



Piedmont Soccer Club Summer Skills

Majority of the skills are single or double movements for level 1&2, analyse closely the posture and technique used from the demonstrations. Level 3 advances into combinations and multiple movements!

Practice for 15-30 minutes a day throughout the summer and see how many levels you can complete. Use the #..... and post your levels on Instagram/facebook send or tag them to @piedmont_soccer_club or send them to your team mates, compete with them to see who can gain the highest level!

To graduate to the next level you must complete 5 - 10 of the ball mastery skills shown below. Each playlist has numerous ball mastery skills, you take control of which skills you master.

Ball Mastery

Level 1

Red Bulls Academy 1 - <https://www.youtube.com/playlist?list=PLPvYix4iYNcYKgWhInyZzJRUPwyTv02zg>

Level 2

Red Bulls Academy 2 - <https://www.youtube.com/playlist?list=PLPvYix4iYNcb5sIL20FsiZzMEoFqfaXOC>

Level 3

Red Bulls Academy 3 - <https://www.youtube.com/playlist?list=PLPvYix4iYNcbkejMdP2FkrnXSwQPhQwb1>

Level 4 Creativity

Combine any of the levels to create your personal and unique movement!



Juggling Examples

Red Bulls Academy Juggles - <https://www.youtube.com/playlist?list=PLPvYix4iYNcY0JdPcni7521GbjdIPW4z>

Red Bulls Academy Flick Up's - <https://www.youtube.com/playlist?list=PLPvYix4iYNcZS04QPnLnWId6R2iLEmCzk>

Red Bulls Academy Ariel Skills - <https://www.youtube.com/playlist?list=PLPvYix4iYNcbeKUO6eAvVcZeGtJmeUFFG>

3 Fun challenges

You know the drill <https://www.youtube.com/watch?v=ulimer4AUs8>

<https://www.youtube.com/watch?v=dcQcWAZjFds>

<https://www.youtube.com/watch?v=gKD2LhAFaLM>