

2500 TOUCH EXPLOSION!

MORE TOUCHES BETTER BETTER CONTROL AND MORE CONFIDENCE!

DAVID COPELAND-SMITH

ONILL DNILL	TOUCHES DAY 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
TENNIS BALL JUGGLING	166								
SKILLS BALL JUGGLING	166		3.0						
REGULAR BALL JUGGLING	166	4	7						
DYNAMIC TOE TAPS	166						4		
LATERAL TOE TAPS	166						A		
LATERAL BELLS	166								
BELL BELL OUTSIDE CHOP	166		Á			>	Ĭ		
PULLBACK OUTSIDE	166				ì				
SCOOP TOUCH ROLL	166								
LTURN	166	2							
FAKE SHOT L TURN	166								
L TURN RIP BACK	166	E							
FIGURE 8	166								
X PULLS	166								
PULL BACK PUSH-OPEN	166								

ONILL DRILL	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17
TENNIS BALL JUGGLING			207						
SKILLS BALL JUGGLING			30						
REGULAR BALL JUGGLING			2						
DYNAMIC TOE TAPS			1						
LATERAL TOE TAPS							l		
LATERAL BELLS					600				
BELL BELL OUTSIDE CHOP						6			
PULLBACK OUTSIDE					Ĭ		ħ.		
SCOOP TOUCH ROLL					1				
LTURN							8		
FAKE SHOT L TURN					ı				
FIGURE 8									
X PULLS									
PULL BACK PUSH-OPEN	ı								

ONILL DAILL	DAY 18	DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	
TENNIS BALL JUGGLING			ES7.							
SKILLS BALL JUGGLING			3.0							
REGULAR BALL JUGGLING			2							
DYNAMIC TOE TAPS					200		1			
LATERAL TOE TAPS										
LATERAL BELLS					60					
BELL BELL OUTSIDE CHOP										
PULLBACK OUTSIDE					ì	X				
SCOOP TOUCH ROLL					٦					
LTURN										
FAKE SHOT L TURN										
L TURN RIP BACK					ı					
FIGURE 8										
X PULLS										
PULL BACK PUSH-OPEN										

ONIEL DIVIEL	DAY 27	DAY 28	DAY 29	DAY 30	
TENNIS BALL JUGGLING			537		Gr
SKILLS BALL JUGGLING			3 D		7
REGULAR BALL JUGGLING			3		†00
DYNAMIC TOE TAPS					才
LATERAL TOE TAPS					fe
LATERAL BELLS					÷ %
BELL BELL OUTSIDE CHOP					<u>K</u> .
PULLBACK OUTSIDE					SIT
SCOOP TOUCH ROLL					. F
LTURN				7	1 C
FAKE SHOT L TURN					2
L TURN RIP BACK					O
FIGURE 8					7
X PULLS					<u> </u>
PULL BACK PUSH-OPEN					7

areat job!

hat's 30 days, doing 2500 ouches a day.

hat's 75000 touches! You're eelling more confident and ou're playing with more fire han ever before. Here's the icker.... DONT STOP! Keep mashing it.

heck out our other total levelopment programs here:

seast Mode Soccer Store

eep the movement going!

David Copeland-Smith



Hi

My name is David Copeland-Smith, and I am the founder of Beast Mode Soccer.

I love the fact that you are dedicating yourself to our '2500 Touch Explosion' program. It WILL make the difference in your game, I guarantee it!

I personally train some of the best players in the world, I know what it takes for players to get to the next level, and I'm pumped to be YOUR mentor as well!

Welcome to the Beast Mode Soccer family!

-David

