

BEAST MODE

S O C C E R



THE **12** ESSENTIAL FOOTWORK DRILLS TO DEVELOP TECHNIQUE

WRITTEN BY BEAST MODE SOCCER DIRECTOR, DAVID COPELAND-SMITH

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SOCCER

ABOUT THE AUTHOR

Internationally recognized as a leading figure in individual technical development, David is seen as a long-term thinker and visionary, determined to bestow a phenomenal work ethic on the next generation of soccer players.

Following his success as a field presenter at the 2014 NSCAA Convention in Philadelphia, Pennsylvania, David has continued to grow Beast Mode Soccer into the go-to technical training system trusted by prominent players of the United States Women's National Team, the United States Men's National Team, Major League Soccer, English Premier League, National Women's Soccer League and countless leagues in Europe.

Based in Los Angeles, California, David Copeland-Smith created Beast Mode Soccer in 2010 as a training system to help guide players' technical development and to instill a proactive, progressive mindset of self-reliance and personal accountability within his clients. The result? The creation of a training culture that has attracted the likes of countless collegiate, professional, and international players such as Alex Morgan, Landon Donovan, and Ali Riley and the publication of an award winning at-home training guide to direct players with their technical development while they're on their own.

David's mission for Beast Mode Soccer was further publicized by his on-field presentation at the 2014 Western Canada Soccer Showcase, where his session, "Creating the Self-Reliant Soccer Player" created a buzz amongst attendees and helped David continue to expand his reach beyond his Los Angeles base.

THE 12 ESSENTIAL FOOTWORK DRILLS TO DEVELOP TECHNIQUE

Thank you for downloading our e-book, 'The 12 Essential Footwork Drills to Develop Technique.' I am certain that you will benefit from the content.

My name is David Copeland-Smith, and I am the Director of Beast Mode Soccer. Beast Mode Soccer was created in 2010 as a training system to help guide players' technical development and to instill a proactive, progressive mindset of self-reliance and personal accountability within our players.

The creation of this training culture has attracted the likes of countless collegiate, professional, and international players such as Alex Morgan, Tobin Heath, Landon Donovan, Omar Gonzalez, and Ali

Riley as well as the publication of an award-winning at-home training guide to direct players with their technical development while they're away from the team environment.

Whether you are a coach looking for a way to make your players more technical, a youth club player looking to raise your game to the next level, or a collegiate or professional athlete looking to fulfill your playing potential, Beast Mode Soccer will help you smash your goals.

The 12 Essential Footwork Drills to Develop Technique

Near the end of 2013, USWNT star Alex Morgan picked up an irritating injury that refused to go away. She

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ended up being out for a long and frustrating seven months, and was biting to get her touch back as quickly as possible. On the day of her release to train, we sent her this exact program that you have downloaded so that she could get maximum touch exposure in a short amount of time as part of her comeback

Alex's work ethic is phenomenal, and in no time she was back scoring goals for her NWSL team, the Portland Thorns, and the United States Women's National Team. Functional footwork is an integral part of any technical training program, and with these drills your players will learn to use every part of their foot. I hope that they have as much success with them as Alex did!

WHAT COMES WITH THIS EBOOK?

We want you to get the maximum benefit from our '12 Essential Footwork Drills' ebook, which is why you will find the accompanying video here:

SHOW ME THE VIDEO!

At the back of this book, you will also find a monthly planner and tick sheet. Do these drills everyday for three weeks, and you will definitely see an improvement in your technique!

"I'm Lucky to have Beast Mode Soccer on my side as I get my touch back... Daily planner, my own personal YouTube vids, you are the best Dave!"

-Alex Morgan



THE 12 ESSENTIAL FOOTWORK DRILLS TO DEVELOP TECHNIQUE

So what are the 12 Essential Footwork Drills to Develop Technique' and why are they important?

Below is a list of the moves that will get you used to using all the major parts of your feet: Inside, outside, laces, and sole. Not only do they get you comfortable using these parts of the feet, but they aim to get you able to 'manipulate' the ball as you want when it is at your feet. Think: pushing, pulling and rolling as opposed to just kicking.

