time studying the movements closely so that you can copy them

Important note regarding rebound surfaces

When using a wall or rebound surface, start around 5 meters away from it. The closer you move, the easier it is to pass but the quicker you have to react to control the rebound. The further away you go, the harder you have to work to pass but you have more time to react and control the rebound. Test yourself!

Important note regarding cones

Cones (markers) are ideal for dribbling and turns, however if you do not have cones or do not wish to buy any, you can use almost anything in their place. Empty tins, small boxes, t-shirts and hand towels...the list goes on. Just use your imagination.

Are you ready for day 1? Let's go...

DAY 1

"If you think you're perfect already, then you never will be." – Cristiano Ronaldo

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. PASSING: Inside of the foot (sidefoot)

Use wall or rebound surface
25 passes (minimum) with each foot

2. BALL CONTROL GROUND: Inside of the foot

Use wall or rebound surface
25 times (minimum) with each foot

3. JUGGLING: Feet, thighs and head

Use all areas of the body, both feet and both thighs
10 minutes of timed juggling

DAY 2

"I learned all about life with a ball at my feet." – Ronaldinho

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

- 1. DRIBBLING: Cones zigzag**
Cones 2 feet apart in straight line
10 runs (minimum) with each foot
- 2. DRIBBLING: Cones diagonal**
Cones 4 feet apart on diagonal
10 runs (minimum) with each foot
- 3. TURNS: Dragback**
Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

DAY 3

"Good players practice until they get it right; great players practice until they never get it wrong." – MacKenzie McWatters

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. BALL CONTROL AERIAL: Sole of the foot

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

2. BALL CONTROL AERIAL: Laces

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

3. BALL CONTROL AERIAL: Inside of foot

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

DAY 4

"Failure happens all the time. It happens every day in practice. What makes you better is how you react to it." - Mia Hamm

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. TURNS: Inside cut

Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

2. TURNS: Outside hook

Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

3. PASSING: Laces (driven pass)

Use wall or rebound surface
25 passes (minimum) with each foot

DAY 5

"Don't compare your results to someone else's. You can never be another person; you can only be a better version of yourself."

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. 1v1 MOVES: Drop shoulder (feint)

Optional helper as defender or use cone as static defender
10 moves (minimum) with each foot

2. 1v1 MOVES: Scissors/stepover

Optional helper as defender or use cone as static defender
10 moves (minimum) with each foot

3. BALL CONTROL GROUND: Sole of the foot

Use wall or rebound surface
25 times (minimum) with each foot

DAY 6

"Every moment you spend not playing soccer, someone out there is getting better than you." - Zsolt Taladriz

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. SPECIAL PASS/SHOT: Rabona

Optional helper as team mate or use wall/rebound surface
10 passes (minimum) with each foot

2. SPECIAL TURN: Reverse Cruyff

Optional helper as team mate or use wall/rebound surface
10 turns (minimum) with each foot

3. JUGGLING: Feet, thighs and head

Use all areas of the body, both feet and both thighs
10 minutes of timed juggling

DAY 7

*"Something deep in my character allows me to take the hits and get on with trying to win."
– Lionel Messi*

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. PASSING: Inside of the foot (sidefoot)

Use wall or rebound surface
25 passes (minimum) with each foot

2. BALL CONTROL GROUND: Inside of the foot

Use wall or rebound surface
25 times (minimum) with each foot

3. JUGGLING: Feet, thighs and head

Use all areas of the body, both feet and both thighs
10 minutes of timed juggling

DAY 8

"It doesn't matter if you are a boy or girl, what team you play for or how old you are...what matters is that you just love soccer."

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. DRIBBLING: Cones zigzag

Cones 2 feet apart in straight line
10 runs (minimum) with each foot

2. DRIBBLING: Cones diagonal

Cones 4 feet apart on diagonal
10 runs (minimum) with each foot

3. TURNS: Dragback

Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

DAY 9

"Celebrate what you accomplish but raise the bar each time you succeed." – Mia Hamm

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. BALL CONTROL AERIAL: Sole of the foot

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

2. BALL CONTROL AERIAL: Laces

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

3. BALL CONTROL AERIAL: Inside of foot

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

DAY 10

"Whatever your 100% looks like...give it."

