BEAST MODE SOCCER

LEARN TO TRAIN LIKE

ALI RILEY

DAVID COPELAND-SMITH

'LEARN TO TRAIN LIKE ALI RILEY'

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Beast Mode Soccer

15425 Sherman Way,
Suite 353
Los Angeles CA 91406
Tel: (310) 933 6297
Email: train@beastmodesoccer.com
Web: www.BeastModeSoccer.com
Facebook: www.Facebook.com/BeastModeSoccer
Twitter: www.Twitter.com/BeastModeSoccer

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LEARN TO TRAIN LIKE

ALI RILEY

Ali has played over 50 games for the New Zealand Women's National Team

INTRODUCTION

The following is a report by Beast Mode Soccer Director David Copeland-Smith. The report focuses on one of our clients, two time Women's Pro Soccer (WPS) Champion, two time World Cup star and Olympian Ali Riley.

I first met Ali during her senior year of high school. Contact had been made from the New Zealand FA asking to represent her fathers home nation at the under 20 World Cup in Russia. I told her to jump at this opportunity!

We started training about one month before she flew to play in her first qualifier. During our first session I was immediately impressed with Ali's work ethic. She literally did not stop during our 90 minutes. She was serious, focused and fully intent on becoming a better soccer player. At that point she was a goal-scoring forward, and a very good one at that. She had been named to the All-CIF Southern Sectional Division 1 first team. I asked Ali what she wanted to improve upon, not an easy question to ask a high school senior. She immediately responded 'my feet, they need to be quicker, I need to be more confident going by people... oh, and my left foot!' Yes, you read that last sentence correctly, Ali is a natural right-footed player yet six years later, she is now recognized as one of the best left-footed defenders in the world!

In this book you will find the footwork drills that Ali started on, as well as more advanced drills that she does now. You see that Ali's biggest secret is that she NEVER stops training!

Ali in action for FC Gold Pride
During her first season in WPS, Ali won the Championship and was named 'Rookie of the Year'

TEAMS

Ali in action for her last 3 teams

Ali was a 4 year starter for Stanford University, playing in 65 games for the Cardinal. She won the WPS Championship with both FC Gold Pride (San Francisco, middle picture) and WNY Flash (Buffalo, bottom picture).

ALI RILEY HONORS

NEW ZEALAND NATIONAL TEAM HONORS

- Nike Junior Women's Player of the Year 2006
- Nike National Women's Player of the Year 2006, 2008, 2009, 2010
- Oceania Football Confederation Women's Player of the Year 2009, 2010

2009 UNIVERSITY SOCCER HONORS

- All American (NSCAA, Top Drawer Soccer and Soccer America)
- Scholar All American (NSCAA)
- All Pac-10 First team
- All Pac-10 Scholar Athlete of the year

2010 UNIVERSITY SOCCER HONORS

- Stanford University, Pat Strathairn Best Competitive Athlete Award

2010 WOMEN'S PROFESSIONAL SOCCER HONORS

- Rookie of the year
- All Pro selection (First XI)
-

2011 WOMEN'S PROFESSIONAL SOCCER HONORS

- Finalist, Defender of the year
- All Pro selection (First XI)

HARD WORK

The single biggest secret that Ali possesses is her incredible work ethic. She puts in more hours on the field than any player I have trained. She really epitomizes what 'Beast Mode Soccer' is all about!

LEARN TO TRAIN LIKE ALI RILEY

The following is a book by Beast Mode Soccer Director David Copeland-Smith about one of our clients, two time Women's Professional Soccer Champion, Ali Riley.

Please enjoy this report, if you know of any players/parents/coaches who you think would benefit from reading this as well, please guide them toward our website, www.BeastModeSoccer.com where they can register for their own personal copy.

Part of this report covers fitness, it is important that when partaking in a new fitness program you must consult your Doctor.

The same goes for nutrition. The information included in this guide is what Ali does, if you want to do the same, please consult a certified nutritionist.

THE WARM UP	FITNESS	FOOTWORK & TECHNIQUE	NUTRITION	PSYCHOLOGY
The Beast Mode Soccer Dynamic Warm Up The soccer-specific warm up that prepares you best!	**Beast Mode Soccer Tabata** what it is and how it can improve your soccer fitness!	**Learn...** The basic footwork programs, AND Phases 1&2 of the AR3 program!	**What does Ali eat** Pre game and after game, and regular training day samples of Ali's pre and post game nutrition program	**What makes a winner?** What does Ali tell herself before games? What makes her a winner?

A MESSAGE FROM ALI...

"Just kick it and run!" I can't tell you how many times that phrase has been shouted at me from the sidelines. And I can't tell you how many times it's worked. Because I was given the gift of speed.

At the beginning of my career, speed was what set me apart. It got me onto high school Varsity, caught the eye of college coaches, and convinced the Under-20 New Zealand National Team coach to fly me over to train with the team. Other than my speed, I have to admit that nothing about my game at this point was exceptional. I could shoot, pass and turn—your basic skills—but I couldn't chip, bend a ball, or drive in a cross. I definitely didn't have any moves that would leave a defender shaking in her boots. I played simply but effectively, since I had my trusty kick and run.

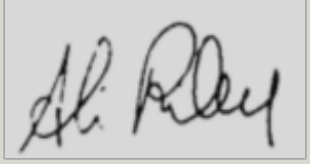
Fast-forward to 2009, my senior year of college. Training with New Zealand and Stanford has improved my skills and confidence immensely. I have performed admirably at an Under-20 World Cup, a Women's World Cup, and an Olympics. I have transitioned from forward to outside back, and what I want most is to be drafted into the Women's Professional Soccer league (WPS). I'm still fast, but I've also noticed something very important: at the highest level, other girls are fast too. It was time to get technical.

Dave and I developed this program for me to become the most technical player I can be. Don't get me wrong, we knew for a fact that I would never be a Marta or a Christine Sinclair. My feet will never do what theirs can. But that's OK, my goal was to be the best player *I* could be. (Let me say, however, that if you were to start this program at a young enough age, there's no telling who you could become!)

After only a couple of weeks of training, I could feel a difference. A difference in my dribbling, my shot, my pass. With the new moves and skills, I was able to add a level of deception into my game. I was indeed drafted, and at the end of my first season I was named 2010 WPS Rookie of the Year. I could never have done it without David and the training's that were to become the foundation of Beast Mode Soccer.