You should aim to make these drills an integral part of your individual technical development plan, as the ability to control the ball at your feet is a huge cog in the wheel toward becoming a 'complete' soccer player.

Here are the drills, in order, on the subsequent pages you will find a more detailed breakdown of each move, and do not forget to check out the accompanying video to this ebook:

SHOW ME THE VIDEO!

- Move 1: Dynamic Toe Taps
- Move 2: Bell Bell Outside Touch Inside Touch
- Move 3: Scoop Bell Roll
- Move 4: L Turns
- Move 5: Fake Shot L Turn
- Move 6: R9 Pullbacks
- Move 7: X Pulls
- Move 8: Circle Push
- Move 9: L Turn Return
- Move 10: Sideswipe Pass
- Move 11: Pull Back Laces Pull Back Instep
- Move 12: Inside Outside
- Bonus Move: Figure 8

The pictures in this book are of players that work with Beast Mode Soccer, and they have ALL done every drill in this book. These are some of the world's best players who continue to work hard on their technique every single day, which is why they have reached the levels they are currently at! Follow their example, and take your technical development into your own hands!

DYNAMIC TOE TAPS

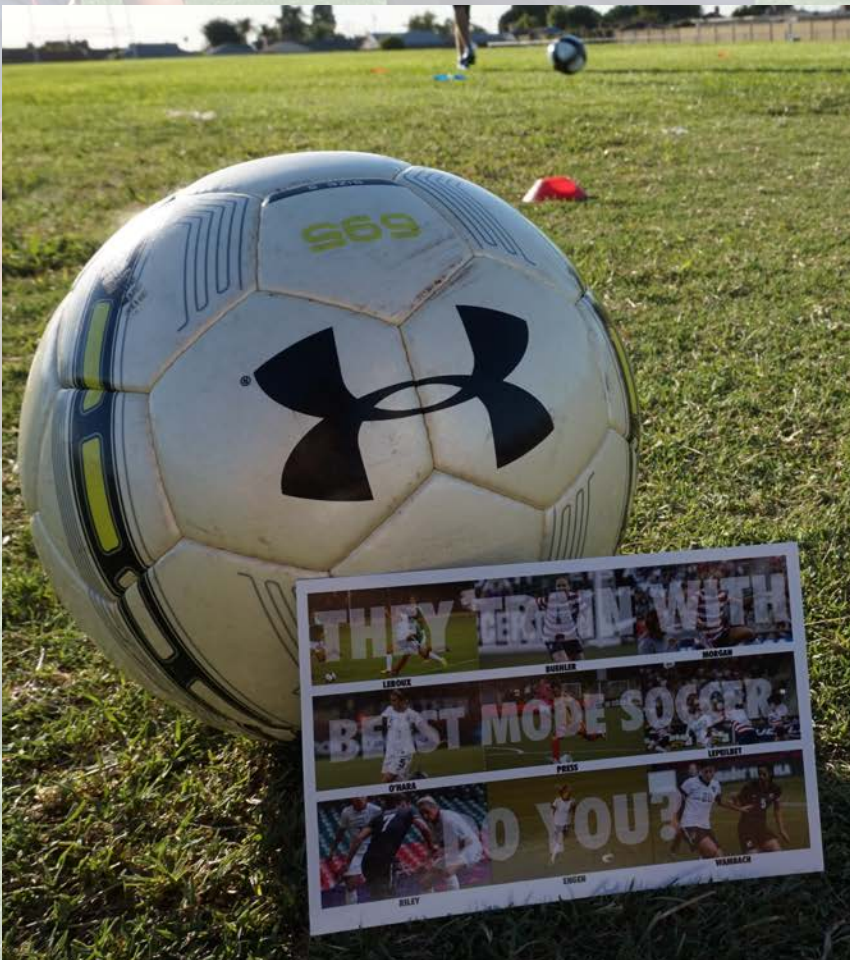
DIFFICULTY RATING: 3

Dynamic toe taps are a variation of a very basic footwork drill. We like to make all of our footwork drills functional, which is why we add lateral, horizontal, and diagonal movements.

