

**THE BETTER**  
**2 WEEK**  
**DEVELOPMENT GUIDE**



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# INTRODUCTION

THIS EBOOK HAS BEEN WRITTEN WITH ONE GOAL IN MIND: **TO MAKE YOU A BETTER SOCCER PLAYER!** THIS EBOOK WILL SHOW YOU HOW YOU CAN MAKE A MARKED IMPROVEMENT IN YOUR SOCCER SKILLS IN ONLY TWO WEEKS. ALL YOU NEED IS THE DESIRE!

THIS EBOOK CONTAINS ALL THE INFORMATION THAT YOU NEED TO BECOME A BETTER SOCCER PLAYER IN TWO WEEKS. WHETHER YOU PLAY AYSO, CLUB, TRAVEL, HIGH SCHOOL OR ABOVE, THIS GUIDE CAN MAKE YOU A MORE CONFIDENT SOCCER PLAYER.

THE ONLY THING THAT I ASK OF YOU IS TO **GIVE IT 110%** TO ALL OF THE DRILLS AND READ THE ACCOMPANYING INFORMATION.

BECOMING A GREAT SOCCER PLAYER IS A LONG PROCESS, AND DON'T GET ME WRONG, IT WILL BE TOUGH. THIS GUIDE IS MERELY MEANT TO GIVE YOU A KICK START AND POINT YOU IN THE RIGHT DIRECTION. THE GUIDE FOCUSES ON WHAT WE AT BEAST MODE SOCCER BELIEVE TO BE **THE MOST IMPORTANT BASE OF ALL SOCCER TRAINING- GREAT TECHNIQUE.** IN OUR FOOTWORK PROGRAM YOU WILL TOUCH THE BALL OVER A THOUSAND TIMES, AND THEY ARE QUALITY TOUCHES.

AS I SAID BEFORE, ALL WE ASK FROM YOU IS THE COMMITMENT! A COLLEGE LEVEL SOCCER PLAYER PUTS IN AN AVERAGE OF THREE HOURS OF WORK A DAY. FOR THE TOP LEVEL PLAYERS, THAT'S NOT ENOUGH. THEY STAY AROUND AFTER PRACTICE AND PLAY WITH THE BALL ON THEIR OWN. IT'S A KNOWN FACT THAT WHEN AT MANCHESTER UNITED, DAVID BECKHAM STAYED AFTER PRACTICE FOR ONE HOUR EVERY DAY, JUST TAKING FREE KICKS... HE WAS NOT BORN WITH AN INSANELY GIFTED RIGHT FOOT, HE CULTURED IT TO WHAT IT HAS BECOME. IF YOU READ ABOUT ALMOST ANY TOP CLASS ATHLETE, THEY ALL SAY THE SAME ABOUT THEIR CHILDHOOD- **THE THING THEY REMEMBER THE MOST IS PLAYING THAT SPORT.** MARTA REMEMBERS PLAYING SOCCER WITH THE BOYS, MESSI REMEMBERS KICKING A BALL AROUND BREAKING THINGS IN HIS HOUSE AND HIS MOTHER GETTING MAD! THEY ALL HAVE AN INCREDIBLE **WORK ETHIC!**

# THE ERA OF GREATNESS

WE ARE IN A FANTASTIC ERA FOR SOCCER. WORLD CLASS PLAYERS ARE SCATTERED AROUND THE TOP LEAGUES, AND THE PLAYERS ARE BETTER THAN EVER. TODAY'S PLAYERS ARE TECHNICALLY SKILLED, FASTER, STRONGER, QUICKER, SMARTER AND MENTALLY TOUGH. **THE BEST PLAYERS EXCEL IN ONE POSITION BUT ARE CAPABLE OF PLAYING IN ANY.** THEY UNDERSTAND THE GAME BETTER THAN EVER, BUT WHAT MAKES THEM BETTER THAN THE REST? IS IT INNATE QUALITIES? NATURAL TALENT?

THE DEBATE RAGES ON, BUT EVERY PIECE OF RESEARCH POINTS IN ONE DIRECTION... **EVERY SOCCER PLAYER AT THE ELITE LEVEL HAS PUT AN ENORMOUS AMOUNT OF HARD WORK TO GET TO WHERE THEY ARE.** WHETHER IT'S PLAYING STREET SOCCER FOR HOURS ON END, GETTING TO PRACTICE AN HOUR EARLY AND LEAVING AN HOUR LATE, THROUGHOUT THEIR LIVES THEY HAVE JUST WORKED HARDER THAN THE NEXT PERSON, AND THEY ALL AGREE, THIS IS WHY THEY HAVE REACHED THE PINNACLE. INNATE TALENT ONLY TAKES YOU SO FAR.



