



GRAVITY CONTROL TRAINING

2018 – Volume 1

OVERVIEW

To truly make progress as a player and to become better than your teammates, you need to do something extra. You need to get more touches on the ball. The average player practices 2-3 times per week and touches the ball about 5-10% of the aggregate practice time.

What does this mean for your development? It means that on average you are touching the ball about 18 minutes a week! Yes you are getting good field awareness and fitness in practice, but if you really want to be a great player, you need to get extra minutes on the ball at home.

The standard 18 year old European player has up to 10 times as many touches on the ball as the standard American. No wonder American soccer continues to under-perform on an international level.

But, you can change that. 15-30 minutes of tight ball control work each day will do wonders for your development. And it may just make you the new face of your national squad.

In this training module, we have prepared a short series of exercises with the Futchi® Rebounder to get you on the right path to ball mastery, i.e. Gravity Control as we like to call it. We have separated the training in solo segments as well as team segments, so that when you play a round of Futchi® with a friend, you have opportunities to focus on skill work while competing to win the round.

We have written this to spark your imagination on what else is possible and hope that you take it and add in exercises based on your own needs and preferences.

Your goal: 3000-5000 touches daily

LET THE FUN BEGIN!

Blake Erickson
CEO and CoFounder - Futchi®

Not every exercise program is suitable for every individual. Please consult your physician and together assess your fitness level before beginning this or any other exercise program. A proper warm-up should be done before beginning any workout, and you should always monitor that you remain within an intensity you feel comfortable. While progressive in nature, this program is advanced and should not be attempted by someone who is not physically fit for aerobic exercise.

FUTCHI® SOLO TRAINING

30 Minute Burst Workout



The Exercises

As you get more advanced, look to complete each drill by collecting and playing the ball before it bounces on the ground. As you progress to greater levels of play, you won't have time to let the ball bounce before you try to play it. The same mentality should be applied to these exercises. Speed, precision, and consistency are key. Start slow, let the ball bounce off the ground first, and as you build confidence increase the tempo and the difficulty.

Aerial Passing, Receiving, and Control

1. One-Touch (6 minutes)

- a. 1 minute: Strike the ball off the net. Use 1 touch to return the ball (alternate feet)
- b. 1 minute: Strike the ball off the net. Use 1 touch to return the ball (only left foot).
- c. 1 minute: Strike the ball off the net. Use 1 touch to return the ball (only right foot).
- d. 1 minute: Strike the ball off the net. Use 1 touch to return the ball (only laces).
- e. 1 minute: Strike the ball off the net. Use 1 touch to return the ball (only outside of foot).
- f. 1 minute: Strike the ball of the net. Use 1 touch to return the ball (left, right, lace L, lace R, outside L, outside R).

2. Two-Touch (6 minutes)

- a. 1 minute: Strike the ball of the net. Take 1 touch in the air and on the second touch strike the ball back off the net (left to right foot or right to left foot).
- b. 1 minute: Strike the ball of the net. Take 1 touch in the air and on the second touch strike the ball back off the net using your laces.
- c. 1 minute: Strike the ball of the net. Take 1 touch in the air with the outside of the foot and on the second touch strike the ball back off the net with the inside / laces of the opposite foot.
- d. 1 minute: Strike the ball of the net. Take 1 touch in the air with your left foot and on the second touch strike the ball back off the net with the left foot.
- e. 1 minute: Strike the ball of the net. Take 1 touch in the air with your right foot and on the second touch strike the ball back off the net with the right foot.
- f. 1 minute: Strike the ball of the net. Take 1 touch high in the air with either foot and on the second touch strike the ball back off the net with your head.

Aerial Receiving, Turning, and Shooting

1. Receive with Feet (6 minutes)

- a. 1 minute: Strike the ball of the net. Pretend a defender is behind you. Hold a strong stance with your back arm behind you "on the player." Receive and turn with the inside of either foot (1 touch) and take an explosive three touches forward.
- b. 1 minute: Strike the ball of the net. Pretend a defender is behind you. Hold a strong stance with your back arm behind you "on the player." Receive and turn with the outside of either foot (1 touch) and take an explosive three touches forward.
- c. 1 minute: Strike the ball of the net. Pretend a defender is behind you. Hold a strong stance with your back arm behind you "on the player." Perform a cruyff turn (between the legs) and take an explosive three touches forward.
- d. 1 minute: Strike the ball of the net. Pretend a defender is behind you. Hold a strong stance with your back arm behind you "on the player." Receive with the bottom of your foot, and with the outside of the same foot quickly turn and take an explosive three touches forward.
- e. 1 minute: Strike the ball of the net. Pretend a defender is behind you. Hold a strong stance with your back arm behind you "on the player." Receive with the bottom of your foot, and do a crossover turn and take an explosive three touches forward.
- f. 1 minute: Strike the ball of the net. Pretend a defender is behind you. Hold a strong stance with your back arm behind you "on the player." Receive with the outside of your foot, and while sideways perform a step over / scissor turn and take an explosive three touches forward.

