



Anytime Soccer Training



# ***GETTING STARTED WITH ANYTIME SOCCER TRAINING***

**Your First 8 Weeks**

**[WWW.ANYTIME-SOCCER.COM](http://WWW.ANYTIME-SOCCER.COM)**



# Why Anytime Soccer Training



## THE CHALLENGE

Sound familiar? You want to become a better soccer player by getting extra touches. You spend hours searching the internet for soccer drills, but the videos are not organized or easy to follow.

Finally, without a demonstration, the verbal instructions from your parents and trainers can feel overwhelming. **At last, there is a better way.**

## THE SOLUTION



Anytime Soccer Training puts everything you need in one place making in-home training effective, easy and fun. With thousands of training videos, our program saves you time and develops every aspect of your game.

## THE RESULTS

Join thousands of players who are using Anytime Soccer Training to master the ball and the game.

**5,000**  
TRAINING VIDEOS COVERING EVERYTHING

**100%**  
FOLLOW ALONG. JUST HIT PLAY

**5x**  
MORE TOUCHES AT HOME

**Melvin Harris** 5d · 🌐

I'm not being paid to do this. My son is 11 and didn't start soccer until he was 9 years old. We started at the bottom and this week we made a ECRL team as a top performer. We purchased the programming for anytime soccer, I've never met the owner personally so I have nothing to gain by posting this. But the system will take your kid to another level. On another note...why didn't anyone warn me about the travel 😂

👍 15      7 comments   1 share

👍 Like      💬 Comment      ➦ Share

**Olga Fawcett** March 22 · 🌐

Just wanted to say my girls love anytime soccer!

It's been 3 days and they got more quality touches on the ball in these 3 days than in the past week not including practices. Love the 5 minute videos and reward/goal setting!

We did the first 7 videos of ball mastery 1000 touch, bow we are doing 7 videos of dribbling (30 day essentials program) to change it up.

Not sure how long the interest will hold but we love it so far!

👍 🥳 6

👍 Like      💬 Comment      ➦ Share

**Evan Shawn**

Neil Kamau Crawford my kid has gone from the B team to A team then to one of the better kids on the A team. Thanks

Like Reply Share 1w

*"I can't believe how technical my daughter has become in 3 short months"*

Sharon Singh



# HOW IT WORKS

The program is divided into skill areas. Those skill areas have programs that focus on specific aspects of those skills. We recommended following the videos in order while also doing a variety of programs and skill areas.

For example, one day you might choose to do the **1,000 Touch Ball Mastery** program, and the following day you can do the **Two Cone Ball Mastery** program. The program is flexible and easy to use, regardless of what you decide.

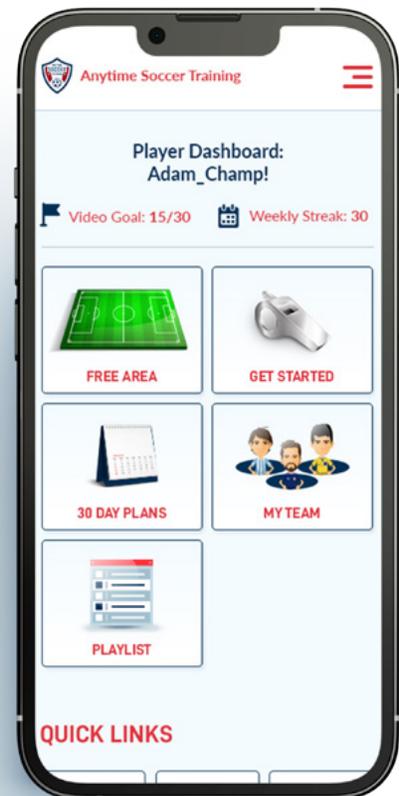
## Skill Areas

Ball Mastery	Juggling	Dribbling	Passing	1v1 & Finishing	Fitness
1,000 Touch Two Cone Dynamic Ball Mastry Dribble Ball Mastery and more...	Juggling Partner Toss Aerial Finish Mixed Balls Body Control and more...	Figure 8 Tight Space Line Cone Free Style Change Direction and more...	Foundation One Cone Rebounder Partner Passing Long Distance and more...	Five Star 1v1 1v1 Games Directional Control Free Kicks Pass & Shoot and more...	Dynamic Warmup Agility Ladders Agility Rings Jump Rope Circuit Fitness and more...