# TECHNICAL SOCCER DEVELOPMENT

## DRIBBLING

START TAKING THE BALL EVERYWHERE WITH YOU, AND I MEAN EVERYWHERE! DRIBBLE THE BALL AROUND YOUR HOUSE, DRIBBLE THE BALL BETWEEN CLASSES. THE ONLY THING YOU NEED IS A BALL... YOU DON'T NEED YOUR SHIN GUARDS, CONES, FULL UNIFORM... JUST A BALL. GOING TO MAKE A SANDWICH AT HOME? TAKE YOUR BALL WITH YOU! IF YOU START DOING THIS ALONG WITH THE DRILLS THAT WE HAVE INCLUDED IN THIS BOOK, YOU WILL BECOME MORE COMFORTABLE WITH THE BALL IN NO TIME!

## BALL CONTROL

JUGGLE A TENNIS BALL, YES, A TENNIS BALL. DO THIS EVERY DAY, KEEP TRACK OF YOUR RECORD, AND TRY TO BEAT THAT RECORD BY TWO AS THE DAYS PASS. YOU WILL SOON BE ABLE TO COMPETENTLY CONTROL THE TENNIS BALL IN THE AIR... THEN THAT SIZE 5 WILL BE A BREEZE! DO NOT FORGET TO ALTERNATE YOUR FEET, USING YOUR RIGHT AND LEFT. IF YOU CAN USE BOTH FEET AS A SOCCER PLAYER, YOU ARE A DUAL THREAT! AGAIN, DO THE JUGGLING ALONGSIDE OUR BALL MANIPULATION EXERCISES.

## PASSING

OUR PASSING EXERCISES ARE A GREAT WAY FOR YOU TO NOT ONLY GET BETTER AT PASSING, BUT ALSO TO HELP YOU DEVELOP A GREAT FIRST TOUCH! FOLLOWING THESE EXERCISES YOU WILL TOUCH THE BALL THOUSANDS OF TIMES A DAY... AND GUESS WHAT? EVERY TIME YOU TOUCH A BALL, YOU GET BETTER!





**WEEK 1**

# **BALL MANIPULATION**

EACH DRILL IS DONE EVERY DAY OF THE WEEK, REMEMBER, THERE IS NO OFF SEASON IN SOCCER!

EVERY SESSION STARTS WITH YOUR REGULAR **WARM UP**. AFTER THAT YOU GET STRAIGHT INTO JUGGLING, IT'S PART OF YOUR WARM UP.

5 MINUTES WITH A TENNIS BALL (BOTH FEET)  
5 MINUTES WITH A SIZE 1 BALL (BOTH FEET)  
5 MINUTES WITH A SIZE 5 BALL (LEFT FOOT ONLY)

RECORD YOUR HIGHEST EVERY DAY.

## **BALL MANIPULATION FOOTWORK DRILLS PHASE 1**

100 BMS TOE TAPS  
100 BMS BELLS  
100 SIDE SWIPES  
100 PULL BACK-PUSHES  
100 PULL BACK PUSHES BEHIND  
100 ROLLS  
26 STEP OVER TOUCHES  
150 BRAZILIAN TOE TAPS  
25 SNAKES  
25 SEKANS  
100 CRUYFFS

