

**The Soccer Specialist**  
30 Day Ball Control Blueprint

*Brought to You By*

*Coach Gregg, The Soccer Specialist*

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Published by Gregg Gillies

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**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.

## About Coach Gregg

Coach Gregg is a Soccer Coach, Trainer and Youth Athlete Development Specialist.

He has been a youth soccer coach for over a decade as well as having over twenty years of experience in the fitness training and athlete development world while holding multiple fitness and athlete development certifications, including as a youth development specialist who focuses on soccer players.

Founder and host of the award-winning [The Soccer Specialist Podcast](#) <<==

- Nationally licensed soccer coach
- Youth Fitness Specialist
- Youth Nutrition Specialist
- IYCA Endorsed Youth Kettlebell Instructor
- Creator of [Chasing Greatness: Mental Performance Program For Youth Soccer Players](#)
- Author of Dominate Game Day: 4 Week Soccer Conditioning Program for Becoming An Elite Player | [Kindle](#) | [Paperback](#)
- [The Soccer Specialist You Tube Channel](#) <<== **Please Subscribe!**

If you'd like to work with Coach Gregg in person or virtually you can email him at [itscoachgregg@gmail.com](mailto:itscoachgregg@gmail.com)

# The Soccer Specialist

## 30 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 month.

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

### **Tip For Ball Mastery 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.

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 7<sup>th</sup> 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 four levels for each pattern.

1. 30/30
2. 35/25
3. 40/20
4. 45/15

There are four levels for the entire session.

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

On the page with the videos (access link and password below), you'll see the patterns listed. Keep in mind the number of patterns is different for each session so this may impact how many rounds you do if you only have a certain amount of time for that session.

If it's been one of those days and you don't think you have the time or energy, do your best to 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!

You'll be using the following in the 30 day plan. After these descriptions, you'll see the program laid out day by day with the session to follow, the time periods, everything you need.

## 30 Day Ball Control Blueprint

When dribbling is the Matthews it will work like this. When it says Matthews under Dribbling, 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.

### **For the Freestyle Dribbling**

First hit some warm up touches.

25 x Toe Touches

25 x Bells

25 x Toe Touches (Forward and Backward)

25 x Bells (Forward and Backward)

Take a brief rest.

This is pretty simple. Take 4 cones and set up a square that's only 2 yards by 2 yards. If you are up for the challenge, make it 1 yard by 1 yard.

If you don't have cones, use socks, sneakers, whatever. Like I said, if you really want to challenge yourself make it 1 yard by 1 yard.

Now, you are going to stay in that small square and freestyle. This means make it up. You're just dribbling in the small area, getting as many touches as possible and being creative.

You'll be turning a lot so inside and outside chops, pull backs, step overs, Cruyff, etc. Hit Maradonas, lots of laces, inside and outside of the foot sole, etc. It's all you. Use your imagination and keep the ball away from those defenders who are crowding you!

Now is your chance to be creative and have some fun. How do you make the defender fall down? You got this!

See below!

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

PLEASE DO NOT SHARE!

PW: soccerisfun9#

URL: <https://impactsoccerperformance.com/30-day-blueprint-access-2/>

<b>Day</b>	<b>Session Video</b>	<b>Dribbling**</b>	<b>Volume* (Time Sets Reps)</b>
1	1	Matthews	10
2	2	Matthews	10
3	3	Matthews	10
4	2	Freestyle Dribbling	6x (45x45)
5	3	Matthews	5
6	4	Matthews	10
7	REST		
8	5	Matthews	12

9	4	Matthews	15
10	2	Freestyle Dribbling	8x (45x45)
11	3	Matthews	15
12	5	Matthews	8
13	6	Freestyle Dribbling	8x (45x45)
14	REST		
15	4	Matthews	12
16	5	Matthews	12
17	6	Matthews	8
18	Freestyle Dribbling	Matthews	10
19	3	Matthews	8
20	2	Matthews	10
21	REST		
22	4	Matthews	6
23	6	Freestyle Dribbling	8x (45x45)
24	5	Matthews	10
25	2	Matthews	15
26	3	Freestyle Dribbling	3x (45x45)
27	4	Matthews	12
28	REST		
29	5	Matthews	15
30	6	Freestyle Dribbling	1x (45s)

If the month has 31 days, repeat day 30.

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

Great job! Congratulations!

If you really want to take things to the next level be sure and check out [Impact Soccer System! It is the ultimate progressive ball control program!](#) <<==

Each month you get a new 30 day ball control program that builds on the previous month.

[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

The ONE thing that will set you apart from other soccer players, is your ability to control the ball in any situation. It is the KEY to elite level performance!

When you've mastered the ability to control the ball under pressure, everything about the game becomes much easier.

If you can beat defenders in 1 v 1 situations, you will break down defenses, wreak havoc on your opponents and be an important part of any soccer team.

[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

Thank You!

**Coach Gregg** aka *The Soccer Specialist*

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

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Creator of Chasing Greatness: Mental Performance Strategies For Soccer Players!

[Unlock Your Mental Game, Create Unbreakable Confidence, Take Your Performance To An Elite Level Every Time You Step On The Pitch, And CRUSH Your Competition!](#)

Over 4 hours and 20 minutes of soccer development secrets!

The most common question I get from soccer parents is some version of 'How to I help my child become more confident?' I've seen too many good kids struggle to perform as well as they could because they didn't have the confidence and mental performance tools to do so.

I don't want you to have the same struggles.

Talent will only get you so far.

Inside Chasing Greatness you'll discover the missing pieces to developing your mental

toughness that will set you apart from your peers.

By the way, there's a coupon for over 50% off the already insane price.

When you get to the checkout page tap the "I have a coupon" under the price and put in chasingholiday24.

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