



PERFORM ELITE
— FOOTBALL ACADEMY —

HOME TRAINING GUIDE

The Extra Touches That Separate Good From Great

Wall Work • Ball Mastery • Juggling • Moves • Weekly Plans

ALL YOU NEED: A BALL, A WALL, AND 20 MINUTES



[01]

Train Like A Pro At Home

HOW TO USE THIS GUIDE

The players who improve fastest aren't always the most talented — they're the ones who get extra touches between sessions. This guide gives you everything you need to train at home: wall work, ball mastery, juggling, moves, and ready-made weekly plans. All you need is a ball, a small space, and 15–20 minutes.

15-20 minutes is all it takes	3x per week between academy sessions	BOTH feet on every single drill	1000s of extra touches every month
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The Home Training Rules

- **Quality over speed.** Perfect, controlled reps first — then add speed.
- **Both feet, always.** Whatever you do with your right, repeat with your left.
- **Heads up.** As skills get comfortable, lift your eyes off the ball.
- **Little and often beats long and rare.** 15 minutes, 3 times a week beats one big session.
- **Track your bests.** Use the challenge tracker at the back — beat yourself every week.

Space & Safety

- A garage wall, brick wall, or rebound board works for wall drills — always ask permission first and avoid windows.
- Ball mastery needs only a 2m × 2m space: driveway, backyard, basement, or garage.
- Use cones, shoes, water bottles, or chalk marks as markers — no fancy equipment needed.



[02]

Wall Work: Passing

YOUR WALL IS YOUR BEST TEAMMATE

A wall never gets tired, never misses a pass, and always gives the ball back. Stand 2–3 metres away to start, and step back as you improve. Focus: plant foot pointing at your target, strike through the middle of the ball, follow through.

Drill	How To Do It	Reps / Time	Level Up
Two-Touch Pass	Pass against the wall, control the rebound with one touch, pass with the next. Inside of the foot.	2 min each foot	Step further back; firmer passes
One-Touch Pass	Pass the rebound first time — no controlling touch. Stay on your toes, adjust feet quickly.	3 × 30 sec	Alternate feet every pass
Weak Foot Only	Two-touch passing using ONLY your weaker foot. Slow and perfect beats fast and sloppy.	3 min	One-touch with the weak foot
Inside-Outside	Control the rebound with the inside of one foot, pass back with the outside of the same foot.	2 min each foot	Add a move between touches
Pass & Move	Pass, then shuffle 2–3 steps sideways before the rebound arrives. Receive on the move like a real game.	3 × 45 sec	Bigger movements; sprint to the ball
Target Practice	Pick a brick or chalk a square on the wall. Score a point each time you hit it. 10 attempts per round.	3 rounds each foot	Smaller target; further away

CHALLENGE: How many one-touch wall passes can you make in 60 seconds without losing control? Record it in your tracker.



[03]

Wall Work: First Touch

RECEIVE LIKE A PRO

Great players kill the ball instantly and push it where they want with one touch. The wall gives you hundreds of chances to practise exactly that.

Drill	How To Do It	Reps / Time	Level Up
Cushion Control	Throw or pass the ball at the wall, relax your foot, and cushion the rebound dead at your feet.	20 reps each foot	Harder pass = harder rebound
Directional Touch	Take your first touch out of your feet to the LEFT, then pass back. Next rep, touch RIGHT.	2 min	Touch with outside of the foot
Thigh & Chest Control	Throw the ball against the wall so it rebounds in the air. Control with thigh (or chest), then pass back before it bounces twice.	15 reps each	Control + volley pass back
Turn & Go	Receive the rebound with your back half-turned, take your first touch behind you, accelerate 3 steps, turn and repeat.	10 reps each side	Add a Cruyff turn on the touch
High Ball Drops	Throw the ball high off the wall and bring it down with your laces like a falling pass.	15 reps	Two-touch maximum after control

COACHING POINT: A perfect first touch stays within one big step of your body — and moves the ball AWAY from where a defender would be.



[04]

Ball Mastery

THE ACADEMY SKILLS — AT HOME

These are the same skills we train in your academy ball mastery blocks. Do them in a 2m × 2m square. 30–45 seconds per skill, small touches, knees bent, on your toes. As they get easy: speed up and get your head up.

Drill	How To Do It	Reps / Time	Level Up
Toe Taps	Tap the top of the ball with the sole of alternating feet. Quick, light, bouncing on your toes.	2 × 45 sec	Move forward/backward while tapping
Bells	Tap the ball side to side between the insides of both feet. Stay low, ball stays under you.	2 × 45 sec	Add a fake shot every 10 touches
Sole Rolls	Roll the ball sideways across your body with the sole, stop it with the other foot. Both directions.	2 × 45 sec	Roll forward & backward too
Ball Rolls	Roll the ball with the sole, around your standing foot, and back. Both feet.	2 × 30 sec	Continuous figure-8 around both feet
Inside-Outside Touches	Dribble on the spot: inside touch, outside touch, same foot. Switch feet each round.	2 × 30 sec each	Eyes up the whole round
Fake Shot	Dribble two touches, swing your leg like you'll shoot, chop the ball across your body instead, and accelerate.	10 each foot	Fake shot + outside-foot exit
Cruyff Turn	Plant beside the ball, swing as if to pass/shoot, but drag the ball behind your standing leg and turn.	10 each foot	Do it off two quick touches
Shoulder Drop	Dribble forward, drop one shoulder as if going that way, then push the ball the OTHER way with the outside of the foot.	10 each side	Add a burst of speed after



