



Own Your Development

Technical Training Program

What does it mean to “own your development”?

- **Take personal responsibility for your development:** It is a commitment to master the basic tools of the game and challenge yourself to become cleaner, sharper, and more efficient with technique. Everything outlined in this training program can be done independently, with minimal space and equipment. It's wonderful to have a coach or training partner and a beautiful grass field, but part of owning your journey means finding ways to get the work done no matter what.
- **Be creative:** These drills are simply ideas. No player is ever too good to continually tend to the basics, but I encourage you to make up your own versions of the drills and expand upon this program. There is no limit to how good you can become with the ball and none of it is magic - your ability is directly correlated to the time you've put in. Use this program as a platform but don't let it limit you by any means!
- **Compete:** Constantly compete with yourself to get better, quicker, and improve your technique. Challenge your friends and teammates to compete with you and see who can not only do the best but make the most rapid improvement.
- **Don't ever let a coach decide how good you will be:** You can't control someone's opinion of you. But from this day on, you *CAN* control the work you put to work towards the vision of the player *YOU* want to be. Allow your training to empower you to decide how good you will be each and every day.
- **Have fun!** Spending time with the ball should be enjoyable. Listen to music, get into a ritual, find a rhythm and take pride in the process of working towards mastery. Sometimes it may seem slow and frustrating, but when you look back at your training log and see the improvement over time, you will feel great about the work you're putting in. The pursuit of excellence is a lifetime goal, and one you should enjoy.

How do you participate in the training program?

1. Print the training log
2. Watch the videos for each drill in the training library by clicking on the underlined drill title
3. Plan your training and allow an hour each day to complete your technical work
 - The training program is set up to do 3 days a week, but obviously, the more you do, the better you will be!
 - Don't be afraid to repeat a week's sessions a few times (or do extra reps of a skill) until you have mastered them, before moving on
4. Put a score or check in the box when you've completed each set

Good luck!

Peace, love, futbol,



Training Series Intro - [Click Here](#)

Library of exercises:

Skill Challenges:

[1 Minute Juggling Time Trials](#)

Record your best scores each day

[FC Maximus](#)

Record your fastest time each day

[12 Surfaces](#)

Record your best score each day or practice all of the surfaces separately

[Catching](#)

If you need to learn to catch the ball on your foot, click [HERE](#).

Record your best score each day or practice until you can get 1

[260 Touch Time Trial](#)

Record your fastest time each day

[Wall Volley Challenge](#)

The training program tells you how many total reps to do. Record your best consecutive scores for each day

Wall Work:

[Insides 1 Touch](#)

[Laces 1 Touch](#)

[Alternating 1 Touch](#)

[Inside Bent 1 Touch](#)

[Outside Bent 1 Touch](#)

[Inside Outside Bent Alternating](#)

2 Touch (Balance) Same Foot

Inside Inside Same Foot

Inside Inside Switch Feet

Outside Inside Same Foot

Inside Outside Same Foot

Cruyff Trap

Cruyff Cut Back

Cruyff Drag

Matthews, Pass

Fake Matthews, Pass

Chip Up & Wedge Inside

Chip Up & Wedge Laces

Scoop & Cushion

Surface Series - Close

Long Insides

Long Laces

Long Bent Inside

Long Bent Outside

Chips

Full Surface Series - Long

Week 1

Day 1	Reps	Score	Day 2	Reps	Score	Day 3	Reps	Score
Juggling Time Trials			Juggling Time Trials			Juggling Time Trials		
Right foot only			Right foot only			Right foot only		
Left foot only			Left foot only			Left foot only		
Alternating Feet			Alternating Feet			Alternating Feet		
Thighs Only			Thighs Only			Thighs Only		
Head Juggling Only			Head Juggling Only			Head Juggling Only		
12 Surfaces Juggling			12 Surfaces Juggling			12 Surfaces Juggling		
1 Touch Insides	50		1 Touch Insides	50		1 Touch Insides	50	
1 Touch Laces	50		1 Touch Laces	50		1 Touch Laces	50	
1 Touch Alternating	50		1 Touch Alternating	50		1 Touch Alternating	50	
2 Touch (Balance) Insides	30		2 Touch (Balance) Insides	30		2 Touch (Balance) Insides	30	
Inside Inside Same Foot	30		Inside Inside Same Foot	30		Inside Inside Same Foot	30	
Inside Inside Switch Feet	30		Inside Inside Switch Feet	30		Inside Inside Switch Feet	30	
Outside Inside Same Foot	30		Outside Inside Same Foot	30		Outside Inside Same Foot	30	
Inside Outside Same Foot	30		Inside Outside Same Foot	30		Inside Outside Same Foot	30	
Chip Up & Wedge Inside	20		Long Insides	40		Chip Up & Wedge Inside	20	
Chip Up & Wedge Laces	20		Long Laces	40		Chip Up & Wedge Laces	20	
			Chips	40				
260 Touch Time Trial						Long Insides	30	
Wall Volley Challenge			260 Touch Time Trial			Long Laces	30	
Insides Only	100		Wall Volley Challenge			Chips	30	
Laces Only	100		Insides Only	100				
Alternating	100		Laces Only	100		Wall Volley Challenge		
			Alternating	100		Insides Only	100	
						Laces Only	100	
						Alternating	100	

For weeks 2-4 of the training program:
<http://yaelaverbuch.com/train/>



