

Rise to Royalty - 100 Skills Mastered

Motivational Video: <https://youtu.be/3FcXBAC6-KI>



Starter- Level 5

To pass Level 5 a player must do the following.

Master the seven skills below: <https://nuu.soccer/starter-level-5>

Video Demonstrations at

- 1) Foundation (X3) & Outside 2) Footwork Box (R) 3) Footwork Box (L) 4) Drag Touch to V
- 5) Drag Touch to V II 6) Drag-Scissor 7) Drag (X3), Touch & Pull

Deliberate Practice Time Requirement per Skill 35 Minutes Total

5 Minutes 7 times a week **Foundation (X3) & Outside** – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week **Footwork Box (R)** – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week **Footwork Box (L)** – Initial a box after spending 5 minutes on skill.

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

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

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5 Minutes 7 times a week **Drag-Scissor** – Initial a box after spending 5 minutes on skill.

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5 Minutes 7 times a week **Drag (X3), Touch & Pull** – 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.

Foundation (X3) & Outside	
Footwork Box (R)	
Footwork Box (L)	
Drag Touch to V	
Drag Touch to V II	
Drag-Scissor	
Drag (X3), Touch & Pull	

NOTE: STARTER graduates should also excel at [Ball Control 1 drills](#). These activities should be practiced in a less formal environment, but with high levels of focus.