Now this is my second off-season of my professional career, and we are back at it. What you have here is my current program, with the most effective drills from previous years mixed in with new and advanced exercises that will continue to push me. While I have certainly improved, I still have a long way to go, and this specific Beast Mode Soccer program will always be a work in progress, as we update it to reflect my strengths and weaknesses.

So please, read this, try it, teach it, share it. I can't promise you that you will become Marta or Messi, but I do know that by the end of it you will be a whole lot closer than you were when you started. Enjoy!



THE BEAST MODE SOCCER DYNAMIC WARM UP

THE BEAST MODE SOCCER DYNAMIC WARM UP

As with any type of exercise, it is important to engage in a warm up session prior to a Beast Mode Soccer training session. While the goal is to increase the overall effectiveness of your skill and technique, it is important to warm up the muscles throughout your body to reduce the chance for injury. Engaging in a Beast Mode Soccer training session can be physically tolling on the body. If you fail to prepare the body for the workout, you may find that your Beast Mode Soccer training sessions come to an abrupt end due to an injury, such as a sprain or muscle strain. We will share with you the overall importance of a warm up prior to Beast Mode Soccer training sessions in this section.

Muscles that are considered "cold" are often extremely tight. The tighter a muscle is, the more chance it has of suffering under tension. During a Beast Mode Soccer training session, you introduce your body to a wide range of tense movements. Some of these movements include turning in a quick fashion, twisting in often unnatural ways, as well as simple and complicated stretching. These types of movements can result in numerous injuries. Some examples of these injuries include muscle sprains, strains throughout the various muscles, and even tears in the delicate tissue of the muscles.

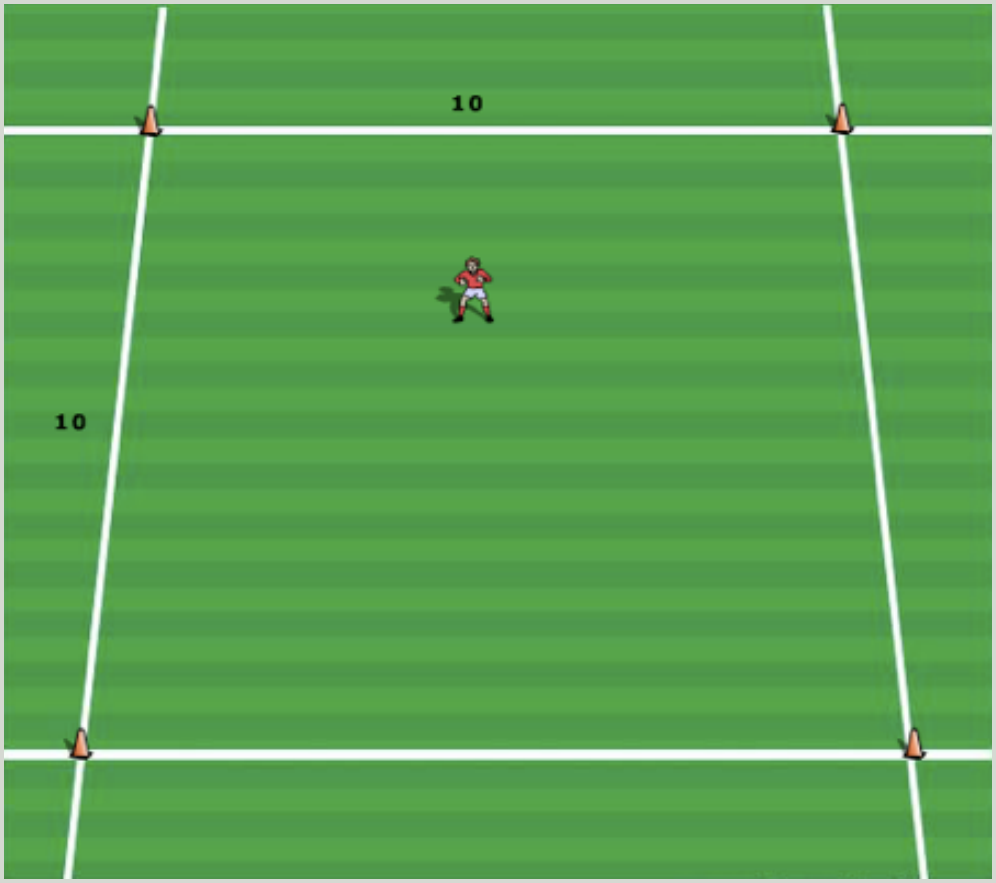
When you engage in exercises that create "warmness" throughout the muscles, these tissues are able to generate a level of energy more quickly than their cold counterparts. This reduces the amount of tension that the muscles naturally contain. Engaging in a warm up prior to a Beast Mode Soccer training session is almost a form of relief for the muscles. Furthermore, if muscles are relaxed then your session will benefit. The way that it benefits is that it increases the overall speed at which you are able to perform, the power at which you move, as well as the ability to maintain a higher control level of your techniques.

When performing warm up activities prior to your Beast Mode Soccer training session, it is important to include a variety of methods that are engage to the overall game. Our Beast Mode Soccer Dynamic Warm Up does exactly that!

Remember, prior to the start of your Beast Mode Soccer training regime, you should start the habit of performing warm up activities. These activities will allow you to reduce the possibility of an injury, mentally prepare yourself for the upcoming Beast Mode Soccer training sessions, increase the amount of speed in training, increase your overall power in the game, and help with the ability to perform certain movements. Integrating a warm up into the time period prior to soccer training can boost your overall performance

THE BEAST MODE SOCCER DYNAMIC WARM UP

When working with Beast Mode Soccer, 95% of what we do is game realistic, it is therefore important that your warm up coincides with what you're doing in the session. This is the warm up that Ali does when working out with us. Set out a 10 yard x 10 yard box like so:

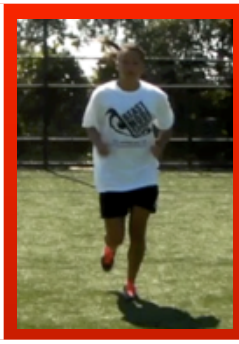


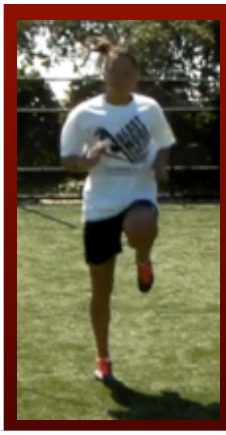
If you do not have cones, use sweat shirts, bibs, anything that will mark out the grid! The exercises are as follows:

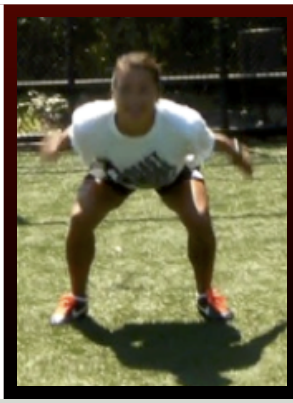
Jog/Beast Mode Crawl/Scorpion/Dynamic Butt Kicks/Leg Holds/Straight Leg Kicks/ High Knees/Knee-Hold-Lunge/Bent Over Butt Kicks/Side Lunge Sprint/Monkey Swings

Each exercise is explained over the next few pages...

