

Impact Soccer System **Impact Ball Control #1**

Brought to You By Coach Gregg
TheSoccerSpecialist.com
ImpactSoccerPerformance.com

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Disclaimer (AKA Legalese the Lawyers Require):

You must get your physician's approval before beginning this or any exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training, conditioning and fitness levels. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including this 14 Day Challenge. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't follow the program in this book, please follow your doctor's orders.

Important Tip For Ball Control Sessions:

Practice the pattern so you know it without having to think about it. If you have to stop and think, you'll prevent yourself from increasing your speed.

Get it right first. Don't rush speed. As you get it right, you can increase your speed.

When you start messing up a lot, slow it back down. Over time (not one session), you'll do it correctly at a faster speed.

The reason we do this is muscle memory. If you try and go faster than you can go, your body is going to learn to do it incorrectly. But if you never challenge yourself to get faster, you'll never get faster. It's a balance.

Body Shape. On your toes. Stay balanced. Move side to side without leaning or reaching. Always facing forward so you can react and go in any direction.

You'll be using six sessions in the 30 day plan. Below, you'll see the program laid out day by day with the session to follow, the time periods, everything you need.

Impact Ball Control #1

Each pattern lasts one minute, including the work and the rest period. So if you perform each pattern for 30 seconds, you'll rest for 30 seconds and that would look like this:

Work / Rest interval of 30/30.

This means do the pattern for 30 seconds and then rest for 30 seconds before doing the next pattern for 30 seconds.

When you complete each pattern in the session, that's one round.

Here's an example.

If the session is a 10 pattern session and you perform each pattern in a 40/20 style for one round it will be a 10 minute training session that alternates 40 seconds of work with 20 seconds of rest.

If you then do a second round, it's a 20 minute training session.

In order to keep you training and building good habits, there is flexibility built into the training. There is one off day per week. I have it as the 7th day each week but you can take it whenever. If you don't want to take the off day, there's a session listed that day, just for you!

There are also options for the time. Sometimes a 30 minute or 40 minute training session can seem like a lot so you end up skipping it completely. But that's not how it's going to work here.

Here are the different levels of training, both for each individual pattern and for the length of the training session.

There are three levels for each pattern.

1. 35/25
2. 40/20
3. 45/15

There are four levels for the entire session.

1. One Round
2. Two Rounds
3. Three Rounds
4. Four Rounds

For this month, there are nine or 10 patterns in each training session (six sessions in total). The gold standard is three rounds. But if you have the time and energy and feel super motivated, go ahead and hit four rounds!

If it's been one of those days and you don't, get in a round or two. It will only take you ten to twenty minutes. Getting in one round is a lot better than skipping a lot of sessions because you can't do 30 or 40 minutes.

Think about it, who is better off in the long run, the player that gets a quality 10 minutes every day, or the player that gets 30 minutes but barely trains once per week because they 'don't have the time.' Yes, it's the first player! Build good habits!

Freestyle Dribbling

For Freestyle Dribbling it will work like this:

When it says Freestyle Dribbling, under other training it will give you the number of rounds. Between the () it will give you the “work” period and the “rest” period. So if it's Freestyle Dribbling 3x (30x30), you'll do it for 30 seconds and rest 30 seconds and then repeat 2 more times (for a total of 3 rounds).

Sometimes (but not this month) Freestyle Dribbling will be one of the patterns within the session itself.

You need a ball, 4 cones (you can use socks, sneakers, whatever) and you'll make a square 2 yards x 2 yards (if you really want a challenge make it 1 yard x 1 yard).

Now, for the total of the time given, you need to keep the ball moving and do whatever you want inside the square. Do not stop, do not let the ball get away, use all parts of your feet and let your creativity and imagination run wild. **YOU the player get to decide!**

Give it a shot and let loose! This is the fun! This is the reward! As you get better and more comfortable with all surfaces of both feet, you'll really enjoy this and become amazed at the things you do!

Here's the schedule.

On the days that mention Freestyle dribbling, end the session with 45 seconds of it! This is the fun part!

Day	Training Session Video	Other Training	Volume* (Time Sets Reps)
1	1		
2	1		
3	2		
4	2		
5	3	Freestyle Dribbling	45 seconds
6	3		
7	Off (or 3)		
8	1	Freestyle Dribbling	45 seconds
9	2	Freestyle Dribbling	45 seconds
10	3		
11	2	Freestyle Dribbling	45 seconds
12	3		
13	4	Freestyle Dribbling	45 seconds
14	Off (or 4)		
15	3	Freestyle Dribbling	45 seconds
16	4	Freestyle Dribbling	45 seconds
17	4	Freestyle Dribbling	45 seconds
18	5		
19	5	Freestyle Dribbling	45 seconds
20	6	Freestyle Dribbling	45 seconds
21	Off (or 6)		
22	4	Freestyle Dribbling	45 seconds
23	5		
24	6		
25	6	Freestyle Dribbling	45 seconds
26	3	Freestyle Dribbling	45 seconds
27	4	Freestyle Dribbling	45 seconds
28	Off (or 6)		
29	5	Freestyle Dribbling	45 seconds
30	6	Freestyle Dribbling	45 seconds

31*			
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* If there is a day 31 repeat the session from day 30 (or take a rest day).

Here is the password and link for the videos of each session.

PLEASE DO NOT SHARE!

PW: *soccerfun#

URL: <https://impactsoccerperformance.com/insidersm1/>