**WITH ALL OF THE ABOVE YOU WILL BE USING BOTH FEET. FOR A VIDEO SHOWING SPECIFIC MOVEMENTS GO HERE:**

<http://www.youtube.com/watch?v=PCFsyvrcNTY>



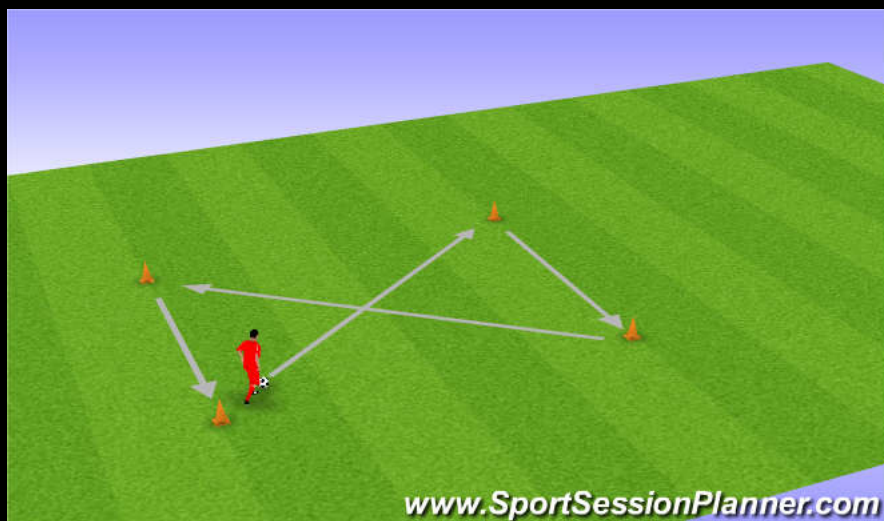
## **BASIC CONE DRIBBLING**

LEFT FOOT ONLY  
INSIDE FOOT ONLY  
OUTSIDE FOOT ONLY  
LEFT FOOT ROLLS  
RIGHT FOOT ROLLS

REPEAT 10 TIMES WITH A TENNIS BALL

REPEAT 10 TIMES WITH A SIZE 1 BALL

REPEAT 10 TIMES WITH A SIZE 5 BALL



## **CROSS DRIBBLING**

LEFT FOOT ONLY  
INSIDE FOOT ONLY  
OUTSIDE FOOT ONLY  
LEFT FOOT ROLLS  
RIGHT FOOT ROLLS

REPEAT 10 TIMES WITH A TENNIS BALL

REPEAT 10 TIMES WITH A SIZE 1 BALL

REPEAT 10 TIMES WITH A SIZE 5 BALL



## **CHANGE OF DIRECTION DRIBBLING**

LEFT FOOT ONLY  
INSIDE FOOT ONLY  
OUTSIDE FOOT ONLY  
LEFT FOOT ROLLS  
RIGHT FOOT ROLLS

3, 90-SECOND SETS WITH A TENNIS BALL

3, 90-SECOND SETS WITH A SIZE 1 BALL

3, 90-SECOND SETS WITH A SIZE 5 BALL

CHANGE DIRECTION WITH EVERY TOUCH!

## **WALL PASSING**

RIGHT AND LEFT FOOT ONLY- REALLY FOCUS ON THE LEFT FOOT. THIS IS THE BEST WAY TO DEVELOP YOUR LEFT FOOT TOUCH... JUST KNOCKING THE BALL BACK AND FORTH.

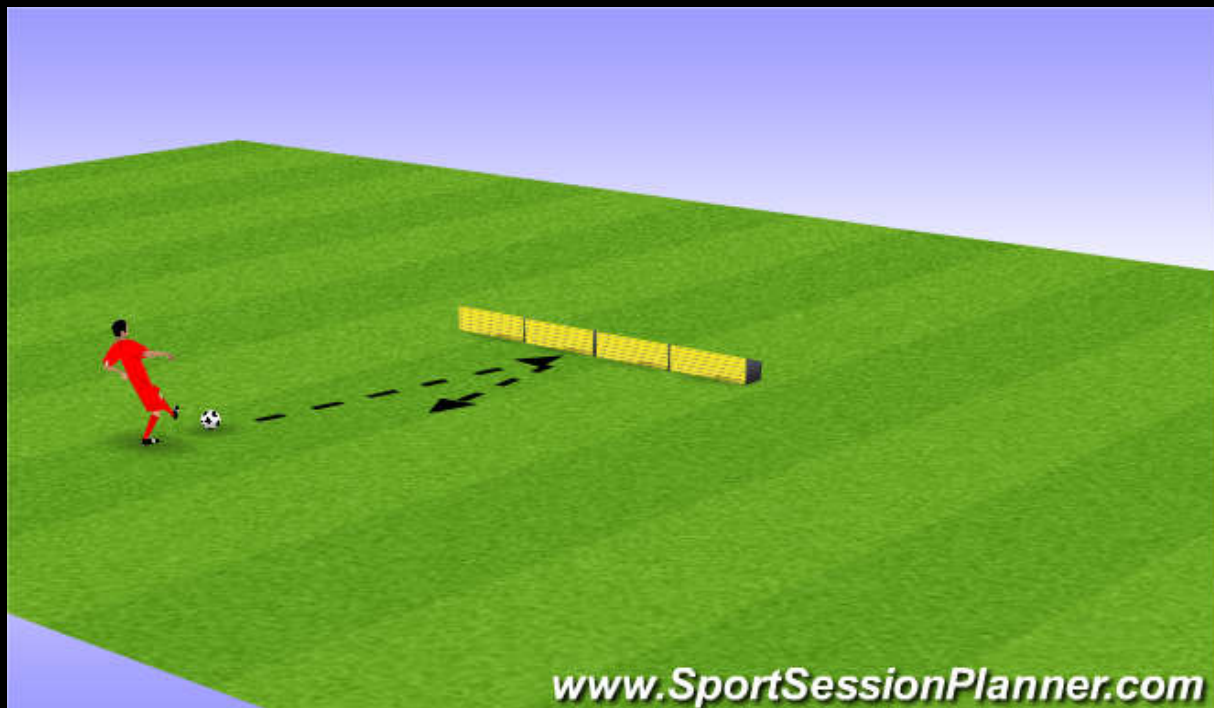
1.) APPROX. 5 YARDS AWAY FROM THE WALL, PUSH PASS THE BALL TO THE WALL, RECEIVE WITH OPPOSITE FOOT. REPEAT THIS, FOCUSING ON THE FIRST TOUCH. YOUR FIRST TOUCH SHOULD ALWAYS BE INTO SPACE.