THE BEAST MODE SOCCER DYNAMIC WARM UP

EXERCISE	PICTURE	DESCRIPTION
JOG		Warms the entire body up, prepares for stretching
BEAST MODE SOCCER CRAWL		Stretches the hip flexors, abdominal, quadriceps, hamstrings and shoulders
THE SCORPION		Stretches the hip flexors, abdominal, quadriceps, hamstrings and shoulders
DYNAMIC BUTT KICKS		Stretches the quadriceps and hip flexors

EXERCISE	PICTURE	DESCRIPTION
LEG HOLDS		Stretches the hips, glutes, quadriceps, lower back and shoulders
STRAIGHT LEG KICKS		Stretches the hamstrings, calfs and lower back
HIGH KNEES		Stretches the glutes, quadriceps, lower back and hamstrings
KNEE-HOLD-LUNGE		Stretches the groin, glutes, hamstrings and ankles

EXERCISE	PICTURE	DESCRIPTION
BENT OVER BUTT KICKS		Stretches the groin, glutes and hamstrings
SIDE LUNGE SPRINT		Stretches the groin, glutes, hamstrings and ankles
MONKEY SWINGS		Stretches the neck, trunk and shoulder blades
DYNAMIC SQUAT JUMPS		Stretches the full body, quadriceps, glutes, hamstrings, calfs, groin and hips

EXERCISE	PICTURE	DESCRIPTION
PUSH UP SPRINT		Stretches the arms and chest, is a full body dynamic explosive stretch

This is done before every session and takes approximately 10 minutes. DO NOT do this as a cool down. A cool down should be static stretching.

All of the above movements are soccer specific and fairly easy to do, however, if you do not understand any of the movements, the accompanying video for the warm up is here:

http://www.beastmodesoccer.com/1/post/2011/10/free-beast-mode-soccer-dynamic-warm-up-video-with-ali-riley.html

BEAST MODE SOCCER FITNESS

BEAST MODE SOCCER FITNESS

These days there are so many different fitness programs available, so many different fitness guru's to listen to... where do you start? Well, with Ali Riley we have three different types that we do:

- Base fitness (Beast Mode Soccer Typhoon Training)
- Soccer specific fitness (Beast Mode Soccer Tabata)
- Fitness Testing (the Yo Yo Endurance Test)

Base level fitness is the first on the ladder. All you need is a pair of sneakers, a street and 20 minutes, 3 times a week!

Next up is Beast Mode Soccer Tabata training. This emulates soccer movement in a game. Walk, jog and sprint, but being Beast Mode Soccer, we overload that and do three sets. We have found that this really helps with soccer fitness. It is super hard!

To test your own fitness level, we use the 'yo-yo' test, which we have included in this report.

BE SPECIFIC

There are so many types of fitness out there, but whatever you do, make sure that it is soccer specific. Being able to run 10 miles at the same speed is great, but doesn't mean that you could last a 90 minute soccer game. Check through this section and get started, Beast Mode Soccer style!

BASE LEVEL- BEAST MODE SOCCER TYPHOON TRAINING

Beast Mode Soccer Typhoon Training is the base level fitness program that we use for Ali Riley. By base level, we mean that she has not played a competitive game for a few weeks, and has been in off season. She will do this workout three times a week for the first week, then add a day per week over the next month until she is doing it six times per week.

This is essentially Interval Training, which on its own is not soccer specific, however, we overload the 'hard' stage so the player creates an amazing 'base' level of fitness. Here is the 20 minute program:

MINUTE	TYPE	INTENSITY LEVEL
1	WARM UP	30%
2	WARM UP	40%
3	WARM UP	40%
4	WARM UP	50%
5	WARM UP	50%
6	HARD	80%
7	EASY	30%
8	HARD	80%
9	EASY	30%
10	HARD	80%
11	EASY	30%
12	HARD	80%
13	EASY	30%
14	HARD	80%
15	EASY	30%
16	HARD	80%
17	COOL DOWN	30%
18	COOL DOWN	30%
19	COOL DOWN	30%
20	COOL DOWN	30%

BASE LEVEL- BEAST MODE SOCCER TYPHOON TRAINING

Beast Mode Soccer Typhoon Training Table Explained:

MINUTE- This is the timer that you work to. Minute 1 is the first minute of the exercise, right through to Minute 20 which is the last minute

TYPE- This is what kind of level you are running at. The warm up stage through to the cool down stage

INTENSITY- This will change for everybody. The percentage goes like this;

0%- Stood Still

30%- Light Jog

50%- Light Run

80%- Light Sprint

Ali Riley's 80% sprint is different than my 80% (it's faster). This is why Beast Mode Soccer Typhoon Training is for everyone and never gets easy- your intensity levels will change the fitter you get!

BEAST MODE SOCCER TABATA TRAINING

Beast Mode Soccer Tabata training is a form of interval training using 20 seconds of ultra-intense exercise (at an intensity of about 170% of VO2 Max) followed by 10 seconds of rest, repeated continuously for for 4 minutes (8 cycles)

Beast Mode Soccer takes this training and intensifies it further by including three sets of the 4 minutes. The whole idea of this type of training is that it forces your heart to work harder, as it is constantly changing rhythms.

