

The Soccer Specialist
7 Day Ball Control Blueprint
Brought to You By
Coach Gregg, The Soccer Specialist
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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 18 years and older 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 Advanced Arm Training. 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.

The Soccer Specialist

7 Day Ball Control Blueprint

The following is a short but intense program designed to get you thousands of touches on the ball over the next week.

This program will improve your technical skills and comfort with the ball using all surfaces of your feet. You'll also improve your creativity.

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 three sessions in the 7 day plan. Below, you'll see the program laid out day by day with the session to follow, the time periods, everything you need.

How many rounds you do each day is up to you. I'm trying to give you options on the time devoted to training because saying 'do an hour every day' can be tough to commit too. Plus, you might be right in the middle of your season or something.

What I really want is for you do build a habit of consistent training. I'd rather see you

do 10-15 minutes (almost) every day, than train for an hour or two one day and not touch a ball away from the team for two or three weeks (or more!).

Make sense? Good!

In this case, not everyone conveniently has access to a wall so maybe you can only do that once or twice because you need someone to drive you somewhere.

Simply do your best.

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 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

Level 4 Bonus: Hit it up for 60/30! Now, that's 1 ½ minutes per move so keep that in mind when you get ready to train. Each round will take a little longer in total time.

There are four levels for the entire session.

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

For this 7 Day Ball Control Blueprint, there are 9 to 12 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!

Important: Keep in mind that I added an “extra” for you that will take a little bit of time. You'll see listed beside the sessions in the table below, a move for you to practice as well. One of my favorite moves! It's pretty easy to “get” which will motivate you to keep at it so you can get good enough to start using it in games!

7 Day Ball Control Blueprint

** When dribbling is the Matthews it will work like this. You will do the Matthews and the Matthews with scissors for each foot for the number of times stated.

So if it says 10 it means if you start with the left foot you do the Matthews 10 times, then the Matthews with scissors 10 times.

Then starting with the right foot you do the Matthews 10 times and then the Matthews with scissors 10 times.

So 10 will have you doing the move a total of 40 times.

Here is the link to all the videos <https://impactsoccerperformance.com/7-day-baller-edition>

Schedule

Day	Training Session Video	Extra**
1	1	Matthews x 10
2	2	Matthews x 10
3	1	Matthews x 10
4	2	Matthews x 12
5	3	Matthews x 12
6	3	Matthews x 10
7	3	Matthews x 15

** Remember you will do the Matthews and the Matthews with scissors for each foot for the number of times stated.

So if it says 10 it means if you start with the left foot you do the Matthews 10 times,

then the Matthews with scissors 10 times.

Then starting with the right foot you do the Matthews 10 times and then the Matthews with scissors 10 times.

So 10 will have you doing the move a total of 40 times.

Finish that last day with a flourish!! You got this!

Great job! Congratulations!

Remember, here is the link to all the videos <https://impactsoccerperformance.com/7-day-baller-edition>

If you enjoy this and really want to take things to the next level be sure and check out [Impact Total Touch Training](#) <<==

This is a 60 day ball control program laid out like the 7 Day Baller Edition but with a lot more! <https://impactsoccerperformance.com/impact-t3>

More videos, more ball control patterns, a ball and a wall training program, agility training, and more!

This thing is freaking fantastic!!! It WILL take your ball control to the next level!

[Learn How to Develop Elite Level Ball Control, Become A More Skilled Player, Improve Your Speed of Play... and Dominate Your Opponent!](#) <== Click here to learn more

Be sure and check out The Supporters Club for more great content – <https://thesoccerspecialist.com/supporters>

Thank You!

Coach Gregg aka *The Soccer Specialist*

TheSoccerSpecialist.com

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ImpactTotalTouch.com

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Dominate Game Day: 4 Week Soccer Conditioning Blueprint To Become An Elite Player

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