2. Receive with Thigh (3 minutes)

- a. 1 minute: Strike the ball of the net. Pretend a defender is behind you. Hold a strong stance with your back arm behind you "on the player." In one touch, receive with your right thigh and turn 180 degrees to the left and take an explosive three touches forward.
- b. 1 minute: Strike the ball of the net. Pretend a defender is behind you. Hold a strong stance with your back arm behind you "on the player." In one touch, receive with your left thigh and turn 180 degrees to the right and take an explosive three touches forward.
- c. 1 minute: Strike the ball of the net. Pretend a defender is behind you. Hold a strong stance with your back arm behind you "on the player." Receive with either thigh, and settle the ball in the air with the same foot then perform any turn sequence and finish with an explosive three touches forward.

3. Receive with Chest (3 minutes)

- a. 1 minute: Strike the ball of the net. Pretend a defender is behind you. Hold a strong stance with your back arm behind you "on the player." In one touch, receive with your chest and turn 180 degrees to the left and take an explosive three touches forward.
- b. 1 minute: Strike the ball of the net. Pretend a defender is behind you. Hold a strong stance with your back arm behind you "on the player." In one touch, receive with your chest and turn 180 degrees to the right and take an explosive three touches forward.
- c. 1 minute: Strike the ball of the net. Pretend a defender is behind you. Hold a strong stance with your back arm behind you "on the player." Receive with the chest, and settle the ball in the air with either foot, then perform any turn sequence and finish with an explosive three touches forward.

4. Shoot (6 minutes)

Go through exercises 1-3 of the Aerial Receiving, Turning, and Shooting module and instead of 3 explosive touches, take 1 touch and then finish with the same foot. To do this make sure you have a wall or a goal behind where you receive the ball. We recommend having multiple balls to optimize the tempo and number of touches. Practice aiming for specific spots on the net. For example, if you plan to train four days a week look to hit the bottom left corner on Day 1, the bottom right corner on Day 2, the top left corner on Day 3, and the top right corner on Day 4. Maybe add a cone behind you as well so you can practice additional feints before you shoot.

FUTCHI® GROUP TRAINING

30 Minute Burst Workout



The Exercises

The group training module is designed for 2-4 players. Any more and you lose the intensity and frequency of touches. Focus first on keeping the ball in play for the entire training interval. Once you get comfortable with the exercises, begin to increase the tempo and the difficulty: shift focus from long rallies to competition style play.

Your position on the Futchi court, alongside your awareness of the other players' locations becomes even more important as you begin to decide how you are going to strike and place the ball.

Basic Play

1. One-Touch (6 minutes)

- a. 1 minute: Player 1 serves the ball. Players take turns striking the ball back using 1 touch (alternate feet).
- b. 1 minute: Player 1 serves the ball. Players take turns striking the ball back using 1 touch (only strong foot).
- c. 1 minute: Player 1 serves the ball. Players take turns striking the ball back using 1 touch (only weak foot).
- d. 1 minute: Player 1 serves the ball. Players take turns striking the ball back using 1 touch (only laces).
- e. 1 minute: Player 1 serves the ball. Players take turns striking the ball back using 1 touch (only outside foot).
- f. 1 minute: Player 1 serves the ball. Players take turns striking the ball back using 1 touch (left, right, lace L, lace R, outside L, outside R).