BEAST MODE SOCCER TABATA TABLE

SET 1

MINUTE	SPRINT	JOG(RECOVERY)	SPRINT	JOG(RECOVERY)
1	20 SECONDS	10 SECONDS	20 SECONDS	10 SECONDS
2	20 SECONDS	10 SECONDS	20 SECONDS	10 SECONDS
3	20 SECONDS	10 SECONDS	20 SECONDS	10 SECONDS
4	20 SECONDS	10 SECONDS	20 SECONDS	10 SECONDS

SET 2

MINUTE	SPRINT	JOG(RECOVERY)	SPRINT	JOG(RECOVERY)
1	15 SECONDS	15 SECONDS	15 SECONDS	15 SECONDS
2	20 SECONDS	10 SECONDS	20 SECONDS	10 SECONDS
3	15 SECONDS	15 SECONDS	15 SECONDS	15 SECONDS
4	20 SECONDS	10 SECONDS	20 SECONDS	10 SECONDS

SET 3

MINUTE	SPRINT	JOG(RECOVERY)	SPRINT	JOG(RECOVERY)
1	10 SECONDS	20 SECONDS	10 SECONDS	20 SECONDS
2	20 SECONDS	10 SECONDS	20 SECONDS	10 SECONDS
3	10 SECONDS	20 SECONDS	10 SECONDS	20 SECONDS
4	20 SECONDS	10 SECONDS	20 SECONDS	10 SECONDS

BEAST MODE SOCCER TABATA TRAINING

Beast Mode Soccer Tabata Training Table Explained:

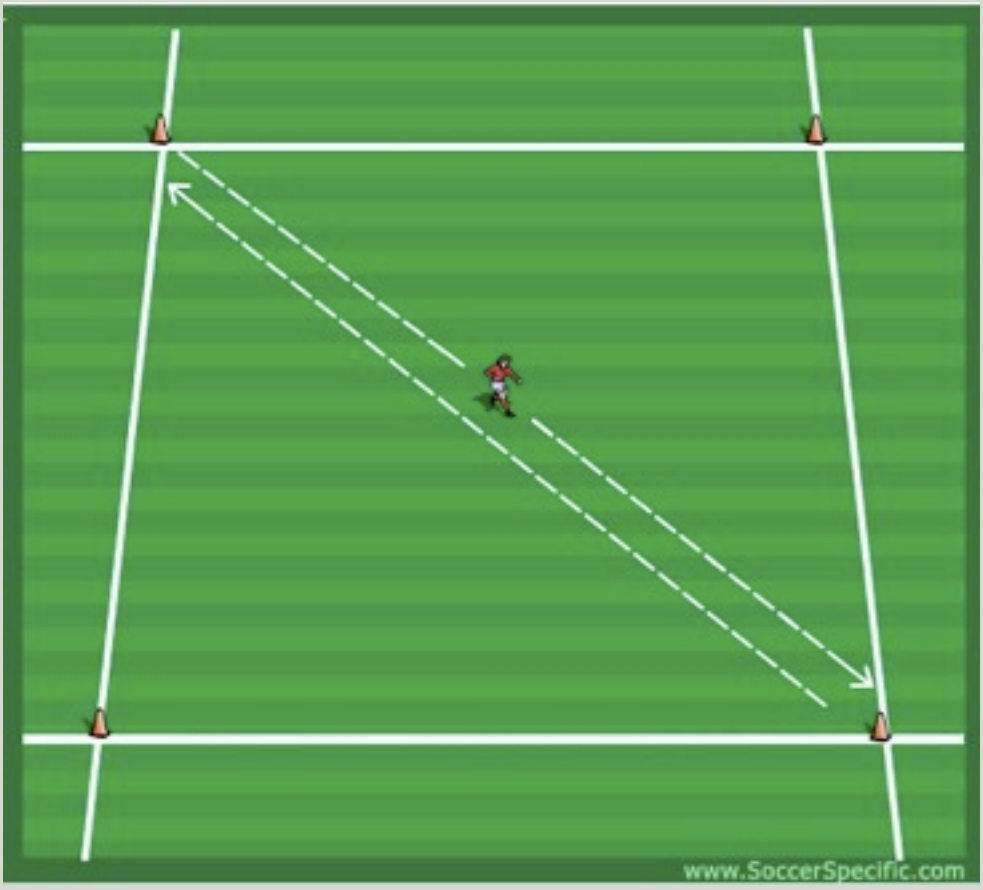
MINUTE- This is the timer that you work to. Minute 1 is the first minute of the exercise, right through to Minute 4 which is the last minute

INTENSITY- This will change for everybody. The intensity goes like this;

SPRINT- Exactly what it says. This is a full on sprint, to YOUR maximum speed. Remember, the only competitor in this fitness is YOU!

Again, Ali Riley's sprint is different than my sprint, everybody has a different level, but only you know if you are going to your max!

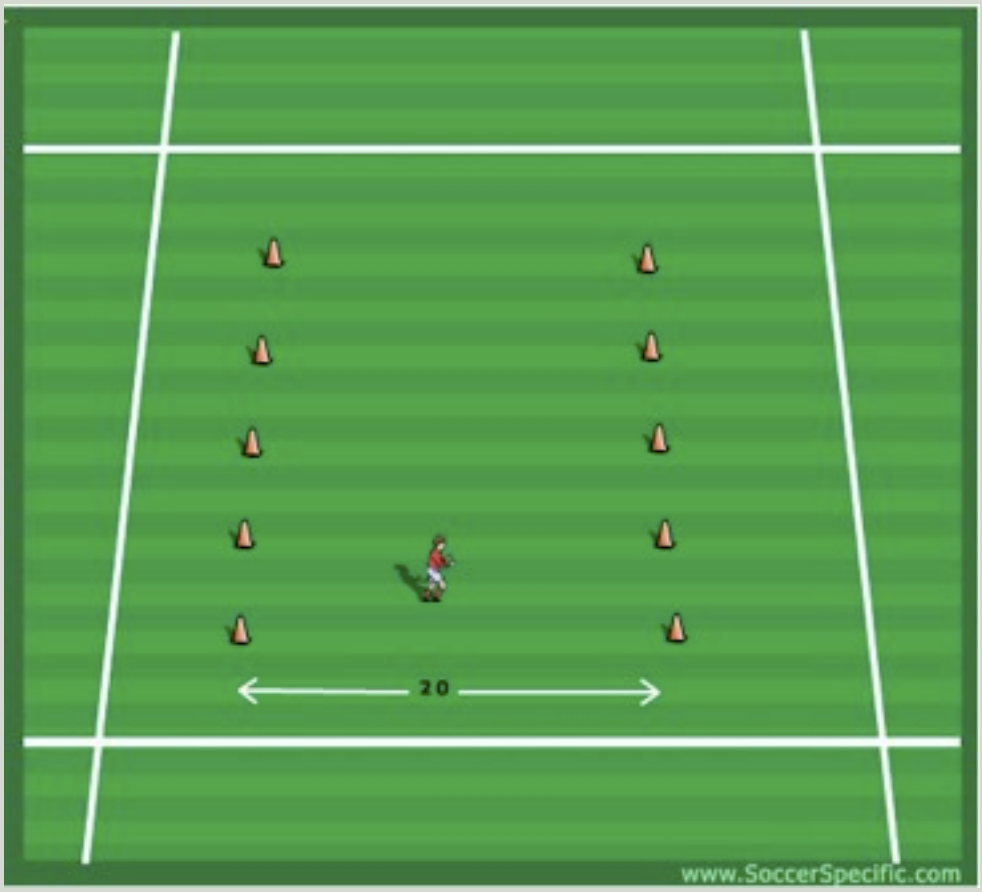
We use a very simple set up to do Beast Mode Soccer Tabata Training, a simple 20x20 yard grid:



THE YO-YO ENDURANCE TEST

The Yo-Yo Endurance Test (continuous) is a variation of the beep test, part of the yo-yo test series developed by the Danish soccer physiologist Jens Bangsbo. There are two versions of this test: Level 1 & 2 (a beginners and advanced level). The level one test is effectively the same as the standard beep test. The Level 2 test starts at a higher running speed and has different increments in speed. There is also an intermittent version of the Yo-Yo test, which incorporates a recovery period after each 40m (2x20m) run

- **Purpose:** The test evaluates an individual's aerobic endurance fitness.
- **Equipment required:**Flat, non-slip surface,cones, measuring tape, pre-recorded Yo-Yo test audio cd or mp3, cd or mp3 player, recording sheets.
- **Procedure:** Use cones to mark out two lines 20 meters apart as per the diagram. The subjects start with their foot behind one of the lines, and begin running when instructed. They continue running between the two lines, turning when signaled by the recorded beeps. After each minute or so, the pace gets quicker. If the line is not reached in time the subject must run to the line turn and try to catch up with the pace within 2 more 'beeps'. The test is stopped if the subject fails to catch up with the pace within the two ends.



THE YO-YO ENDURANCE TEST

- **Variations:** There are two versions of this test: Level 1 & 2. The level one test is effectively the same as the standard beep test. The Level 2 test starts at a higher running speed and has different increments in speed.
- **Scoring:** The athlete's score is the total distance covered before they were unable to keep up with the recording. The Yo-Yo intermittent test usually takes between 6-20 minutes for level 1 and between 2-10 minutes for level 2.
- **Other Considerations:** This test is a maximal test, which requires a reasonable level of fitness. It is not recommended for recreational athletes or people with health problems, injuries or low fitness levels. You may not have power where you want to conduct this test. If so, you need to ensure that the batteries of the audio player are fully charged.
- **Comments:** This test was developed by the Danish soccer physiologist Jens Bangsbo and his colleagues.

FOOTWORK, TECHNIQUE AND SKILL DRILLS

FAST FEET

WHO IS YOUR FAVORITE PLAYER?

The most popular soccer players are usually known for their quick feet, flair and impact. Footwork is hugely important for these things, as well as the ability to get out of trouble in a game.

FOOTWORK TECHNIQUE AND SKILL DRILLS

From the moment that I first started training Ali, I kept on at her to practice her footwork. every day, twice a day if possible. I wrote her an easy to follow footwork guide, making sure she touched the ball as much as possible in a short amount of time, making sure that those touched were good quality.

I believe that footwork is a huge foundation in a quality soccer player. First touch, second and third touch are essential skills to acquire... look at pro players, there touches are immense! The way they can pull a ball out of the air and just seem to manipulate it as they please. How to do they do this?... easy, practice!

A lot of these players grow up playing with smaller balls, like a tennis ball, not only that but they will be playing on the street where the surface isn't flat so they have to adjust to that as well. What we have with this combination is a very adept player with not only great technique but skill as well, one example would be the great Frenchman, Thierry Henry who has gone on record saying that it was the hours and hours of street soccer that made him become the player that he did.

We try to replicate the learnings of street soccer with our footwork programs which have you repeat moves time and time again. In fact, in a usual footwork session with Beast Mode Soccer, Ali will make no less than 1200 QUALITY touches on the ball in an hour!

FOOTWORK TECHNIQUE AND SKILL DRILLS

You will not struggle on any of the basics, but it is so important that you do them as much as you can. The more you do something the easier and easier it becomes. These were done by Ali EVERY DAY for 3 months leading up to the u20 Women's World Cup, her first International tournament with New Zealand

With all of these, do an explosive movement when needed… just 2-3 yards but on **EVERY** one, this way it becomes engrained in your brain… so in games you **JUST DO IT**… it becomes second nature.

THE BASICS

Inside Roll -- Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot- **50 reps**

Outside Roll -- Roll the ball across your body from inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot- **50 reps**

Side to Side Push-Pull -- Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back the sole of the opposite foot- **50 reps**

Side to Side Step-On -- Roll ball to outside with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot- **50 reps**

Side to Side Front Roll --Tap ball back and forth with inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole- **50 reps**

Pull Instep Push -- Push ball forward and pull it back with the sole, then tap ball forward with the instep of the same foot- **50 reps**

FOOTWORK TECHNIQUE AND SKILL DRILLS

Pull & Take with Outside of Foot -- Push the ball forward and pull the ball back with the sole then push the ball diagonally forward with the outside of the foot- **50 reps**

Inside chop -- Push ball forward, move past ball and turn toward ball and take it with the inside of the foot in the opposite direction- **50 reps**

Outside chop -- Push ball forward, move past ball and turn toward ball while taking it with the outside of the foot in the opposite direction- **50 reps**

Cruyff -- Push the ball forward, fake kick with inside of foot, but instead pull ball behind the standing leg and change directions- **50 reps**

Step over Turn -- Push ball forward, step over ball with one foot, turn toward ball and take it in the opposite direction- **50 reps**

Pull Backs -- Roll the sole of one foot forward over the ball and to the outside so the ball stops against your heel. Dribble opposite direction- **50 reps**

Scissors -- Starting with the ball to one side, step over or in front of ball so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and then stop ball with the sole of the first foot- **50 reps**

You should look to 'master' these moves first. They are great basic movements that make up many other moves in soccer. This will need commitment from you, when Ali first started to do this, she did it once in the morning and once during the day!