FOR ALL OF THESE START BY USING YOUR INSTEP TO CONTROL WITH, THEN THE OUTSIDE OF YOUR FOOT (BRAZILIAN STYLE) AND YOUR SOLE.

2.) REPEAT THE ABOVE, THIS TIME ABOUT 15 YARDS AWAY FROM THE WALL. VARY THE SPEED THAT YOU PASS THE BALL WITH. TEST YOURSELF.

3.) APPROX. 20 YARDS AWAY FROM THE WALL, START DOING SOME DRIVEN PASSES INTO THE WALL. REALLY TEST YOUR FIRST TOUCH. RIP THE BALL 100 TIMES UNTIL YOUR FIRST TOUCH ALLOWS YOU TO COMFORTABLY CONTROL THE BALL.

4.) CHIP AND LOFTED PASS, AGAIN AGAINST THE WALL. START CONTROLLING THE BALL WITH DIFFERENT SURFACES; CHEST, THIGH ETC.





## WEEK 2

# ADVANCED BALL MANIPULATION

AGAIN, EACH DRILL IS DONE EVERY DAY OF THE WEEK.

EVERY SESSION STARTS WITH YOUR REGULAR **WARM UP**. AFTER THAT YOU GET STRAIGHT INTO JUGGLING, IT'S PART OF YOUR WARM UP.

- 5 MINUTES WITH A TENNIS BALL (BOTH FEET)
- 5 MINUTES WITH A SIZE 1 BALL (BOTH FEET)
- 5 MINUTES WITH A SIZE 5 BALL (LEFT FOOT ONLY)

RECORD YOUR HIGHEST EVERY DAY.

### **BALL MANIPULATION FOOTWORK DRILLS PHASE 2**

**ADD THIS ON TO PHASE 1 TO MAXIMIZE GOOD, QUALITY TOUCHES!**

- 50 FLUID BELLS
- 50 FAKE CRUYFF
- 50 STOP-GO-GO
- 50 STOP-GO-RONALDO
- 50 RABANHA
- 50 BEST
- 50 ROLL AND GO
- 50 DIMARTINO'S