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. TURNS: Inside cut

Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

2. TURNS: Outside hook

Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

3. PASSING: Laces (driven pass)

Use wall or rebound surface
25 passes (minimum) with each foot

DAY 11

"You have a choice; you can throw in the towel and quit or you can use it to wipe the sweat off your face and carry on."

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. 1v1 MOVES: Drop shoulder (feint)

Optional helper as defender or use cone as static defender
10 moves (minimum) with each foot

2. 1v1 MOVES: Scissors/stepover

Optional helper as defender or use cone as static defender
10 moves (minimum) with each foot

3. BALL CONTROL GROUND: Sole of the foot

Use wall or rebound surface
25 times (minimum) with each foot

DAY 12

"You never know if you can actually do something against all odds until you actually do it."
– Abby Wambach

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. SPECIAL PASS/SHOT: Rabona

Optional helper as team mate or use wall/rebound surface
10 passes (minimum) with each foot

2. SPECIAL TURN: Reverse Cruyff

Optional helper as team mate or use wall/rebound surface
10 turns (minimum) with each foot

3. JUGGLING: Feet, thighs and head

Use all areas of the body, both feet and both thighs
10 minutes of timed juggling

DAY 13

"I have never tried to hide the fact that my only goal is to be the best." – Cristiano Ronaldo

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. PASSING: Inside of the foot (sidefoot)

Use wall or rebound surface
25 passes (minimum) with each foot

2. BALL CONTROL GROUND: Inside of the foot

Use wall or rebound surface
25 times (minimum) with each foot

3. JUGGLING: Feet, thighs and head

Use all areas of the body, both feet and both thighs
10 minutes of timed juggling

DAY 14

"Sweat + Sacrifice = Success."

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

- 1. DRIBBLING: Cones zigzag**
Cones 2 feet apart in straight line
10 runs (minimum) with each foot
- 2. DRIBBLING: Cones diagonal**
Cones 4 feet apart on diagonal
10 runs (minimum) with each foot
- 3. TURNS: Dragback**
Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

DAY 15

"Respect your training. Honor your commitment. Cherish your results."

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. BALL CONTROL AERIAL: Sole of the foot

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

2. BALL CONTROL AERIAL: Laces

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

3. BALL CONTROL AERIAL: Inside of foot

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

DAY 16

"Practice isn't the thing you do once you're good; it's the thing you do that makes you good." – Malcolm Gladwell

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. TURNS: Inside cut

Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

2. TURNS: Outside hook

Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

3. PASSING: Laces (driven pass)

Use wall or rebound surface
25 passes (minimum) with each foot

DAY 17

"Your legs are not giving out. Your head is giving up. Keep going."

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. 1v1 MOVES: Drop shoulder (feint)

Optional helper as defender or use cone as static defender
10 moves (minimum) with each foot

2. 1v1 MOVES: Scissors/stepover

Optional helper as defender or use cone as static defender
10 moves (minimum) with each foot

3. BALL CONTROL GROUND: Sole of the foot

Use wall or rebound surface
25 times (minimum) with each foot

DAY 18

"Ask yourself if what you are doing today is getting you closer to where you want to be tomorrow."

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. SPECIAL PASS/SHOT: Rabona

Optional helper as team mate or use wall/rebound surface
10 passes (minimum) with each foot

2. SPECIAL TURN: Reverse Cruyff

Optional helper as team mate or use wall/rebound surface
10 turns (minimum) with each foot

3. JUGGLING: Feet, thighs and head

Use all areas of the body, both feet and both thighs
10 minutes of timed juggling

DAY 19

"Mistakes are proof that you are trying. Keep trying."

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. PASSING: Inside of the foot (sidefoot)

Use wall or rebound surface
25 passes (minimum) with each foot

2. BALL CONTROL GROUND: Inside of the foot

Use wall or rebound surface
25 times (minimum) with each foot

3. JUGGLING: Feet, thighs and head

Use all areas of the body, both feet and both thighs
10 minutes of timed juggling

DAY 20

"Behind every kick of the ball there has to be a thought." – Dennis Bergkamp

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

- 1. DRIBBLING: Cones zigzag**
Cones 2 feet apart in straight line
10 runs (minimum) with each foot
- 2. DRIBBLING: Cones diagonal**
Cones 4 feet apart on diagonal
10 runs (minimum) with each foot
- 3. TURNS: Dragback**
Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

DAY 21

"The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion, when no one else is watching." – Anson Dorrance