The great thing about any footwork program is that you do not need a lot of space to do it in. Have 10 minutes to spare? Do some footwork! It doesn't matter where you are... the kitchen, back yard, bedroom!

ALI RILEY SECRET TIP

Ali never leaves the house without a tennis ball! Just incase she has a spare 10 minutes to do some footwork or some tennis ball juggling! A GREAT way to get loads of good, quality touches in!

FOOTWORK TECHNIQUE AND SKILL DRILLS

BEAST MODE SOCCER AR3 SERIES FOOTWORK PHASE 1

Fluid Bell Movements- focus on fluidity and making the movement a natural part of your game- **50 reps...**25 on each foot

Fake Cruyff- 50 reps on each foot

Moving fake Cruyff- 50 reps on each foot. As above but ball moving forward.

Lunges- 50 reps focus on the feint as well

Stop-go-GO: focus on the third touch in this, it is key. **100 reps**

So here's the numbers with the two series above. You will do 950 'moves' in about 15-25 minutes. Each 'move' has c. 3 quality touches on the ball. That's 2850 quality touches.

If you do this everyday, taking one day off, that's 17100 quality touches a week! If you do this every week, that's **889,200 EXTRA QUALITY** touches a year.

That's almost 900,000 touches more than anyone else you know every year… so you can see why this would make the difference, and you can see why Ali has shot to the top of the world game. Remember, this figure is without including the Elite AR3 series as well!

All of these touches use both feet, Ali is looked at as the best left back in women's football, but did you know that **she is not naturally left footed?** It has take years of hard work for her to get as proficient with her left as her right… but hard work pays off!

FOOTWORK TECHNIQUE AND SKILL DRILLS

TENNIS BALL JUGGLING

As said before, as part of her Beast Mode Soccer program Ali is required to take a tennis ball with her everywhere she goes. If she has a spare five minutes she can do some footwork, or some tennis ball juggling.

Let me take a minute to tell you why I believe that tennis ball juggling is amazing for soccer, and why at Beast Mode Soccer we incorporate tennis balls into every one of our sessions. If you study the finest South American players, you will find out that they grew up playing street soccer with... tennis balls (they are inexpensive compared to soccer balls). A quick YouTube search for 'tennis ball juggling' will see video's of Messi, Maradona, Ronaldinho all proficiently juggling the small ball, there's even one of Maradona only using the outside of his foot and smashing it high every time!

To be clear, just because you can juggle does not make you a great soccer player, however, having the ability to juggle a tennis ball helps you improve your first touch, aerial control, eye to ball coordination and gives you maximum number of touches on a ball in a small amount of time. This is difficult stuff, when Ali first started she struggled to get 10, but as she trained her motor skills to get used to the smaller ball and got her eye in, she quickly developed the technique. What I love about Ali is her dedication, an example of this is me getting a text message at 3 o'clock in the morning 'I got 250 with the tennis ball', yes, she was juggling that ball into the small hours of the morning!

So what are you waiting for... go and grab a tennis ball, set out a 2x2 yard grid and start juggling! The 2x2 yard grid is there to help you control the ball in a confined space.

In the pictures below we show how a Beast Mode Soccer session with Ali usually begins: 5 minutes juggling with tennis ball, size 1 then size 5.



FOOTWORK TECHNIQUE AND SKILL DRILLS

SAMPLE SESSION WITH ALI RILEY

BEAST MODE SOCCER

ELITE 1 ON 1 TRAINING

SESSION PLAN

CLIENT:_____Ali_Riley_____ DATE:_____10/13/2011_____

WARM UP

BMS DYNAMIC WARM UP

4 Minutes Tennis Ball Juggle

4 Minutes Size One

4 Minutes Size Five

FOOTWORK

CR7 Series- Toe Taps/Bells/Sticky Tape (L/R)/Pull Back-Push/Step Overs/Scissors/Brazilian Toe Taps

Phase 1- Fluid Bell Movements/Fake Cruyff/Stop Go-Go/Stop Go-Go Ronaldo

Phase 2- Roll into Best/Roll in Best-Cruyff/Double Scissors-Back Scissors/Roll over pull through/Scissor Roll

EACH MOVE 25 TIMES INTENSELY

FIRST TOUCH/DRIBBLING

TENNIS BALL SQUARE

- First Touch into Rings
- 2 Touches into Rings

ASSESS BALL DISPERSAL AND RE-DO

TOUCH AND TURN-

Receives with one touch, tight turn speed dribble, turns, passes gets ready to receive.

50 ON EACH FOOT

MESSI DRIBBLING 1

50 Touches through the cones at full speed, release and shoot

REPEAT 3 TIMES WITH SIZE 1, 3 TIMES WITH SIZE 5

MESSI DRIBBLING 2

2 Square. Receives from you, 2nd touch is out of feet to square, 30 touches (intense, quick using ALL parts of foot), touch over to second box, 20 touches release and shoot

REPEAT 3 TIMES WITH SIZE 1, 3 TIMES WITH SIZE 5

NUTRITION

NUTRITION

Todd Daniels holds a Masters Degree in Human Performance and is a certified athletic trainer (ATC) through the National Athletic Trainer's Association and a certified strength and conditioning specialist (CSCS) by the National Strength and Conditioning Association. Todd works extensively with the US Soccer Federation as a staff athletic trainer. With US Soccer, he primarily works with the Men's National Team (World Cup team); he has also worked with the U-21 Women's National Team, the US Futsal Team, and worked as a part of the local medical team during the 2003 FIFA Women's World Cup in Portland, Oregon.

He is currently employed as an assistant athletic trainer at the University of Portland.

GOOD FOOD

Break the bad habits and start the good ones! 'Junk' food has that name... guess why? Because it is nutritionally inept. You are eating empty calories! Switch to a balanced and nutritious diet and see the difference in yourself, You're an athlete, so eat like one!

NUTRITION

Food Choices for Peak Performance

Health and nutrition are all about choosing and decision-making. Some choices we make are better than others; but overall, we want to make more good decisions than bad ones. If a player makes bad food decisions 6 days of the week, then that one healthy pre-game meal won't do a whole lot to improve performance. Keep in mind we are changing behaviors that have taken your whole life to learn. They will take more than a day to change.