**WITH ALL OF THE ABOVE YOU WILL BE USING BOTH FEET. FOR A VIDEO SHOWING SPECIFIC MOVEMENTS GO HERE:**

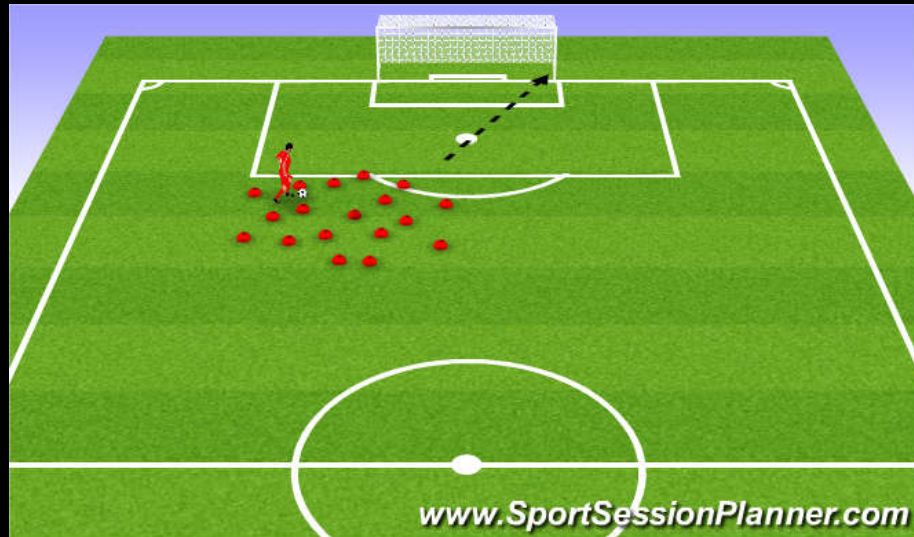
<http://www.youtube.com/watch?v=E2LzGfgAK5s>

## MESSI DRIBBLING

LEFT FOOT ONLY  
INSIDE FOOT ONLY  
OUTSIDE FOOT ONLY

REPEAT 3 TIMES WITH A TENNIS BALL  
REPEAT 3 TIMES WITH A SIZE 1 BALL  
REPEAT 3 TIMES WITH A SIZE 5 BALL

PLACE ABOUT 20 CONES RANDOMLY  
ABOUT 20 YARDS FROM GOAL.  
PERFORM 50 TOUCHES AT SPEED,  
QUICK CHANGES OF DIRECTIONS,  
STEP OVERS, SCISSORS, BESTS,  
MATTHEWS ETC ETC. ON THE 50TH  
TOUCH, BURST OUT OF THE GRID AT  
TOP SPEED AND SLOT THE BALL INTO  
ONE OF THE CORNERS OF THE  
GOAL.

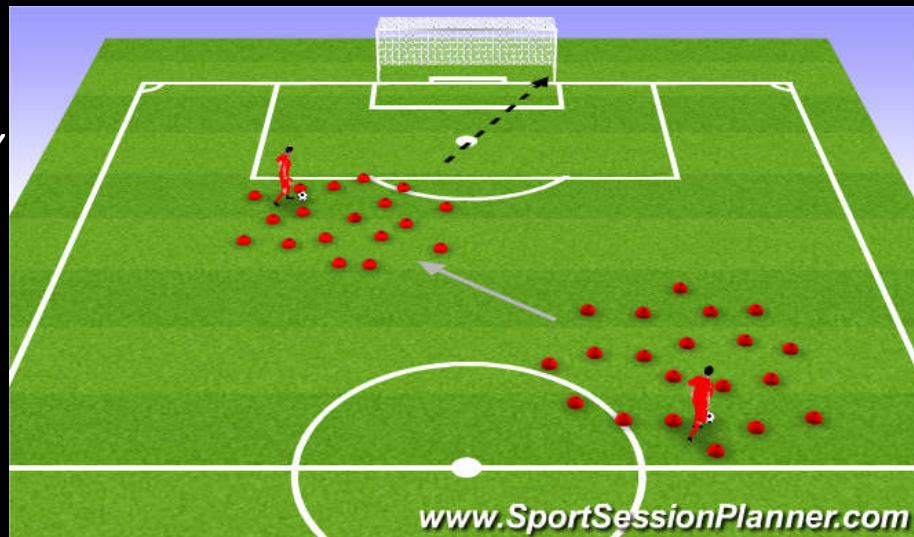


## MESSI DRIBBLING 2

LEFT FOOT ONLY  
INSIDE FOOT ONLY  
OUTSIDE FOOT ONLY

REPEAT 3 TIMES WITH A TENNIS BALL  
REPEAT 3 TIMES WITH A SIZE 1 BALL  
REPEAT 3 TIMES WITH A SIZE 5 BALL

PLACE ABOUT 20 CONES RANDOMLY  
ABOUT 20 YARDS FROM GOAL AND  
REPEAT ABOUT 15 YARDS AWAY.  
PERFORM 50 TOUCHES AT SPEED,  
QUICK CHANGES OF DIRECTIONS  
ETC ETC. ON THE 50TH TOUCH,  
BURST OUT OF THE GRID AND HEAD  
TO THE SECOND GRID, MAKE SURE  
YOUR THIRD TOUCH OUT OF THE  
FIRST GRID IS LIGHT AND  
CONTROLLED. MAKE ANOTHER 30  
TOUCHES, BURST OUT AND SHOOT  
INTO THE CORNER.



