

PRESEASON SKILLS GUIDE

Eight at-home ball mastery drills to sharpen your touch before the season kicks off. All you need is a ball, a few feet of space, and 15 minutes. Every drill links to a short coach-made video showing exactly how it's done — watch it, then get your touches in. This is the same guide our Academy players received for their preseason.

15 min

PER SESSION IS ALL IT TAKES

3–4*

SESSIONS PER WEEK BEFORE THE SEASON

Both feet

EVERY DRILL, EVERY REP

Eyes up

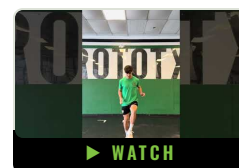
AS THE TOUCHES GET COMFORTABLE

PART 1 BALL MASTERY BASICS

TOE TAPS RHYTHM & BALANCE

- 1 Tap the top of the ball with the sole of alternating feet. Stay light on your toes, keep a steady rhythm, and build speed without losing control.

3 × 30 sec · rest 30 sec between sets

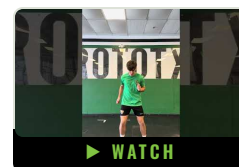


▶ WATCH

FOUNDATIONS CLOSE CONTROL

- 2 Bounce the ball side to side between the insides of both feet. Keep the ball under your hips and your knees bent — this is the touch everything else is built on.

3 × 30 sec · count your touches, beat it next set

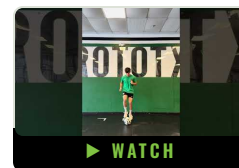


▶ WATCH

TOE TAPS INTO DRIBBLE FIRST TOUCH INTO SPACE

- 3 String together toe taps, then push the ball forward and burst into a dribble. Your first touch should attack the space in front of you.

6–8 reps · alternate which foot pushes out



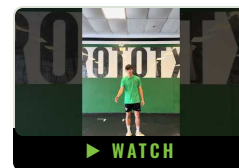
▶ WATCH

PART 2 CUTS & TURNS

V CUT — SINGLE LEG CHANGE OF DIRECTION

- 4 Pull the ball back with your sole, then push it out at an angle with the inside of the same foot, tracing a "V." Sell the cut with your body.

10 reps each foot · slow and clean before fast

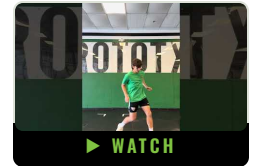


▶ WATCH

V CUTS — BOTH FEET TWO-FOOTED CONTROL

5 The same V pattern, now alternating feet on every rep. Being dangerous off either foot is what separates players at this level.

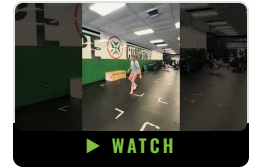
3 × 30 sec · equal reps left and right



L TURN ESCAPING PRESSURE

6 Stop the ball with your sole, pull it behind your standing leg, and turn sharply to accelerate the other way. Your fastest exit from a tight spot.

8–10 reps each foot · explode out of the turn

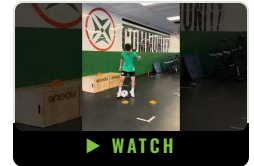


PART 3 BEAT-A-DEFENDER MOVES

CROQUETA BEATING A DEFENDER

7 Slide the ball quickly from the inside of one foot to the other and step past the defender in one smooth motion. Quick, simple, and nearly impossible to stop when it's sharp.

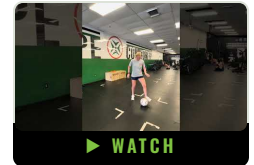
10 reps each direction · picture a defender every rep



TRIANGLES QUICK FEET

8 Drag the ball across your body with your sole, then cut it back with the inside of your foot, tracing a triangle on the ground. Great for tight-space control.

3 × 30 sec each foot · keep the triangle small



PLAN YOUR 15-MINUTE SESSION

5 min

BALL MASTERY

Drills 1–3 · get warm, find your rhythm

5 min

CUTS & TURNS

Pick two of drills 4–6 · both feet

5 min

MOVES

Drills 7–8 · finish at game speed

The touches are half the game — the engine is the other half. Speed, strength, and staying injury-free through a full season are what we build in person at Prototype. Our free **Player Development Assessment** covers both: your player meets with Coach Santi or Coach Jason, we test speed, movement, and skill priorities, and your family leaves with a clear plan. The players who put in 15 minutes a few times a week will feel the difference on day one of the season.