The use of the sole to control the ball is extremely important when keeping the ball close, and in explosive change of direction movements. Watch all of the top players in the world, they ALL use the sole of their foot.

SETUP:

4 cones 3 yard cross
200 touches



BELL, BELL, OUTSIDE TOUCH, INSIDE TOUCH

DIFFICULTY RATING 4

The movement on this move looks complicated at first, but when broken down it is simple, and is as much about body mechanics as it is the functional footwork. Start with a simple bell-bell, then push the ball with the outside of the foot, making sure the ankle is locked and your bodyweight is behind the ball. Quickly 'shift' your body across and use the inside of the same foot to play the ball back to your opposite foot, again focusing on keeping your bodyweight behind the ball. Start this slowly and as you get more confident, speed up the footwork and take the movements wider.

SETUP:

2 cones 1 yard apart
200 touches

SCOOP BELL ROLL

DIFFICULTY RATING: 3

We have been tinkering with the 'scoop bell' for a long time at Beast Mode Soccer. Being able to manipulate the ball at any given time is critical if a player wants to make it at the elite level. Our 'scoop bell' series focuses on players learning how to truly own the ball by scooping the ball to one side. Again, this move focuses on utilizing the players' bodyweight and mechanics.

The player starts with the ball on the inside of the foot, knees bent, and then you simply scoop the ball across your body, stopping it with your opposite foot. Repeat that three times, however on the third scoop, knock the ball forward with your opposite foot, and sole-rip the ball back across to reset the movement.

SETUP:

2 cones 1 yard apart
200 touches



L TURNS

DIFFICULTY RATING: 4

The L Turn is another Beast Mode Soccer favorite. The L Turn is a classic change of direction move that uses the sole of the foot and then the inside of the foot while shielding the ball from the opposing player in the process. To learn the technique, start with the ball beneath your foot, pull it straight back behind the standing foot using the sole of your foot, then release the ball and use the inside of the same foot to play it behind the standing foot. Shift your body across and use the opposite foot to play the ball forward, then pull it back and L turn with that foot.

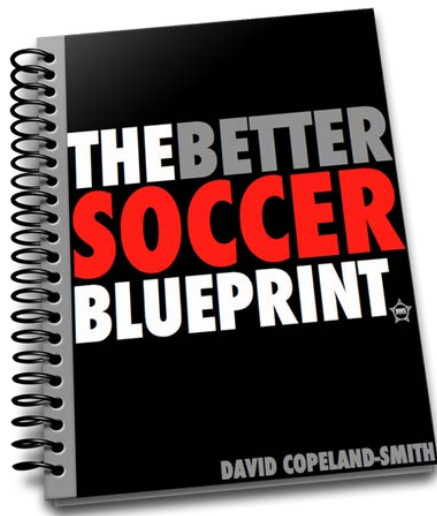
As you become more confident, widen the cones and use the instep touch with more of an explosive element.

SETUP:

2 Cones. 1 yard apart
200 touches



THE BETTER SOCCER BLUEPRINT



The Better Soccer Blueprint is a groundbreaking 90-day technical development tool that uses old media and new media together. The Better Soccer Blueprint is fluff free, there are no 'filler' pages, no pictures attempting to explain techniques... Why? Simply put, they do not work! When you see something in action, it is a lot easier to learn, which is why The Better Soccer Blueprint mixes an old school book, with videos that can be accessed on your smart phone or tablet (Wi-Fi or Cellular service required)

What are your strengths? What are your weaknesses? How long do YOU actually work on your technique everyday? Do you know what drills to do? How long do you spend at your teams practice perfecting your own technique?

The Better Soccer Blueprint will show you exactly HOW to set your goals, and exactly WHAT to do to smash them! How does it all work? Read on...