## 2 BALL TOUCHES

GET 2 BALLS, AND SET 4 CONES IN 5X20 YARD GRID

'BABY TOUCH' THE BALLS WITH YOUR LACES AT A GOOD PACE CONTROLLING THE BALLS ALL THE TIME. TAKE A TOUCH EVERY STEP.

REPEAT 5 TIMES WITH A TENNIS BALL  
REPEAT 5 TIMES WITH A SIZE 1 BALL  
REPEAT 5 TIMES WITH A SIZE 5 BALL

GOOD QUALITY TOUCHES EVERY TIME.



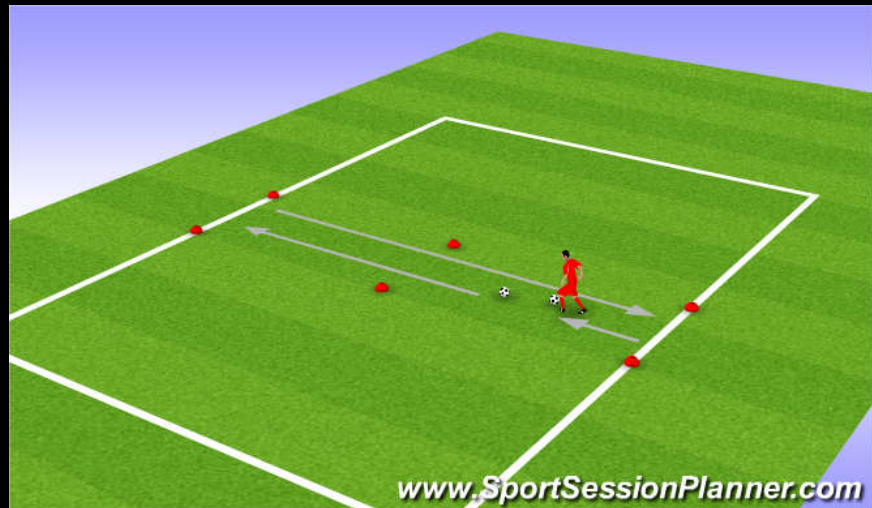
## 2 BALL DRIBBLING

GET 2 BALLS, AND SET 4 CONES IN 5X50 YARD GRID

THIS IS WHERE IT GETS HARD. RUN AT 80% SPEED WITH BOTH BALLS AT YOUR FEET. THE GOAL IS TO KEEP THEM BOTH IN THE 5 YARD WIDTH OF YOUR GRID. ITS TOUGH BUT GETS EASIER AS TIME GOES BY!

REPEAT 5 TIMES WITH A TENNIS BALL  
REPEAT 5 TIMES WITH A SIZE 1 BALL  
REPEAT 5 TIMES WITH A SIZE 5 BALL

GOOD QUALITY TOUCHES EVERY TIME.



## WALL PASSING

RIGHT TO LEFT FOOT- REALLY FOCUS ON THE LEFT FOOT. THIS IS THE BEST WAY TO DEVELOP YOUR LEFT FOOT TOUCH... JUST KNOCKING THE BALL BACK AND FORTH.