2. Two-Touch (6 minutes)

- a. 1 minute: Player 1 serves the ball. Players take turns striking the ball back using 2 touches. First touch positions the player to strike the ball in the air off the second touch (2nd touch inside of either foot).
- b. 1 minute: Player 1 serves the ball. Players take turns striking the ball back using 2 touches. First touch positions the player to strike the ball in the air off the second touch (2nd touch laces of either foot).
- c. 1 minute: Player 1 serves the ball. Players take turns striking the ball back using 2 touches. First touch positions the player to strike the ball in the air off the second touch (1st touch left, 2nd touch left).
- d. 1 minute: Player 1 serves the ball. Players take turns striking the ball back using 2 touches. First touch positions the player to strike the ball in the air off the second touch (1st touch right, 2nd touch right).
- e. 1 minute: Player 1 serves the ball. Players take turns striking the ball back using 2 touches. First touch positions the player to strike the ball in the air off the second touch (1st touch outside of foot, 2nd touch laces).
- f. 1 minute: Player 1 serves the ball. Players take turns striking the ball back using 2 touches. First touch positions the player to strike the ball in the air off the second touch (1st touch high in the air with either foot, 2nd touch use head).

Up the Intensity

1. Agility (2 minutes)

- a. 1 minute (x2): Place 1 cone on each side of the game court and then 1 cone on the serve line. Every time a player strikes the ball, they must immediately sprint to the nearest cone and then return to the play. Players must do this without interfering with their teammates and should stay light on their feet as they cut back into the game court. Focus on striking the ball to the center of the net to maximize the length of the rally.

2. Awareness (2 minutes)

- a. 1 minute (x2): 2 players stand on either side of the game court while 2 others play. After striking the ball towards the net, the player must then quickly recover and return a volley to one of the outside players. Outside players must call the name of the player on the inside and throw a returnable 1 touch volley to the feet or head. Focus on striking the ball to the center of the net to maximize the length of the rally.

3. Strength (2 minutes)

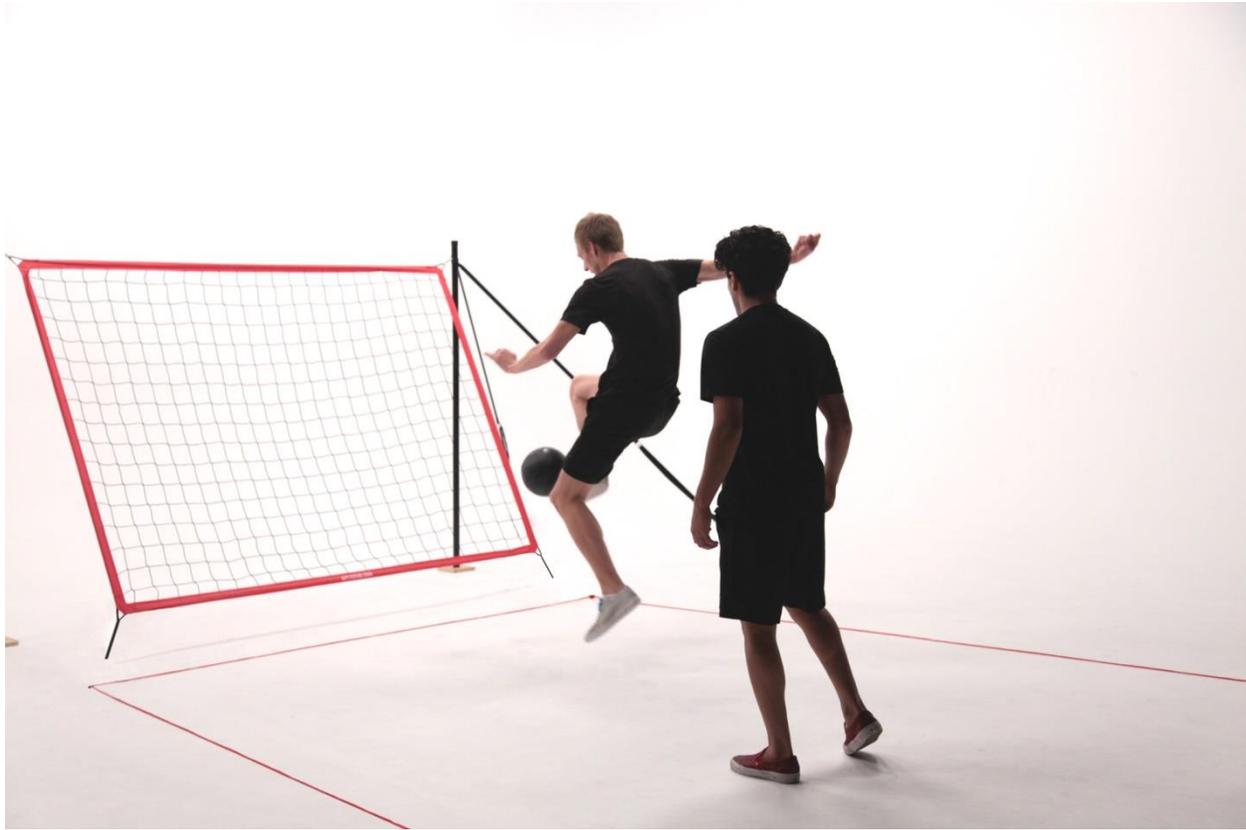
- a. 1 minute (x2): Between each strike, a player must drop down and quickly perform 1 pushup before they can return the ball. Focus on striking the ball to the center of the net to maximize the length of the rally.

