

# The Soccer Specialist

## 30 Day Breakthrough Ball Mastery Blueprint

*Brought to You By Coach Gregg, The Soccer Specialist*

[TheSoccerSpecialist.com](http://TheSoccerSpecialist.com)

Published by Gregg Gillies

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**Disclaimer (AKA Legalese the Lawyers Require):**

**You must get your physician's approval before beginning this or any exercise program.** These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training, conditioning and fitness levels. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Advanced Arm Training. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't follow the program in this book, please follow your doctor's orders.

## About Coach Gregg

Coach Gregg is a Soccer Coach, Trainer and Youth Athlete Development Specialist.

He has been a youth soccer coach for over a decade as well as having over twenty years of experience in the fitness training and athlete development world while holding multiple fitness and athlete development certifications, including as a youth development specialist who focuses on soccer players.

Host of [The Soccer Specialist Podcast](#) - ==>> [Apple Podcasts](#) | [Spotify](#) | [Stitcher](#) | [Anchor FM](#)

- Nationally licensed soccer coach
- Youth Fitness Specialist
- Youth Nutrition Specialist
- IYCA Endorsed Youth Kettlebell Instructor
- Author of Dominate Game Day: 4 Week Soccer Conditioning Program for Becoming An Elite Player | [Kindle](#) | [Paperback](#)

[The Soccer Specialist You Tube Channel](#) <<== **Please Subscribe!**

Coach Gregg specializes in developing the complete youth soccer players where he helps players:

- Maximize individual technical skills
- Develop creativity with the ball
- Improve soccer IQ
- Increase overall soccer specific athletic development such as speed, agility, quickness, change of direction and explosiveness with and without the ball
- Elevate their 1v1 play to dominate games by breaking down defenses with the dribble
- And most importantly, **elevate their mental approach to the game**, with the goal of helping them realize their full soccer potential as well as preparing them for success in life after soccer.

Contributor to World Class Coaching, the premier educational resource for coaches (where the best go to learn from the best).

Here are a couple of his recent training articles:

- [Developing Off The Ball Movement](#)
- [Improving Dribbling Skills and 1v1 Play](#)

Contributor to [Stack.com](#)

Spoke at the Elite Youth Soccer Summit.

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If you'd like to work with Coach Gregg in person or virtually you can [contact him here](#) <<==

# The Soccer Specialist

## 30 Day Breakthrough Ball Mastery Blueprint

The following is a short but intense program designed to get you thousands of touches on the ball over the next month.

This program will improve your technical skills and comfort with the ball using all surfaces of your feet. You'll also improve your creativity.

### Tip For Ball Mastery Sessions:

Practice the pattern so you know it without having to think about it. If you have to stop and think, you'll prevent yourself from increasing your speed.

Get it right first. Don't rush speed. As you get it right, you can increase your speed. When you start messing up a lot, slow it back down. Over time (not one session), you'll do it correctly at a faster speed.

The reason we do this is muscle memory. If you try and go faster than you can go, your body is going to learn to do it incorrectly. But if you never challenge yourself to get faster, you'll never get faster. It's a balance.

Body Shape. On your toes. Stay balanced. Move side to side without leaning or reaching. Always facing forward so you can react and go in any direction.

You'll be using the following in the 30 day plan. After these descriptions, you'll see the program laid out day by day with the session to follow, the time periods, everything you need.

### Training Sessions

1. Toe Touch Session (6 moves) <https://www.youtube.com/watch?v=uzX-0-Dt2o4>
  - Toe Touches
  - Double Scissors / Toe Touches
  - Brazilian Toe Touches
  - Side to Side Toe Touches
  - Bells / Toe Touches
  - Toe Touches Forward / Backward
2. Lateral Footskill Session (6 moves) - <https://www.youtube.com/watch?v=VQkURHwZiTE>
  - Bells (aka Foundations or Side to Sides)
  - Bells / Stop
  - Bells / Stop / Rip Back (sole roll)
  - Bells / Stop / Scissor
  - Bells / Outside
  - Bells / Outside / Rip Back (sole roll)
3. 5 Soccer Moves <https://www.youtube.com/watch?v=euE9LbiAQe8>

Bell / Stop / Outside  
Bell / Stop / Double Scissor  
Sole Roll Bells  
Bell / Chop Behind  
Outside x 3 / Inside (aka O3I)

4. 10 Move Session <https://www.youtube.com/watch?v=7V0qDYV0vuI>

Toe Touches  
Toe Touches with Double Scissor  
Brazilian Toe Touches  
Push Pull (Laces) Left Foot  
Push Pull (Laces) Right Foot  
X Pattern Push Pull  
Bells or Foundations  
Sole Roll Bells  
Bell Bell Sole Roll  
Outside Inside to Outside Inside

The Matthews and The Matthews with Scissors <https://www.youtube.com/watch?v=6pglQEYpuRg>

### Freestyle Dribbling

First hit some warm up touches.

