



BALL MASTERY CHECKLIST

MASTER THE BALL. MASTER THE GAME.

SKILL	FOCUS	COMPLETED	DATE						
			1	2	3	4	5	6	7
 TOE TAPS	Quick feet & coordination	☐ ☐	☐	☐	☐	☐	☐	☐	☐
 V PULLS	Control & change of direction	☐ ☐	☐	☐	☐	☐	☐	☐	☐
 SOLE ROLLS	Close control & balance	☐ ☐	☐	☐	☐	☐	☐	☐	☐
 L TURNS	Change direction & speed	☐ ☐	☐	☐	☐	☐	☐	☐	☐
 PULL PUSH	Explosive moves & control	☐ ☐	☐	☐	☐	☐	☐	☐	☐
 OUTSIDE CUT	Create space & beat defender	☐ ☐	☐	☐	☐	☐	☐	☐	☐
 INSIDE CUT	Change direction & deception	☐ ☐	☐	☐	☐	☐	☐	☐	☐
 CRUYFF TURN	Create separation	☐ ☐	☐	☐	☐	☐	☐	☐	☐
 MARADONA	Beat defender & accelerate	☐ ☐	☐	☐	☐	☐	☐	☐	☐
 SCISSORS	Change direction & timing	☐ ☐	☐	☐	☐	☐	☐	☐	☐
 DOUBLE SCISSORS	Unbalance & explode	☐ ☐	☐	☐	☐	☐	☐	☐	☐
 ELASTICO	Change direction & beat defender	☐ ☐	☐	☐	☐	☐	☐	☐	☐
 LA CROQUETA	Beat defender & protect ball	☐ ☐	☐	☐	☐	☐	☐	☐	☐



DAILY GOAL

MINUTES: _____

TOUCHES: _____

NOTES / PROGRESS

CONSISTENCY TODAY. CONFIDENCE TOMORROW. SUCCESS FOREVER.

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