80/20 rule – Being perfect 100% of the time is never going to happen. 80% is more realistic. Totally avoiding foods you like may lead to eating binges and their resulting guilt. Don't be afraid to eat the foods you like. Keep the portions small and enjoy the experience. Try to avoid eating or snacking while standing – measure out a reasonable portion and then close the package, sit down at the table, use a plate and silverware, and eat it slowly. Savor every bite. Rushing through it will leave you unsatisfied and may lead to overeating.

Eat early, eat often – Eat breakfast and eat more small meals throughout the day. Eating breakfast will keep you from playing catch-up the rest of the day. Eating breakfast will also help you make better choices at your next meal or snack. When you have that starved feeling from skipping meals, you are more likely to overeat at your next meal and choose "fast foods" that are of poor quality. Instead of big ups and downs in your blood sugar level with only three big meals each day, eating 5 or 6 smaller meals and snacks will keep energy level more steady and boost your metabolism. Think of your body and metabolism like a furnace. You want to keep warm by stoking the fire all day with smaller pieces of wood rather than burning it all at once.

Carb Window – Muscles are most receptive to replacing muscle glycogen within the first 30 to 90 minutes after a workout.

NUTRITION

Power 12 Foods – Too often nutrition plans and the many fad diets have a negative approach and focus only on 'forbidden' foods they say you can't eat. The editors of Men's Health Magazine published a book titled The Abs Diet detailing a very sensible nutrition plan for active people. This plan takes a more positive approach by focusing on what foods you should eat. Their "Power 12" foods are:

A – Almonds, other nuts, seeds, and avocado (impostors = salted or smoked nuts)

B – Beans and legumes, lentils, peas, hummus (impostors = refried and baked beans)

S – Spinach and other green vegetables (impostors – none, unless covered in fatty cheese sauces)

D – Dairy products, fat-free or low-fat milk, yogurt, cheese, and cottage cheese

I – Instant oatmeal, unsweetened and unflavored (use berries or fruits to flavor)

E – Eggs or egg beaters

T – Turkey and lean steak, chicken, or fish (impostors – sausage, bacon, ham, fatty cuts of steak)

P – Peanut butter, all natural and sugar free (impostors – mass produced sugary versions)

O – Olive oil, canola oil, peanut oil, sesame oil (impostors – other vegetable oils and margarine)

W – Whole grain breads and cereals (impostors – white bread, bagels, doughnuts)

E – Extra protein (whey) powder

R – Raspberries, other berries and fruits (impostors – sugary jellies)

NUTRITION

Think big, start small – Overall nutrition and food choices are what count. No single food or food group can make or break our eating plan. Make changes one meal at a time. Start by adding healthy snacks or switching to healthier snacks during the day. Next, switch to a healthy breakfast or start eating breakfast if you've been skipping. Try it for one or two meals per week at first. After conquering breakfast, dinner is the next priority – make your own meal 5 nights per week. Plan all five meals in advance and shop for the whole week at one time. Lunch is probably the hardest change to make because we don't typically have the benefit of being in our own kitchen. Try to bring or make your own lunch at least 1 or 2 times per week – maybe bring some leftovers from the healthy dinner you made the night before. When you do eat out, try to pick restaurants with at least some healthy choices on the menu. Make sure at least part of your meal is nutritious. If you choose a lower quality entrée, pick healthier sides, etc.

How much? – Use portion size and food quality (i.e., pick healthier versions) to control your calories and food intake rather than eliminating entire foods. Example: red meat is OK, but instead of hamburger, choose a small leaner cut of beef and trim any excess fat. Excluding foods or entire food groups can lead to an unbalanced diet and may cut out nutrients that your body needs. For example, if you eliminate all dairy products from your diet, then you need to find substitutes that will help you get enough calcium such as fortified soy or rice milk and green leafy vegetables.

You can eat after 6:00 PM – Your body really doesn't know what time it is. It's OK to eat after 6:00, just make sure it's part of your plan and not a binge. You don't want to eat a huge meal right before going to bed, but snacks are perfectly all right and larger snacks or small meals are fine if eaten a couple hours before going to bed. Eating a large meal immediately before going to sleep may cause sleep disturbances and may not be efficiently digested and used by the body. You want to wake up feeling hungry, so the worst possible effect of late night eating is not being hungry in the morning and throwing off you whole eating plan the rest of the day.

NUTRITION

SLOW DOWN – It takes 20 minutes before the brain recognizes that you have eaten your fill. Put down the fork between bites and chew thoroughly so you avoid overeating and your body has time to better digest foods.

Drink up – drink lots of water, fruit juice, or vegetable juice. Avoid coffee, tea, soda, and other sugary drinks. Be honest about your alcohol intake, the empty calories add up.

Variety is the spice of life – Try to include as many food groups in each meal or snack as possible. Try for at least two different food groups in each snack. For example:eat a bagel with peanut butter and banana slices, strawberries with yogurt, or pretzels and tomato juice. Eating the same foods all the time is boring and you may leave out some vital nutrients. Experiment with new foods or different preparations and seasonings. Examples of healthy snacks can be found in the table on the next page.

See the WHOLE picture – Stick with complex carbohydrates from whole grains. Bleached and enriched grains have their natural nutrients taken out and then artificial nutrients added back in later. A product labeled just as 'wheat' (e.g. wheat bread) is not the same as 'whole wheat.' Check the list of ingredients on the label and make they include the phrase whole wheat or whole oats, etc. Sweets are mostly simple sugars that often include lots of saturated fat and have few vitamins or minerals. Eating simple sugars lead to a brief high followed by a big crash.

Natural is better – Try to find natural or fresh versions of your favorite foods. Avoid processed foods that contain a lot of partially hydrogenated oils and excess saturated fat as well as high fructose corn syrup and other simple sugars. These empty calories take up space for more nutrient dense foods that can help your performance.

NUTRITION

All things are good in moderation, including moderation – Repeat after me:fat is OK; we need fat. We just don't need a ton of it. Fat helps make us feel full and the desire for fatty foods is quickly met. Most of the time, low-fat foods may not be any better for you anyway. They often replace the fat with simple sugars, salt, and artificial or chemical fillers. They may have reduced the fat but not the calories, so when you are choosing foods, read the labels on the low-fat or non-fat products. Sometimes, picking the regular version instead of the non-fat version may actually be a better choice. Look for dairy products made from 1% or skim milk rather than those just labeled as low-fat. Again, use portion size to control your calories and foods.