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. BALL CONTROL AERIAL: Sole of the foot

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

2. BALL CONTROL AERIAL: Laces

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

3. BALL CONTROL AERIAL: Inside of foot

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

DAY 22

"A lot of soccer success is in the mind. You must believe you are the best and then make sure that you are." – Bill Shankly

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. TURNS: Inside cut

Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

2. TURNS: Outside hook

Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

3. PASSING: Laces (driven pass)

Use wall or rebound surface
25 passes (minimum) with each foot

DAY 23

"I am building a fire and every day I train, I add more fuel. At just the right moment, I light the match." – Mia Hamm

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. 1v1 MOVES: Drop shoulder (feint)

Optional helper as defender or use cone as static defender
10 moves (minimum) with each foot

2. 1v1 MOVES: Scissors/stepover

Optional helper as defender or use cone as static defender
10 moves (minimum) with each foot

3. BALL CONTROL GROUND: Sole of the foot

Use wall or rebound surface
25 times (minimum) with each foot

DAY 24

"Enthusiasm is everything. It must be taut and vibrating, like a guitar string." – Pele

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. SPECIAL PASS/SHOT: Rabona

Optional helper as team mate or use wall/rebound surface
10 passes (minimum) with each foot

2. SPECIAL TURN: Reverse Cruyff

Optional helper as team mate or use wall/rebound surface
10 turns (minimum) with each foot

3. JUGGLING: Feet, thighs and head

Use all areas of the body, both feet and both thighs
10 minutes of timed juggling

DAY 25

"One thing will never change. We will be going out to win." – David Beckham

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. PASSING: Inside of the foot (sidefoot)

Use wall or rebound surface
25 passes (minimum) with each foot

2. BALL CONTROL GROUND: Inside of the foot

Use wall or rebound surface
25 times (minimum) with each foot

3. JUGGLING: Feet, thighs and head

Use all areas of the body, both feet and both thighs
10 minutes of timed juggling

DAY 26

"I'll improve both what I'm good at and what I'm less good at. The secret to that is to train hard every day and to learn new things." – Zlatan Ibrahimovic

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. DRIBBLING: Cones zigzag

Cones 2 feet apart in straight line
10 runs (minimum) with each foot

2. DRIBBLING: Cones diagonal

Cones 4 feet apart on diagonal
10 runs (minimum) with each foot

3. TURNS: Dragback

Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

DAY 27

"I have a need to play intensely every day, to fight every match hard." – Zinedine Zidane

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. BALL CONTROL AERIAL: Sole of the foot

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

2. BALL CONTROL AERIAL: Laces

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

3. BALL CONTROL AERIAL: Inside of foot

Throw or kick the ball in the air and control before it hits the ground
20 times (minimum) with each foot

DAY 28

"There is no better feeling than stepping onto the soccer field and stunning everyone by doing what none of them thought you could."

Important

Work in 5 minute 'bursts'. Work hard for 5 minutes; focus completely on intensity and performing the skill with the correct technique, then rest for a minute or so before restarting.

DO NOT rush to complete the number of reps required; concentrate on technique and try to make each rep better than the last one.

Increase the speed of your passing and ball control as you improve and grow in confidence. Test and push yourself as much as possible!

1. TURNS: Inside cut

Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

2. TURNS: Outside hook

Optional cones to create 15-20 yard distance
10 turns (minimum) with each foot

3. PASSING: Laces (driven pass)

Use wall or rebound surface
25 passes (minimum) with each foot

DAY 29

Just two days remaining for your initial 30-day program. Congratulations for working hard and sticking with the plan.

We will adjust some of the drills slightly for the next two days to develop your skills even further.

1. **PASSING: Inside of BOTH feet (sidefoot) – increased difficulty**

Video Link: <http://youtu.be/EyTpmTZCYxQ>

Use wall or rebound surface

25 passes with each foot

Pass the ball against a wall or rebound surface and as it comes back to you, immediately pass it with the opposite foot. This is called a 'first-time' or 'one-time' pass. You do not control the ball, you simply continue passing with your left and right foot alternately for 25 passes on each foot. You will need to move your body and adjust the position of your feet each time you make a pass.

