



# BEASTMODESOCCER

## ELITE 1 ON 1 TRAINING

BALL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TENNIS							
SIZE 1							
SIZE 5							

### PHASE 3 FOOTWORK

DRILL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BELL BELL ROLL							
R9 REVERSE L TURN							
SMILEY FACE							
R9 X PULLS							
L TURN TOUCH							
CHOP CHOP TOUCH							
SOLE TRI PULLS							
OUTSIDE INSIDE STEPOVER BELL							
BELL OUTSIDE TOUCH RIP BACK							
BELL OUTSIDE TOUCH FAKE SHOT							