

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 5: Face Up / Be Dangerous

Goal: Face the defender or target so the player can pass, dribble, or shoot.
Face Up: Turn toward the defender or target and keep all options open.
Cues: hips face target; be brave; look up.
Game: Receive, face up, then attack an open door. **Done** = Faces forward before making the next choice.

Week 6: Belly Button / BB

Goal: Keep the body open for all options.
BB: Belly Button faces the defender or target at every chance.
Cues: BB faces; both sides open; do not turn early.
Game: 1v1 to goal. Player must face up twice before attacking. **Done** = Keeps BB pointed forward under pressure.

Week 7: Be Dangerous Pt. 2

Goal: Be a threat to both sides - pass, dribble, or shoot.
Moving: Stay dangerous while touching and moving the ball.
Cues: BB face up; Crossbar Eyes; options open.
Game: 1v1 to goal after first touch. **Done** = Moves without turning away from the defender or target.

Week 8: Review + Play

Goal: Use face up, BB, and dangerous shape in live play.
Review: BB faces defender/target; stay dangerous; triple threat.
Cues: Face Up; Crossbar Eyes; Be Dangerous.
Game: 1v1 to goal. **Done** = Chooses pass, dribble, or shoot from a facing-up body shape.

Simple Session Rhythm

1

Quick Start

2-3 min
Start playing fast.

2

Learn It

Main skill
Face Up + first touch.

3

Use It

Add pressure
Defender, door, or goal.

4

Finish With Play

Play freely
1v1, 2v1, or small game.

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 5	Week 6	Week 7	Week 8
Face-up posture	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
BB alignment	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Staying dangerous	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
First touch control	<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: Look for the player facing up, keeping their BB toward the defender or target, using Crossbar Eyes, and staying dangerous long enough to make a better decision.