



Rise to Royalty - 100 Skills Mastered

Motivational Video: <https://youtu.be/mDTPRCJuhC8?si=z7GdOyeRp4cN32Kj>

Starter- Level3

To pass Level 3 a player must do the following.

Master the seven skills below:

Video Demonstrations at <https://nuu.soccer/starter-level-3>

- 1) V
- 2) V II
- 3) Maestro
- 4) Drag V (Right)
- 5) Drag V (Left)
- 6) Drag V Maestro (Right)
- 7) Drag V Maestro (Left)

Deliberate Practice Time Requirement per Skill 30 Minutes Total

5 Minutes 7 times a week V – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week V II – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week Maestro – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week Drag V (Right) – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week Drag V (Left) – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week Drag Maestro (Right) – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week Drag Maestro (Left) – Initial a box after spending 5 minutes on skill.

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Parent Signatures

During the players 7th Deliberate Practice observe, without feedback or criticism. If you feel your son/daughter has mastered the move enough to teach their teammates how to do the skill, then sign off. If not, please encourage them to continue training until you believe that are confident enough to teach someone else.

V	
V II	
Maestro	
Drag V (Right)	
Drag V (Left)	
Drag Maestro (Right)	
Drag Maestro (Left)	

NOTE: STARTER graduates should also excel at [Ball Control 3](#) drills. These activities should be practiced in a less formal environment, but with high levels of focus.