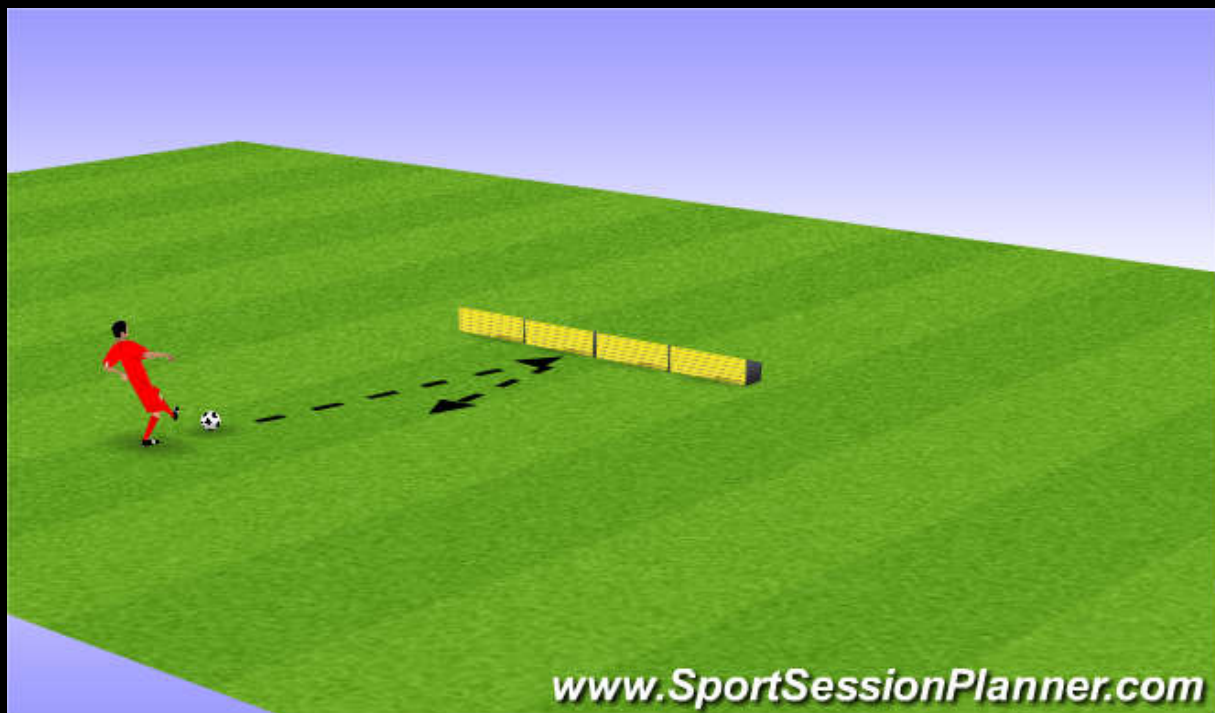
APPROX. 10 YARDS AWAY FROM THE WALL START DRILL PASSING THE BALL. THIS DOES TWO THINGS: -INCREASES YOUR REACTION TIMES

-FORCES YOU TO MAKE DIFFICULT LEFT AND RIGHT FOOT TRAPS.

DRILL THE BALL WITH YOUR RIGHT, CONTROL WITH YOUR LEFT AND VICE VERSA.

YOU LITERALLY NEED TO DO HUNDREDS OF THESE EVERY DAY! NO MATTER WHAT PHASE YOU'RE ON, TRY TO DO AT LEAST 30 MINUTES OF THIS ALONE EVERYDAY- DO YOU WANT IT BAD ENOUGH?

START CHIPPING AND LOFTED PASSES WITH BOTH FEET. FOCUS PURELY ON TECHNIQUE, NOT POWER... GET THESE BASICS DOWN AND YOU WILL BE AN AWESOME PLAYER!





# KEEP TRACK OF YOUR **SUCCESS**. JUST TICK THE BOXES EVERYDAY AFTER YOU HAVE COMPLETED THE FOOTWORK!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>PHASE 1</b>							
BMS TOE TA[S							
BMS BELLS							
SIDE SWIPES							
PULL BACK P.							
PULL BACK PB							
ROLLS							
STEP OVER T.							
BRAZILLIAN TT							
SNAKES							
SEKANS							
CRUYFFS							
<b>DRIBBLING</b>							
BASIC CONE							
CROSS							
CHANGE OF D.							
<b>PASSING</b>							
WALL							



	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<b>PHASE 1,2</b>							
BMS TOE TAJ[S							
BMS BELLS							
SIDE SWIPES							
PULL BACK P.							
PULL BACK PB							
ROLLS							
STEP OVER T.							
BRAZILLIAN TT							
SNAKES							
SEKANS							
CRUYFFS							
FLUID BELLS							
FAKE CRUYFF							
STOP-GO-GO							
STOP-GO-RO.							
RABANHA							
BEST							
ROLL AND GO							
DIMARTINO							
<b>DRIBBLING</b>							
BASIC CONE							
CROSS							
CHANGE OF D.							
MESSI							
MESSI 2							
2 BALL TOUCHES							
2 BALL							
<b>PASSING</b>							
WALL							



**BEASTMODESOCCER**

**ARE YOU READY  
FOR THE NEXT  
STEP?**

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