You receive The Better Soccer Blueprint. Read through the first 10 pages. We have packed these pages with all of the information you need to succeed with this program. As said before, there is no fluff, just raw information that you require for the program. Once you have read through these pages, follow the instructions and set your goals for the first thirty days. After this step you will set out your first week of drills. On release, The Better Soccer Blueprint will give you access to at least 100 Technique Training drills online. It is from these videos that you will address your weaknesses, pick the drills that will help you strengthen them. The Better Soccer Blueprint has six sections:

- Juggling
- FFA (Fast Footwork and Agility):
This section includes dribbling and running with the ball
- Touches:
Learn to master your first touch, as well as the second and third touch!
- Passing
- Shooting
- 1v1 Moves



The Better Soccer Blueprint has been made purely to develop the INDIVIDUAL player. This in turn develops YOUR team. Better players make better teams!

There are no magic potions, or 'tricks' in The Better Soccer Blueprint. You need to have the desire to improve, to work harder than you have ever worked before in your life. You need to dedicate at least ONE HOUR everyday for 90 days. Imagine the improvement you will see in 90 days... that's 90 HOURS of YOU working hard on your OWN technical development! To make this program work, you have to use the DCS method- DISCIPLINE+COMMITMENT=SUCCESS. We cannot stress enough the fact that YOUR hard work will make this program successful. The Better Soccer Blueprint is exactly what it sounds like... a blueprint to you becoming the best soccer player that you can be! Just click here for more details:

SHOW ME THE BLUEPRINT!

FAKE SHOT L TURN

DIFFICULTY RATING: 4

At BMS, we believe that the most effective 1v1 move for an attacking player inside the 18 yard box is the fake shot. This simple move is a staple in our programs as it is effective for any player on the field; whether it be a fake clearance, fake pass or fake shot, the movements are very similar and highly effective.

As a continuation from the L Turn, we now add a fake shot before the L Turn. We do this to learn the correct movements for both drills, and use them together in a free flowing motion.

When performing the fake shot, it is very important to focus on the actual 'fake' of the movement. What are you trying to do? You are trying to create space from the defender so that you can try a real shot. You do this by:

- 1) Look up at a target (the defender immediately thinks you are aiming)
- 2) Plant your standing foot, and pull your quadriceps back to form a 'V' shape (the power of your shot comes from your quad, the more realistic you can make this look, the better the chance that the defender will bite)
- 3) Forcefully bring your quad and leg toward the ball as if you are genuinely striking it.

At the last moment, use your sole to pull the ball back behind your standing foot exactly as you did in the L Turn movement before. Again, with all of these movements, start relatively slowly until you have the correct technique and form down, then progressively build up your speed. As you increase the speed, widen the cones and make the inside touch element more explosive.

SETUP:

2 cones 1 yard apart, 200 touches



L TURN RETURN SERVANDOS

DIFFICULTY RATING: 4

The third installment of the L Turn series brings in use of both soles, and an extra explosive movement.

We start with the L Turn used in Move 4, however, after the initial explosive movement, you use the front third of the opposite foot's sole to rip the ball back across the body to the other foot, which using the inside of the foot pushes the ball forward in an explosive movement.

We like all BMS players to practice footwork with the game movement in mind, so we ask you to focus on really 'ripping' the ball back across the body. In the game situation, you are looking for the opposing player to reposition themselves to defend the initial L Turn. As the player steps across, you rip the ball back to your opposite foot to exploit the space that you have just created. If you want to add a little extra, throw in a fake shot!

SETUP:

2 cones 1 yard apart, 200 touches on each side.



X PULLS

DIFFICULTY RATING: 5

Your goal as a player should always be to be comfortable with the ball at your feet. In one of the more complex functional footwork drills in this series, we recreate the scenario where the ball is somewhat 'stuck' underneath your feet.

Start with the ball on the right side of the two cones. Using the inside of the foot, push it forward, then switch feet (shifting bodyweight) and use the sole of the left foot to do a backward diagonal roll. Then push the ball forward with your left foot and execute the same move with your right foot.

This will all feel slightly awkward at first but is an integral movement in fully mastering the ball. Watch the video and focus on the players' body mechanics as well as their quick feet.

