

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 9: Maldini Step

Goal: Win and maintain possession.
Maldini Step: Win position first, then the ball.
Cues: Step across; hips in front; then get the ball.
First Touch: Inside-Inside. Relax, be brave, let the ball come.
Game: 1v1 to a goal. **Done** = Takes position before trying to win or control the ball.

Week 10: Shielding

Goal: Use the body to maintain possession.
Shielding: Use the body as a shield.
Cues: The 5 S's - Sideways, Sole, Sit, Strong, Spin.
First Touch: Outside-Outside. Relax, be brave, let the ball come.
Game: 1v1 to a goal. **Done** = Protects the ball with body shape instead of kicking it away.

Week 11: Shield Turning

Goal: Get comfortable touching, moving, and controlling the ball.
Turning: Sole Roll and Sole Pull.
Cues: Fold and Fall; 3 Toes; keep the ball close.
First Touch: Head-Chest. Relax, be brave, let the ball come.
Game: 1v1 to a goal. **Done** = Turns with close control and attacks the next open door.

Week 12: Ball Winning Review

Goal: Review ball winning, shielding, turning, and first-touch confidence.
Review: Maldini Step + Shielding.
Cues: Fold and Fall; 3 Toes; stay balanced.
First Touch: Thigh-Head. Relax, be brave, let the ball come.
Game: 1v1 to a goal. **Done** = Combines position, protection, and control in live play.

Simple Session Rhythm

1

Quick Start

2-3 min
Start playing fast.

2

Learn It

Main skill
Position, shield, turn.

3

Use It

Add pressure
Defender, door, or goal.

4

Finish With Play

Play freely
1v1 or small game.

Parent Coaching Rules

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

Let the game teach.
Use 1v1, a target, or a simple challenge.

Be brave with the ball.
Mistakes are part of learning to win and keep it.

Weekly Progress Check

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

Skill	Week 9	Week 10	Week 11	Week 12
Maldini Step position	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Shielding with 5 S's	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Turning with sole control	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
First-touch bravery	<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 winning position, using the body to protect the ball, turning with balance, and playing through the next open door instead of panicking.