2. **1v1 MOVES: Drop shoulder (feint)**

Optional helper as defender or use cone as static defender

10 moves (minimum) with each foot

3. **1v1 MOVES: Scissors/stepover**

Optional helper as defender or use cone as static defender

10 moves (minimum) with each foot

4. **BALL CONTROL GROUND: Sole of the foot**

Use wall or rebound surface

25 times (minimum) with each foot

DAY 30

This is it; the final day of your initial plan. It is actually not the end, this is just the beginning (but more on that shortly).

If you haven't been doing so already, I want you to record your juggling numbers and see how many juggles you can do in total. Write the number down and use it as a target to beat every time you juggle from now on.

1. **PASSING: Inside of BOTH feet (sidefoot) – increased difficulty**

Video Link: <http://youtu.be/EyTpmTZCYxQ>

Use wall or rebound surface

25 passes with each foot

Pass the ball against a wall or rebound surface and as it comes back to you, immediately pass it with the opposite foot. This is called a 'first-time' or 'one-time' pass. You do not control the ball, you simply continue passing with your left and right foot alternately for 25 passes on each foot. You will need to move your body and adjust the position of your feet each time you make a pass.

2. **SPECIAL PASS/SHOT: Rabona**

Optional helper as team mate or use wall/rebound surface

10 passes (minimum) with each foot

3. **SPECIAL TURN: Reverse Cruyff**

Optional helper as team mate or use wall/rebound surface

10 turns (minimum) with each foot

4. **JUGGLING: Feet, thighs and head**

Use all areas of the body, both feet and both thighs

10 minutes of timed juggling

Record your juggling numbers and set yourself a 'record' during this 10-minute timed session. Your aim is to beat this record every time you juggle.

30-DAY SUMMARY

Now is probably a good time to have a look at some numbers and see just how much work you have done in the last 30 days.

Look at the summary below, you might be surprised at the numbers! And this is based on just 30 MINUTES of practice for 30 DAYS; imagine what you can achieve if you commit yourself to continuing your practice.

BALL CONTROL

Inside ground	250 controls
Sole ground	250 controls
Inside aerial	200 controls
Sole aerial	200 controls
Laces aerial	200 controls
Total	1100 ball controls in 30 days

PASSING

Inside	250 passes
Laces	250 passes
Total	500 passes in 30 days

DRIBBLING

Cones zigzag	100 dribbles
Cones diagonal	100 dribbles
Total	200 dribbles in 30 days

JUGGLING

Feet, Thighs and Head	1000 juggles (based on only 10 juggles per minute)
Total	1000 juggles in 30 days (minimum)

URNS

Inside cut	100 turns
Outside cut	100 turns
Dragback/pullback	100 turns
Total	300 turns in 30 days

1V1 MOVES

Drop shoulder	100 moves
Scissors	100 moves
Total	200 moves in 30 days

SPECIAL MOVES/TRICKS

Reverse cruyff	100 times
Rabona Pass	100 times
Total	200 special moves/tricks in 30 days

MOVING FORWARD – BEYOND 30 DAYS

"Whatever happens, there are always things you could have done better. You score two goals and you usually feel you could have done better. You score two goals and you usually feel you could have scored a third. That's perfectionism. That's what makes you progress in life." – Eric Cantona

Well done, you've reached the end (well, the start actually) of your 30-day program. This is just the beginning. Now that you can see the improvements you have made, you should be inspired to keep going. I want you to put in as much time as your schedule will allow and you will continue to see even bigger improvements over time.

You will enjoy practicing more and more as you improve, that is the addictive nature of soccer. Dedicate yourself to ongoing practice and you will suddenly find that for the first time you can control the ball comfortably with the inside of your foot as it drops from 20 feet in the air. These improvements will inspire you to continue practicing.

Any team you are involved with will now reap the benefits of your improvement. Your team mates will notice, your coach will notice and your opponents will certainly notice as you dribble past them like Messi and place the ball expertly into the bottom corner of the net!

Talk to your team mates, your friends, your family and your coach; explain how this program is helping you and encourage them to consider using it.

Donations

My program is completely free to download, as you already know. There is an option for a 'donation' if you feel that the program has really helped you (or your child) to improve your soccer skills. If you would like to make a donation, no matter how small, please visit my website www.30daysoccer.com or [click here to donate](#).

Keep up the good work and remember you can contact me anytime for help or advice.

Your Coach

Paul

@pauljspacey

www.twitter.com/pauljspacey