SETUP:

2 cones 1 yard apart, 200 touches

CIRCLE PUSH

DIFFICULTY RATING: 5

The circle push brings us back to manipulating the ball using a 'scoop' technique. This is using the same technique but as a change of direction.

Start with the ball out to your right side. Bend your knees, get your weight behind the ball and scoop it 180 degrees. You have to keep your weight behind the ball the entire duration of the scoop or the ball can skip over your foot. After the 180 degree turn, stop the ball with the sole of your foot and repeat the move with your opposite foot.

This movement is difficult to execute at first. Be patient and focus on your body shape and making sure your weight is behind the ball

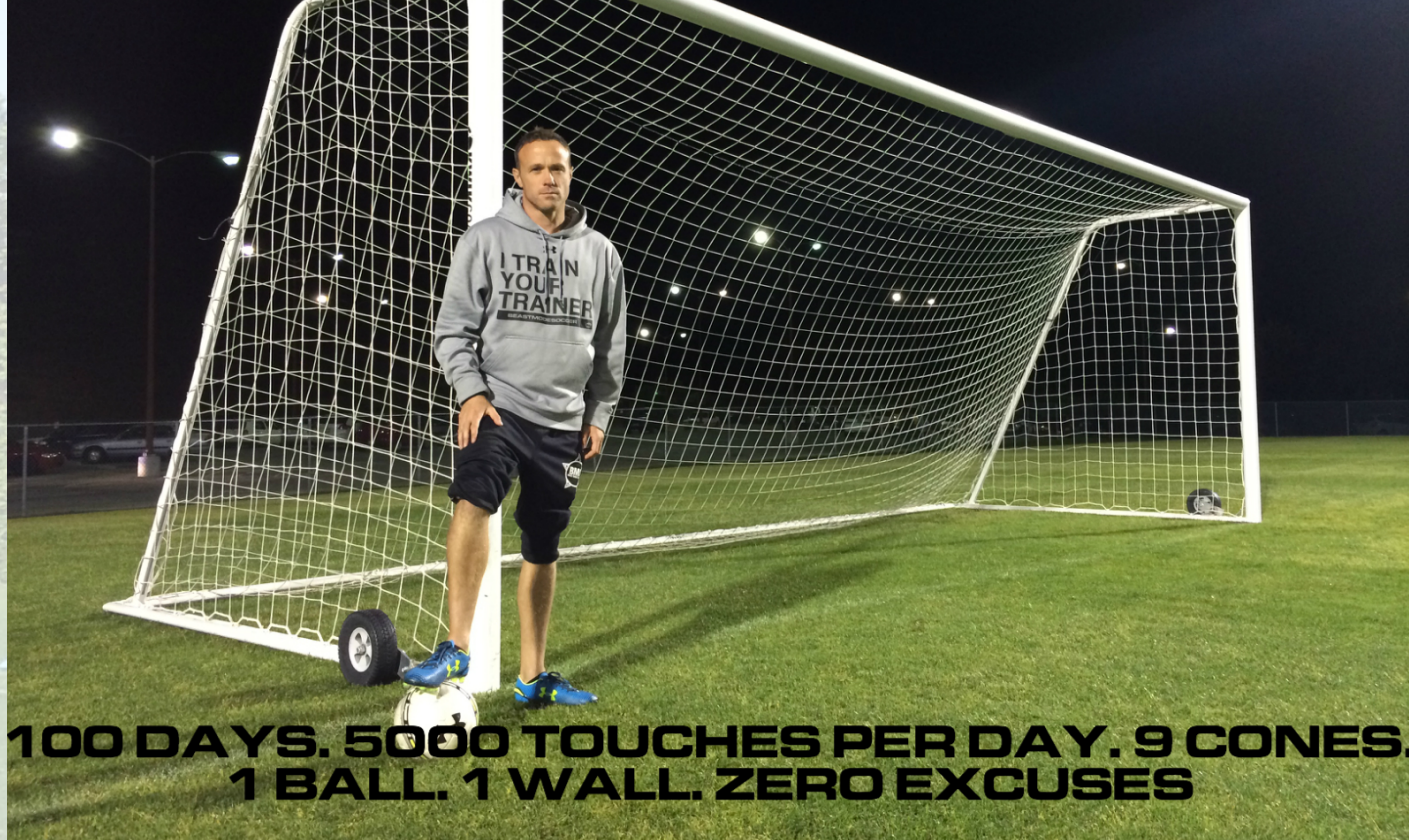
SETUP:

2 cones 1 yard apart, 25 scoops each foot



BEAST MODE SOCCER

THE CHALLENGE



**100 DAYS. 5000 TOUCHES PER DAY. 9 CONES.
1 BALL. 1 WALL. ZERO EXCUSES**

READY TO STEP YOUR GAME UP?

The Challenge is all about stepping your game up. It's about knowing that 'Summer is Serious.' It's about taking the vow to own your development and improve your touch, your confidence, your footwork, your passing, and your overall game.

Born out of principles from top European Academies, where players wake up and immediately do thousands of touches each morning, we have taken this philosophy and made it easy for you to follow, taking every excuse out along the way.

Minimal equipment is needed for 'The Challenge.' You need 9 cones, a ball, and a wall. What you do need is the dedication to finish something you start.

This program was created for any type player serious about improving their game. Whether you are at home from college and looking to add a great footwork program to your summer packet, a club player who wants to become more confident with the ball at your feet, or a player that is recovering from injury and wants to regain your touch, taking 'The Challenge' will help you reach your goals.

Whatever your age, whatever your current skill level, you will benefit from the compound effect of performing 5000 touches a day— half a million total touches by the end of the 100 day challenge. Check out the full program here:

SHOW ME THE CHALLENGE!



R9 PULLBACKS

DIFFICULTY RATING: 4

Named after the famous World Cup winning Brazilian-- the R9 Pull Back is again using the sole of the foot to drag the ball back, then we use the outside of the foot to create space.

Start with your right foot sole on top of the ball to the left of the cone setup. Drag the ball back using your sole, and as the ball comes back use the momentum from the drag-back to hop back on your left foot and line your bodyweight up behind the center of the ball. Using the outside of the right foot, lock your ankle and push your weight through the ball (we call this movement a $\frac{1}{4}$ side lunge, as you are lunging your weight through the ball to control its momentum). As the ball reaches the opposite cone, use the inside of your right foot to push it forward, and then quickly switch feet to control and repeat with the opposite foot.

SETUP:

2 cones 1 yard apart, 200 touches

SIDESWIPE PASS

DIFFICULTY RATING: 4

We use this drill as more of a speed and balance exercise. Start with your right foot sole on top of the ball, take the ball to the left, quickly take it to the right, lift your sole off the ball, then pass it across your body with the inside of your foot. Receive with the left foot immediately with a swipe going left, pull it back left, then pass with the left foot. Repeat.

Keep your body over the ball and test yourself with the speed of your own passes.

Setup:

2 cones 1 yard apart, 200 touches





PULL BACK LACES PULL BACK INSTEP

DIFFICULTY RATING: 3

Pull back laces, pull back instep is a variation from a footwork drill used in our highly popular 'Beast Mode Soccer Footwork Series Phase 1' featuring US National Team stars Christen Press, Whitney Engen and NZWNT star Ali Riley

SHOW ME THE PHASE 1 FOOTWORK PROGRAM!

In this variation, we are switching up the part of our foot that pushes the ball forward. Start with the sole of the foot on top of the ball, and rip it back. As you hop on your standing foot, lock your ankle and play the ball straight back with your laces. Make sure everything about this movement is controlled. The key is to be consistent. As the ball comes forward, control it with the sole of your foot, rip it back, but this time open up your hips and play the ball forward with the inside of your foot. Again, lock the ankle and hit through the center of the ball-- this should be a solid connection. As the ball comes forward, control it with the sole of the opposite foot, then repeat the movements with that foot.