4. Pressure (12 minutes)

- a. Perform exercises 1-6 of "Aerial Receiving, Turning, and Shooting" with a defender. Have the defender apply strong pressure and as players develop, have the defender try to win the ball. Before working this module, have players practice various turns, feints and other movements that will be effective for making a tight turn with the ball.

FUTCHI® SKILL CHALLENGE

4 x 10 Minute Advanced Soccer Exercises



The Exercises

Now that you've improved your tempo and the quality of your touches, it's time to take gravity control to a whole new level. And this time around, it's not just about how you perform on your own. It's about how you work with your team.

You will be challenged mentally, physically, and technically as you strive to play Futchi® in a way that makes you depend even more on your teammates. So work together and remember: the 11 players that walk away in total victory are those that stand together, not those that stand alone.

Good luck!

Futchi® - Joga To The Bonito

10 minutes. Player 1 serves the ball. As the ball comes back Player 2 returns the ball to Player 1 in a volley / half volley and Player 1 strikes the ball immediately off the net. Play continues under the same pattern.

Increase the difficulty:

- a. Player 1 returns the ball with a strong header.
- b. Player 1 and Player 2 can only use their weak foot.
- c. Player 1 returns the ball with whichever foot the coach or resting players yell out.

Futchi® - Spike Ballin'

10 minutes. Player 1 serves the ball. As the ball comes back Player 2 returns the ball to Player 1 in a volley / half volley. Using 1 touch Player 1 volleys the ball back to Player 2. Player 2 strikes the ball immediately in the air off the net. Play continues under the same pattern.

Increase the difficulty:

- a. Player 1 and Player 2 can only use their weak foot.
- b. Player 1 must return the ball to Player 2 with a header.
- c. If Player 1 hits the ball with his / her right foot, then Player 2 must hit the ball with the left foot (and vice versa).

Futchi® - So You Think You Can Juggle

10 minutes. For groups of 3 or more. Players line up behind the court line. Player 1 serves the ball and immediately sprints to the side of the court and then the back of the line. As the ball comes back Player 2 takes 1 touch to settle the ball in the air and uses the second touch to play Player 3. Player 3 strikes the ball off the net in 1 touch and the rotation continues.

Increase the difficulty:

- i. Players can only use their weak foot.
- ii. Players can only use 1 touch to settle the ball if they are in Player 2 position.
- iii. Player 3 can only strike the ball with a header / diving header.

Futchi® - Volley Like You're in Rio

10 minutes. For groups of 4 or more. Setup 2 Futchi courts back to back. Give 1 side the ball. Player 1 on the serving side strikes the ball off of the net. Player 2 takes 1 touch to settle the ball in the air and the 2nd touch to serve it back to Player 1. Player 1 takes 1 touch to hit the ball into the opposite game court.

Player 3 and Player 4 decide who will collect the ball in the air. The collecting player has 2 touches to play it to their teammate, who then strikes the ball immediately off of the net. Player 3 and Player 4 then follow the same pattern as the serving side and return the ball over both nets to the other court.

Each time a team is unable to return the ball, the other team gets a point. Games are played to 5.

Increase the difficulty:

- i. Players can only use their weak foot.
- ii. Players can only use 1 touch to settle the ball if they are in Player 2 position.
- iii. Player 3 can only strike the ball with a header / diving header.



Thank you again for choosing Futchi® for your soccer development. We hope you enjoyed volume 1 of our Gravity Control Training series, and are excited to be a part of your journey in the sport. Soccer is mastered not only by training, but also by passion. So don't forget to have a little fun when you are working hard. And remember, the more you touch the ball outside of practice, and the more you think about WHY you are touching the ball a certain way: the smarter, quicker, and more effective player you will become.

Best of luck!

Blake Erickson
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