

How to use: Train 2x/week if possible. Keep sessions 15-25 minutes. Complete Session A first, Session B later. Repeat a week if your player needs more confidence. Finish with play.

Week 1: 3-Toes Drive

Goal: Move faster with the ball while keeping it close enough to control.
3-Toes Drive: Use the outside/pinkie-toe side of the foot for soft forward touches. **Cues:** soft touches; ball close; eyes come up.
Game: Race to a line, stop, and look up before the next touch. **Done** = Moves faster without losing the ball.

Week 2: Fold the Knee

Goal: Accelerate after a touch without standing tall or reaching.
Fold the Knee: Fold the knee and let the body fall forward into the first step. **Cues:** Fold. Fall. Go.
Game: Touch, fold, and race through a door or cone line. **Done** = First step after the touch looks quick and balanced.

Week 3: Eyes Up / Crossbar Eyes

Goal: Keep the ball under control while seeing the field.
Crossbar Eyes: Keep the eyes high enough to see the field, the defender, and the next open door. **Cues:** glance down; eyes up; name the target.
Game: Parent points or holds up numbers while player dribbles. **Done** = Looks up before deciding.

Week 4: Review + Play

Goal: Use Weeks 1-3 in live play.
Review: 3-Toes Drive + Fold the Knee + Eyes Up. **Cues:** control first; accelerate after touch; scan early.
Game: 1v1 to goal or 2v1 if a partner is available. **Done** = Uses speed, control, and eyes up in play.

Simple Session Rhythm

1

Quick Start

2-3 min Fast touches or ball-control race

2

Learn It

Main skill Slow reps before speed

3

Use It

Add pressure Partner or cone-door challenge

4

Finish With Play

Play freely 1v1, 2v1, or free play

Parent Coaching Rules

Say less. Let them try more.
 Give one praise and one simple cue.

Keep it game-like.
 Add a goal, defender, door, or challenge.

Short sessions win.
 Consistency beats long practices.

Weekly Progress Check

Rate each area once per week: 1 = Not yet 2 = Improving 3 = Consistent

Skill	Week 1	Week 2	Week 3	Week 4
Ball control at speed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Acceleration after touch	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Eyes up / scanning	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Door recognition	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Confidence under pressure	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Reminder: Progress is not perfect execution. Look for more controlled speed, earlier eyes up, and more confident decisions in play.