PROGRAMS

# WHY IT WORKS

- > 5,000 videos covering everything
- > Dedicated video for each new move
- > 100% follow along videos averaging 5 minutes
- > Slow motion demo, music and bright timer
- > Challenges both feet
- > Goal setting & rewards





# Phase 1: Technical Foundation

Phase 1 is all about getting started and focusing on the fundamentals. We recommend doing at least three videos per sessions, three days per. We also strongly recommend both beginners and experienced players to **follow the videos in order**.

To help you get started, we have provided a suggested calendar with specific programs for each day. This ensures that you cover all the essential skills with **less than 15 minutes per day**.

## Your First 4 Weeks

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Beginner/Int Juggling 1,000 Touch Ball Mastery Wall Passing	REST	Beginner/Int Juggling 1,000 Touch Ball Mastery Wall Passing	REST	REST	Beginner/Int Juggling 1,000 Touch Ball Mastery Wall Passing	REST
WEEK 2	Beginner/Int Juggling One Cone Ball Mastery Figure 8 Dribbling Foundation Passing	REST	Beginner/Int Juggling One Cone Ball Mastery Figure 8 Dribbling Foundation Passing	REST	REST	Beginner/Int Juggling One Cone Ball Mastery Figure 8 Dribbling Foundation Passing	REST
WEEK 3	Beginner/Int Juggling Two Cone Ball Mastery Figure 8 Dribbling One Cone Passing	REST	Beginner/Int Juggling Two Cone Ball Mastery Figure 8 Dribbling One Cone Passing	REST	REST	Beginner/Int Juggling Two Cone Ball Mastery Figure 8 Dribbling One Cone Passing	REST
WEEK 4	Beginner/Int Juggling 1,000 Touch Ball Mastery Figure 8 Dribbling Wall Passing	REST	Beginner/Int Juggling 1,000 Touch Ball Mastery Figure 8 Dribbling Wall Passing	REST	REST	Beginner/Int Juggling 1,000 Touch Ball Mastery Figure 8 Dribbling Wall Passing	REST



# Phase 2: Master Your Skills!

Congratulations on completing Phase 1! It's time to take your training to the next level with technical variation sessions that encompass all skill areas.

If you feel ready and eager to progress, dive into Phase 2 and challenge yourself further. However, if you feel the need to reinforce your foundation, feel free to repeat Phase 1 and solidify your skills.

Remember, every touch counts, so let's push ourselves and continue our journey to mastery together!

## Your Next 4 Weeks

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	Intermediate Juggling 1,000 Touch Ball Mastery Figure 8 Dribbling Core Passing Drills Five Star 1v1	REST	Partner Toss One Cone Ball Mastery Line Cone Dribbling One Cone Passing Drills Directional Control & Finishing	REST	REST	Body Control Juggling Two Cone Ball Mastery Change Direction Dribbling Wall Passing 1v1 & Finishing	REST
WEEK 2	Intermediate Juggling Four Cone Essential Ball Mastery Tight Box Dribbling Long Distance Passing Figure 8 1v1	REST	Partner Toss Lateral Ball Mastery Obstacle Course Dribbling One Cone Passing Rapid Fire Finishing	REST	REST	Body Control Juggling Dynamic Ball Mastery Quick Turns & Change Direction Foundation Passing Partner Passing & Finishing	REST
WEEK 3	Beginner/Int Juggling Three to Six Cone Ball Mastery Speed Dribbling & Turns Partner Passing Cone Slalom & Finish	REST	Juggling & Dribbling Midfielder Ball Mastery Freestyle Dribbling Passing & Moving Line Cone & Finish	REST	REST	Juggling & Finishing Ball Mastery & Dribbling Circle Dribbling Lateral Passing 1v1 & Finishing	REST
WEEK 4	Partner Toss Two Cone Ball Mastery Figure 8 Dribbling One Cone Passing Drills 1v1 & Finishing	REST	Body Control Juggling Lateral Ball Mastery Tight Box Dribbling Wall Passing Line Cone & Finish	REST	REST	1,000 Touch Ball Mastery Three to Six Cone Ball Mastery Freestyle Dribbling Lateral Passing Directional Control & Finishing	REST