Players tend to let their bodies lean back while doing this drill. Stay disciplined and have your body slightly crouched over the ball. A great way to check that you are doing this is by filming yourself with your cell phone.

SETUP:

2 cones 1 yard apart, 200 touches

INSIDE OUTSIDE SHIFT

DIFFICULTY RATING: 4

Another speed and body-shifting exercise, this focuses on using the inside and outside of the same foot while moving the body at the same time.

Start with the inside of the right foot, push the ball to the left, shift your entire body across, then use the outside of the same foot to push the ball back. Repeat this 50 times on each side, making sure that the technique is clean. Make sure that the outside foot touch is a ¼ lunge, and that the movements are explosive.

SETUP:

2 cones 1 yard apart
200 touches



FIGURE 8

DIFFICULTY RATING: 5

We are including this bonus move from our highly successful '2 Cone Drill' series as it is one of our favorites because it promotes quick feet, uses a lot of different parts of the foot, and makes players think.

Start off by pushing the ball forward with the inside of the foot, then rolling the ball across with the sole of the right foot, then switching feet and pulling it back with the sole of the left foot and quickly switching feet again using the inside of the right foot. Finally, one more switch to the left foot sees the ball being pushed forward on the opposite side to start the process over! Confused? Watch the video, it's less complicated than it seems.

SETUP:

2 cones 1 yard apart, 200 touches



PLANNER

| MOVE/ DAY | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 19 | 18 | 20 | 21 | |
|------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|--|
| DYNAMIC TOE TAP | | | | | | | | | | | | | | | | | | | | | | |
| B-B-O-I | | | | | | | | | | | | | | | | | | | | | | |
| SCOOP BELL ROLL | | | | | | | | | | | | | | | | | | | | | | |
| L TURN | | | | | | | | | | | | | | | | | | | | | | |
| FAKE SHOT L TURN | | | | | | | | | | | | | | | | | | | | | | |
| R9 PULLBACKS | | | | | | | | | | | | | | | | | | | | | | |
| X PULLS | | | | | | | | | | | | | | | | | | | | | | |
| CIRCLE PUSH | | | | | | | | | | | | | | | | | | | | | | |
| L TURN RETURN | | | | | | | | | | | | | | | | | | | | | | |
| SIDESWIPE PASS | | | | | | | | | | | | | | | | | | | | | | |
| PBL-PBII | | | | | | | | | | | | | | | | | | | | | | |
| INSIDE OUTSIDE | | | | | | | | | | | | | | | | | | | | | | |



CONCLUSION

By taking action and committing yourself to this program, you are guaranteed to make noticeable progress in improving your comfort on the ball, further developing your overall technical ability, and getting yourself that much closer to achieving your full potential as a soccer player. Owning your development means taking accountability for your training and doing everything you possibly can to get an edge on the competition. Training with your team is not enough! Set yourself apart by giving the extra effort and let Beast Mode Soccer help guide you along the way. We hope you enjoy “The 12 Essential Footwork Drills to Develop Technique” program and we look forward to staying connected and supplying you with exclusive new products to help you achieve your goals.

Be sure to check out our Social Media pages where we post new footwork drills, tips and exclusive content (just click):





BEAST MODE SOCCER

BASED IN LOS ANGELES, 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 TEAM'S IS CREATING TECHNICALLY SUPERIOR SOCCER PLAYERS. IT IS WITH THIS APPROACH THAT HE CREATED BEAST MODE SOCCER.

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 WILL HELP YOU IMPROVE.

HAVING WORKED WITH SOME OF THE WORLDS TOP SOCCER PLAYERS, DAVID KNOWS WHAT IT TAKES TO EMPOWER PLAYERS TO 'OWN THEIR DEVELOPMENT' AND ELEVATE THEIR GAME TO THE NEXT LEVEL. BEAST MODE SOCCER IS ALL ABOUT GUIDING YOU TO BECOME THE BEST SOCCER PLAYER YOU CAN BE, ALL YOU HAVE TO DO IS BE ORGANIZED, DISCIPLINED AND BE WILLING TO WORK HARDER THAN EVER BEFORE.