

# MAD SKILLZ VOLUME 1

## Ball Manipulation Level 1

2 Minutes Tennis Ball Juggling

2 Minutes Technical Ball Juggling

2 Minutes Regular Ball Juggling

- **Keep Track of Your Highest Juggle in two minutes**

*Each skill is done for 60 seconds Keep track of your score everyday.*

*V's*

*L's*

*CR7's (7 boxes with a CR7 turn)*

*Sole Rolls*

*Triangles*

*L Turn Rip Back*

*Tap Tap Rolls*

*Pull Pushes (Bottom of foot then laces to push)*

*Mad Skillz taps (10 toe taps then 5 pull backs) hopping backwards creating space*

*Cruyff with double outside touch*

*Step Over with outside touch*

*Spring Combo (Step over, touch, Cruyff, L turn)*

# Level 1 Skill Drills

## Diamond Drill

**Set up a diamond grid. Each drill is done 5 times with each ball**

- Perform V's at each of the four cones making sure to take two touches between each skill
- Perform Bottom Insides at each of the four cones making sure to take two touches between each skill
- Perform Smiley Faces at each of the four cones making sure to take two touches between each skill
- After the last skill add an L turn and two V's for more of a challenge
- Inside touch, bottom inside, 180 spin away

## Wall Ball

**This Is The Best Way To Develop Your Touch! Be Sure To Really Focus On Your Weak Foot Touch And Striking. The Best Players Play With Both Feet!**

- 1) About 10 Feet From The Wall Hit The Ball With The Inside Of The Foot Then Control It With The Outside Of The Same Foot.

*Be Sure To Mix It Up And Use The Sole, Outside And Instep Of Your Foot*

- 2) Do The Same Thing As Above But Now From About 20 Feet Away Really Test Yourself And Hit The Ball Harder!
- 3) About 30 Feet Away Really Drive The Ball With Your Laces And Control It In One Touch Using Any Part Of Your Body To Keep The Ball In Front And Under Your Control.
- 4) Now Start Chipping And Lobbing The Ball To The Wall And Be Sure To Control It Using All Parts Of The Foot And Body.

**Each time you play Wall ball make sure it's for at least 10 minutes**

# 8 cone Dribbling Level 1

Place 8 cones in a line 12 inches apart. Repeat with each ball.

- Right foot (inside and outside) through the first four cones then switch to left foot on the last four
- Inside outside both feet through the first four cones then roll tap through the last four
- Left Foot Only
- Two Outside touches then Roll over with the Same foot
- Box Box Roll (two boxers then a roll over)

## Level 1 Challenge

Hit the ball to the wall then pop it up and... To easy? try using the size one.

- 2 Low low highs
- Left, left, right, right
- Weak foot only 10 times

# **Ball Manipulation Level 2**

Each Skill Is Done Everyday. Every Session Should Start With Your Juggling And Footwork. Be Sure To Record Your Highest Record Every Day.

Every Session Starts With Juggling. After That Get Right Into The Cones With Foot-Work.

3 Minutes Tennis Ball Juggling

3 Minutes Technical Ball Juggling

3 Minutes Regular Ball Juggling

- **Don't Forget To Record Your Highest Every Day.!**

Add Level 1 To Level 2 To Maximize Your Touches! Again, Each Skill Is For 60 Seconds.

BB 8's

Smiley Faces

Reverse Lturns

B.O.I.'s

Pull Push Inside Touch

Pull Push Outside Touch

Salsa

Cavarra

Robinho's

Squares (Box, Box, Lturn, outside roll)

## **8 cone Dribbling Level 2**

**Place 8 cones 18 inches apart. Repeat each skill 5 times with each ball**

- Step Over Touch through the gates
- Scissor Outside Touch
- L turn then two touches
- Reverse L turns

# Level 2 Skill Dribbling

## - The Matrix & Change of Direction Dribbling

Make a grid 5x5 yards and place a cone in the center.

For the Matrix: Attack the middle cone making sure you slow down to do your move then explode to the right. Do this 4 times then change direction.

Skill 1: Step-over

Skill 2: Scissor or double scissors

Skill 3: Figo

Skill 4: Elastico

Skill 5: Double Scissor elastico

For Change of direction dribbling: Start at any cone and try to dribble as fast as you can using all parts of your foot changing directions at each cone. (Try timing yourself)

Skill 1: Left foot only

Skill 2: Right foot only

Skill 3: Ronaldo chop at every turn

Skill 4: Roll over at each turn



# Goal Setting

Setting goals is the best thing you can do when it comes to personal development and being successful. What you should do is take 60 seconds everyday to write down three attainable goals. You have to train your brain to be successful. It's not just going to happen over night you have to make it a habit and the way you make it a habit is by repeating it over and over and over again. It's just like when you hear a song you really like... You listen to it over and over and over again then all of a sudden you remember it verbatim... It's not like you read the lyrics to remember the song you just listened to it and remembered it so it's the same thing when it comes to goal setting, you write down your goals and after a few weeks it becomes a habit and you remember them and you'll like the fact that you are achieving your goals, so you'll make more goals.

Goal setting is one of the best things you can do for yourself on and off of the field. When you don't achieve your goals... that's okay don't be angry Not getting your goal is part of the design.. it's meant to happen it's a way to really challenge yourself, don't let the problem stop you from achieving your goals, keep going don't stop.

Don't be average that's up to you be great, Focus on your dreams focus on your goals focus on YOU not what anyone else is doing focus on what you're doing!!! I do what I do because I do what I do! Focus on YOU!! If you put your time in your craft you will be the best you can be!! I PROMISE!!! Put in all the time all the effort all the pain it will pay off!! Commit yourself 100% your whole self, look within yourself and decide that I'm in charge of my destiny and Life will never be the same again!

## Visualizing

Some of the most successful people in the world do so well, not because they are the best at their craft but because they visualize what they want to accomplish before they set forward. Meaning, before you go to practice you should visualize what you want to accomplish. So in the car ride on the way to practice you should be thinking about what you want to do.

Example:

- Today I need to work on my Roll over step over move during 1v1s.
- Today I need to control every pass I receive in one touch.
- I need to win my 1v1 duels
- Every time I lose the ball I need to get it back within 5 seconds..

This goes for games as well. Visualize what you want to do before you get there. That is the key to success!