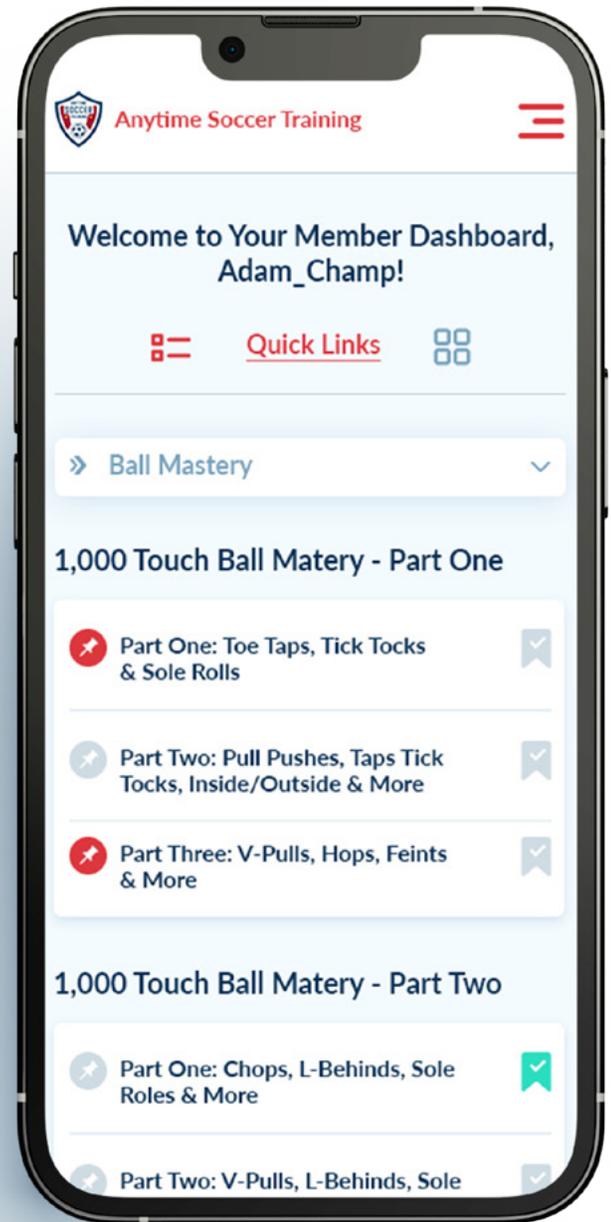
# SIMPLE NAVIGATION AND PROGRESS TRACKING

Finding training areas within Anytime Soccer Training is simple. Just click the dropdown menu, for direct access to the skill area you want to focus on.

To make it even easier, we've added a handy green bookmark button. Use it to mark your progress and pick up where you left off.

Even more, every video has a marker. Once you've completed a video, the red x turns to a green checkmark, giving you that sense of accomplishment and keeping you on track.

Now, you have everything you need to take your skills to the next level.





# YOUR 8-WEEK ACTION PLAN

Follow the below steps to ensure success during the next eight weeks.

Getting Setup	Action	Status
Create an Account	It's free and takes seconds.	
Join your team	Accept team invitations and compete against teammates.	
Set a Training Goal	Set a video goal and reward. Stick with it and claim your reward.	
Review the App	Click the training areas and watch a few videos to learn format.	
Set Long Term Goals	Decide on a long term plan that manageable.	

## Phase 1: Technical Foundation

Start by doing the following series at least three days per week.

Training Area	Program	Status
Ball Mastery	1,000 Touch Ball Mastery	
Aerial Control	Beg/Int Juggling Program	
Tight Dribbling	Figure 8 Dribbling	
Passing & First Touch	First Touch Rebounder	

## Phase 2: Master Your Skills

Take your game to the next level by adding these areas to your training.

Training Area	Program	Status
Ball Mastery	1,000 Touch, One and Two Cone Ball Mastery	
Aerial Control	Beg/Int Juggling, Partner Aerial Control Toss	
Tight Dribbling	Figure 8 Dribbling, Tight Space, Line Cone Dribbling	
Passing & First Touch	One Cone Passing, First Touch Rebounder	
1v1 & Finishing	Five Star 1v1, 1v1 & Clinical Finishing, 1v1 Games	