[05]

Moves & Dribbling

BEAT YOUR DEFENDER BEFORE YOU MEET THEM

Set up a line of 3–5 markers (cones, shoes, bottles) about 1 metre apart, plus one 'defender' marker on its own. Every move: slow into it, EXPLODE out of it, and finish with 3 fast touches into space.

Drill	How To Do It	Reps / Time	Level Up
Slalom Dribble	Weave through the line of markers using small touches. Inside and outside of both feet.	5 runs	Weak foot only; time yourself
Step Over	Dribble at your defender marker, circle one foot around the front of the ball, push away with the other foot.	10 each foot	Double step over
Scissors	Like the step over, but your foot circles from inside to outside. Sell it with your whole body.	10 each foot	Double scissors at speed
La Croqueta	Two quick touches: inside of one foot to the other, sliding the ball past the defender marker as you burst by.	10 each way	Do it at full running speed
Drag Back	Stop the ball with your sole, drag it back, turn and attack the other direction.	10 each foot	Drag back + shoulder drop combo
V Pull	Pull the ball back with the sole, then push it diagonally forward with the same foot — making a V shape.	10 each foot	Alternate feet continuously
1v1 Imagination	Dribble at the defender marker at game speed, pick ANY move, beat it, accelerate 5 steps. Imagine a real defender.	10 reps	Parent/sibling as a passive defender

CHALLENGE: Pick one 'move of the week' and do 50 reps of it across the week — 25 left, 25 right.



[06]

Juggling

THE ULTIMATE TOUCH BUILDER

Juggling builds soft feet, balance, and ball feel like nothing else. Don't worry if you can only do 2 — every pro started there. Climb the ladder one level at a time.

Level	Goal	Tip
1 Starter	Drop the ball, kick it up, catch it. 10 in a row.	Lock your ankle, flat foot surface
2 Bounce Juggle	Kick up, let it bounce, kick up again. 10 touches.	Soft touches just above knee height
3 Two Touch	Two touches before each bounce. 10 sets.	Stay on your toes between touches
4 No Bounce	Juggle without bouncing. Beat your record weekly.	Eyes on the bottom of the ball
5 Both Feet	Alternate feet: right, left, right, left.	Even rhythm — count out loud
6 Thighs In	Mix feet and thighs: foot, foot, thigh, repeat.	Thigh flat like a table
7 Around The World	Feet, thighs, head — keep it alive with everything.	Small touches, stay relaxed
8 Freestyle	Add tricks: around the world, neck stall, your own combos.	Film it and show your coach!

Juggling Rules

- 5 minutes of juggling in every home session — it adds up fast.
- Record your personal best every week in the challenge tracker.
- Stuck on a level for two weeks? Drop down a level for a few days, then try again.



[07]

Your Weekly Home Plan

THREE 20-MINUTE SESSIONS

Here's how to put it all together. Three short sessions a week between academy training. Each one is about 20 minutes — perfect after school or before dinner.

Session A — Wall Day

Block	Minutes
Juggling warm-up	5
Two-touch + one-touch wall passing (both feet)	6
Weak foot wall passing	4
First touch: cushion + directional touches	5

Session B — Ball Mastery Day

Block	Minutes
Juggling warm-up	5
Toe taps, bells, sole rolls, ball rolls	6
Inside-outside touches + fake shot	5
Cruyff turn + shoulder drop reps	4

Session C — Moves Day

Block	Minutes
Juggling warm-up	5
Slalom dribbling (both feet)	5
Move of the week: 25 reps each side	6
1v1 imagination reps at game speed	4

Less time? Do half of everything — a 10-minute session still beats zero. More time? Repeat your favourite block.



[08]

Challenge Tracker

BEAT YOURSELF EVERY WEEK

Champions compete with themselves. Test these challenges once a week, write down your scores, and watch the numbers climb. Bring this page to your coach at the end of the month — we want to see it!

Challenge	Wk 1	Wk 2	Wk 3	Wk 4	Best
Juggling record (no bounce)					
One-touch wall passes in 60 sec					
Weak-foot wall passes in 60 sec					
Toe taps in 30 sec					
Bells in 30 sec					
Slalom run time (5 markers)					
Target wall hits out of 10					
Move of the week reps completed					

The Perform Elite Promise

If you do three home sessions a week for one season, you will feel the difference in your touch, your confidence, and your game. The badge on your shirt says Perform Elite — the work you do when nobody's watching is what makes it true.

Player name: _____ Month: _____ Coach check: _____