

Rise to Royalty - 100 Skills Mastered

Motivational Video: <https://youtu.be/9kYFkBLCzfw?si=JPTvLIXM71blQcag>



Starter- Level 4

To pass Level 4 a player must do the following.

Master the seven skills below: <https://nuu.soccer/starter-level-4>

Video Demonstrations at

- 1) Step Over 2) Dribble to Step Over (Right) 3) Dribble to Step Over (Left) 4) Weave to Cut Outside (Both)
- 5) Weave to Inside Hook (Both) 6) 5 Pulls to Pull Back (Right) 7) 5 Pulls to Pull Back (Left)

Deliberate Practice Time Requirement per Skill 35 Minutes Total

5 Minutes 7 times a week **Step Over** – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week **Dribble to Step Over (Right)** – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week **Dribble to Step Over (Left)** – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week **Weave to Cut Outside (Both)** – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week **Weave to Inside Hook (Both)** – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week **5 Pulls to Pull Back (Right)** – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week **5 Pulls to Pull Back (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.

Step Over	
Dribble to Step Over (Right)	
Dribble to Step Over (Left)	
Weave to Cut Outside (Both)	
Weave to Inside Hook (Both)	
5 Pulls to Pull Back (Right)	
5 Pulls to Pull Back (Left)	

NOTE: STARTER graduates should also excel at [Ball Control 4 drills](#). These activities should be practiced in a less formal environment, but with high levels of focus.