High Maintenance Ordering – Control your portions by getting the added fats on the side. This includes sauces, salad dressings, spreads, mayonnaise, butter, margarine, oils, etc. You can put smaller amounts on your food or you can quickly dip your fork into the salad dressing or sauce and then use the fork to pick up a bite. You can also buy misters/sprayers for oils. Baked, grilled, broiled, poached, or steamed is better than fried.

HEALTHY SNACKS*	
Peanut butter and jelly or banana sandwich	Soup and Crackers
Trail mix (nuts, raisins, dried fruit, etc.)	Raw Veggies with Low Fat Salad Dressing/Salsa
Instant Oatmeal with dried fruit	Fresh Fruit and Pretzels or Popcorn
Banana, Pumpkin or Date Bread and Milk	Low Fat Cheese and Crackers with Rice Cakes
Tuna Fish and Crackers	Pita Bread with Low Fat Cheese
English Muffin with Peanut/Almond Butter	Low Fat Muffin with Milk, Yogurt and Juice
Rice Cakes or Crackers and Hummus	Slice of Pizza with Vegetable Toppings
Oatmeal Raisin Cookies or Fig Bars and Milk	Fresh Fruit with Yogurt or Cottage Cheese
Cereal or Granola with Yoghurt and Fruit	Baked Potato with Salsa or Low Fat Cheese

*Table adapted from *Endurance Sports Nutrition* by Suzanne Girard Eberle

NUTRITION

A Typical day with Ali Riley

There are many parts of a professional soccer players nutrition plan. In this free report we will focus on a typical day during the season.

BREAKFAST 7AM:

Oatmeal (with water or milk) mixed with raisins

A great source of complex (good) carbohydrate to kick start any athletes day

SNACK 11AM:

Apple/ Protein Bar

Instant, clean energy from fruit

LUNCH 1PM:

Chicken with whole wheat pasta

A great mix of protein and carbohydrate to help the body recover from today's training session

SNACK 3PM

Mixed fruit bowl

Fruit is literally an instant energy source, this helps keep Ali alert during chalk talks and video sessions

DINNER 6PM

Chicken/Turkey/Tuna Salad with mixed vegetables

Again, a great mix of natural protein, and complex carbohydrates

NIGHT

Casein protein scoop

If there has been a heavy weights session, it's a good idea to aid recovery using this slow release protein

This is just an **EXAMPLE** day of Ali's nutrition during the season. It changes during off season, pre-season etc.

THE PSYCHOLOGICAL ASPECT

TRAIN YOUR BRAIN

Training your brain is exactly the same as training your body- it takes time. To be the best you have to train your brain to have a winning, fearless mentality.

THE PSYCHOLOGICAL ASPECT

The psychological aspect of soccer is perhaps one of the most under coached parts of the game, however, it is no doubt one of the most important.

At Beast Mode Soccer we have a very simple philosophy when it comes to psychology, and that is:

'You are what you think'

Ali has spent years not just training her feet and her body, but making sure that the most important muscle is also trained, and that is the brain.

This visualization technique is just one of many exercises used with Ali, but also one of the most effective.

THE PSYCHOLOGICAL ASPECT

Before any practice or game, find a quiet spot. Become relaxed and start to think about the last few times that you played soccer. Think about all of the good things that you did, whether it be a beast tackle, a great goal, pulling off an amazing move, nut-megging someone or making a phenomenal pass. Pick what you think is the best one… now how did that feel straight after you did it? Odds are it was euphoria!

Now…. Take this euphoric feeling and solely focus on it. It is a small feeling, but each time you take a deep breath in, let it grow, and grow. Take your time on this part, and slowly let the euphoric feeling overtake your body… control your breathing, and when you know that the feeling has taken over your body… you are ready for the practice/game… you are now **BEAST MODE!**

This is just one of many different psychological exercises that you can do before playing soccer. Beast Mode Soccer clients have had a lot of success with this particular exercise. Give it a try, you have nothing to lose and everything to gain.

To get the psychological advantage in the game of soccer you have to know that you have worked harder than everyone else, you have to know that you are better than everyone else. Practice and psychology go hand in hand. Knowing that you have touched the ball over 17,000 times in one week makes you more confident before a game.

GAME DAY PSYCHOLOGY

Stop thinking about the game

That sounds a strange one doesn't it? Stop thinking about the game! A couple of years ago a very famous England international player took some time to speak with me to help him improve his soccer psychology.

He mentioned that he felt lethargic when he started a game. After he explained a little more about his game preparation it turned out he was spending the whole morning of the game thinking about how he wanted to play. He would restlessly picture the runs he wanted to make and his movement that would help him find space. But spending the morning of the game over thinking happens to be a big mistake. Why? Because the nervous system can't tell the difference between what is real and what is imagined. So when you picture yourself perform, your nervous system releases the chemicals and hormones associated with those pictures. Just by thinking about your performance you'll release adrenaline into your bloodstream. Too early and your body won't have enough stores to play the game at the level of intensity that is required. You'll feel lethargic and tired before you've even started. My advice as a football psychologist is to start thinking about the game a couple of hours before kick off, not before. Relax in the morning and take your mind away from the performance.

NOTES

ABOUT THE AUTHOR

David Copeland-Smith

Based in Beverly Hills, California, Beast Mode Soccer was the brainchild of David Copeland-Smith. Having trained players for over 15 years, spanning three continents, and numerous teams, David believes that the key to creating great soccer teams, is creating great, technical soccer players. It is with this approach that he created Beast Mode Soccer.

Having began coaching at the age of 16, David strove to obtain as much knowledge as possible, and by the age of 30 he was a European UEFA 'A' Licensed coach, and an English FA Certified Soccer Fitness Instructor.

Beast Mode Soccer provides the technical training that EVERY player needs, in a mistake tolerant learning environment. Whether you play in the local AYSO league, or are currently playing at the Professional level, Beast Mode Soccer can you help you improve.

David's results speak for themselves. He has helped to develop players who have gone on to play at the Collegiate, Semi-Professional, Professional and even Full International players!

Beast Mode Soccer is all about putting your soccer future firmly in your hands. All you have to do is want to work hard, and get better!

BEAST MODE SOCCER

15425 SHERMAN WAY 353
LOS ANGELES, CA 91406
310 933 6297
TRAIN@BEASTMODESOCCER.COM

For 1 on 1 Soccer Sessions:

- David Copeland-Smith
- train@BeastModeSoccer.com
- (310) 933 6297

To Train With Ali Riley

- ali@BeastModeSoccer.com