25 x Toe Touches  
25 x Bells  
25 x Toe Touches (Forward and Backward)  
25 x Bells (Forward and Backward)

Take a brief rest.

This is pretty simple. Take 4 cones and set up a square that's only 2 yards by 2 yards. If you don't have cones, use socks, sneakers, whatever. If you really want to challenge yourself make it 1 yard by 1 yard

Now, you are going to stay in that small square and freestyle. This means make it up. You're just dribbling in the small area, getting as many touches as possible and being creative. You'll be turning a lot so inside and outside chops, pull backs, step overs, Cruyff, etc. Hit Maradonas, lots of laces, inside and outside of the foot sole, etc. It's all you. Use your imagination and keep the ball away from those defenders who are crowding you!

Now if your chance to be creative and have some fun. How do you make the defender fall down? You got this!

## 30 Day Breakthrough Ball Mastery Blueprint

\* For the Volume column below it works like this. The first volume column for the session video will give total time (ex 15m = 15 minutes) and Work / Rest interval such as 40/20. This means do the pattern for 40 seconds and then rest for 20 seconds before doing the next pattern for 40 seconds.

You'll also get a number such as 3x which means do all the moves and then repeat it two more times (3 rounds total).

Here's an example. If the video session is a 5 move session, the volume might read – 15m (40/20) 3x. This means perform each pattern for 40 seconds, rest 20 seconds and go through the 5 moves for three rounds. You also get a minute between rounds. So after you complete all 5 moves instead of resting for 20 seconds you rest for a full minute and then continue the second round of 40/20.

**\*\*** When dribbling is Matthews it will work like this. When it says Matthews under Dribbling, you will do the Matthews and the Matthews with scissors for each foot for the number of times stated.

So if it says 10 it means if you start with the left foot you do the Matthews 10 times, then the Matthews with scissors 10 times.

Then starting with the right foot you do the Matthews 10 times and then the Matthews with scissors 10 times. So 10 will have you doing the move a total of 40 times.

<b>Day</b>	<b>Session Video</b>	<b>Volume* (Time Sets Reps)</b>	<b>Dribbling**</b>	<b>Volume* (Time Sets Reps)</b>
1	1	18m (60x30) 2x	Matthews	10
2	2	12m (40x20) 2x	Matthews	10
3	1	18m (40x20) 3x	Matthews	10
4	2	12m (40x20) 2x	Freestyle Dribbling	6x (45x45)
5	2	18m (45x15) 3x	Matthews	5
6	3	15m (45x15) 3x	Matthews	10
7	REST DAY			
8	2	18m (60x30) 2x	Matthews	12
9	4	20m (40x20) 2x	Matthews	15
10	1	9m (60x30) 1x	Freestyle Dribbling	8x (45x45)
11	2	12m (45x15) 2x	Matthews	15
12	4	20m (40x20) 2x	Matthews	8
13	3	15m (30x30) 3x	Freestyle Dribbling	8x (45x45)
14	REST DAY			
15	2	18m (40x20) 3x	Matthews	12
16	3	15m (45x15) 3x	Matthews	12
17	4	20m (40x20) 2x	Matthews	8
18	Freestyle Dribbling	10x (45x30)	Matthews	10

19	3	22.5m (60x30) 3x	Matthews	8
20	2	18m (40x20) 3x	Matthews	10
21	REST DAY			
22	4	20m (40x20) 2x	Matthews	6
23	3	10m (45/15) 2x	Freestyle Dribbling	8x (45x45)
24	4	20m (40/20) 2x	Matthews	10
25	2	12m (40x20) 2x	Matthews	15
26	3	20m (40x20) 4x	Freestyle Dribbling	3x (45x30)
27	4	20m (40x20) 2x	Matthews	12
28	REST DAY			
29	2	18m (40x20) 2x	Matthews	15
30	4	30m (40x20) 3x	Freestyle Dribbling	1x (45s)

Finish that last day with a flourish!! You got this!

Great job! Congratulations! If you really want to take things to the next level be sure and check out the following resources such as the Podcast and The You Tube Channel!

Please subscribe to the You Tube channel. On a mission to hit 1,000 subscribers! Check out it out here [https://www.youtube.com/channel/UCV1-S1j8llwI7SIL\\_2Qbi2w/](https://www.youtube.com/channel/UCV1-S1j8llwI7SIL_2Qbi2w/) <<==

Here's the Podcast – <http://anchor.fm/thesoccerspecialist> You can listen on Anchor.fm but you'll also find links on that page for Apple Podcasts, Stitcher and Spotify as well.

Thank You!

*Coach Gregg* aka *The Soccer Specialist*

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