

30-Day Ball Mastery Challenge

Welcome to the Challenge

Thirty days, 15 minutes a day, one ball. That is all it takes to build the close control, confidence and quick feet that coaches notice right away.

The best players in the world got there through thousands of touches, not a few big moments. This challenge gives you a simple daily routine that stacks those touches up, starting easy and getting harder each week.

How it works

1. Do one session per day, in order. Each takes about 15 minutes.
2. Check off the day on your tracker when you finish.
3. Missed a day? No problem. Pick up where you left off. The goal is 30 sessions, not 30 perfect days in a row.
4. On Day 1 and Day 30 you will take the same skills test so you can see exactly how much you improved.

Who it is for: players ages 6 to 14 of any level. Younger players can do fewer reps; older players can go faster and take on the weekly bonus challenges.

Created by Paul Jackiewicz, USSF-licensed coach with 14+ years of youth coaching experience and owner of Touch Lab Soccer Training.

Setup and Rules

You need: one size-appropriate ball (size 3 for U8, size 4 for U9 to U12, size 5 for 13+), 4 cones or markers (shoes or water bottles work), a flat space about 10 by 10 yards, and a wall if you have one. A phone timer helps.

Every session follows the same shape:

1. **Warm-up (2 min):** light jog, side shuffles, and leg swings.
2. **Skill block (10 min):** the day's drills. Work for 30 seconds, rest for 15 seconds, unless the drill says otherwise.
3. **Finisher (3 min):** a quick challenge to beat your score.

Touch Lab rules

- Use both feet. If a drill says "right foot," do the same reps with your left.
- Keep the ball close. Small touches beat big kicks.
- Head up whenever you can. Glance up every few touches.
- Quality first, then speed. Go slow until it is clean, then speed it up.
- Have fun with it. Put on music and challenge a sibling or parent.

The Daily Sessions

Week 1: Foundation Touches

Goal: get comfortable with the ball on every surface of the foot.

Day	Skill block	Finisher
1	Take the Day 1 skills test (see below), then 3 rounds of toe taps	Record your test scores
2	Toe taps, sole rolls (side to side), inside-inside taps	Most toe taps in 30 sec
3	Sole rolls forward and back, pull-backs, inside-outside touches	60 sec nonstop, no losing the ball
4	Toe taps, foundations (inside-inside), sole roll to inside push	Beat your Day 2 toe tap score
5	Laces dribble in a straight line and back, 5 trips each foot	Race the clock: 5 trips
6	Juggling practice: one bounce allowed between touches	Highest juggle count
7	Free play: mix every move from this week for 10 min	Teach a parent one move

Bonus challenge (ages 10+): juggle 25 times in a row using any surface. Write your best score here: _____

Week 2: Dribbling and Control

Goal: move with the ball at speed while keeping it close.

Day	Skill block	Finisher
8	Cone slalom (4 cones, 2 yards apart): inside foot only, then outside only	Fastest clean slalom
9	Box dribble: dribble around the square, change direction at each cone	3 laps, both directions
10	Stop and go: dribble, stop the ball with the sole on "stop," explode on "go"	Parent calls it, 1 min
11	Wall passes: 20 each foot, control and pass back	Most passes in 1 min
12	Slalom with the sole roll between cones	Beat your Day 8 time
13	Head-up dribble: a parent holds up fingers, call out the number	10 correct calls
14	Free play plus your favorite drill from Week 2	Juggling record attempt

Bonus challenge (ages 10+): run the Day 8 slalom with your weak foot only, then beat that time by Day 14.

Week 3: Turns and Moves

Goal: change direction and beat a defender.

Day	Skill block	Finisher
15	Inside cut and outside cut: dribble to a cone, turn, go back	10 turns each foot
16	Drag back turn (pull-back) and Cruyff turn	10 of each, both feet
17	Step-over: 5 slow, 5 fast, each side	Step-over into a burst of speed
18	Scissors (outside to in), then burst away	1 min nonstop moves
19	Turn drill: dribble between two cones 10 yards apart using a different turn each time	Fastest 6 lengths
20	1v1 with a parent or sibling: beat them to a line using a move	First to 5
21	Free play: string together 3 moves in a row	Film your best combo

Bonus challenge (ages 10+): chain three different moves together in under 5 seconds without losing the ball, 5 times in a row.

Week 4: Speed and Combinations

Goal: put it all together quickly and under pressure.

Day	Skill block	Finisher
22	Fast foot circuit: toe taps, sole rolls, foundations, 20 sec each, 3 rounds	No mistakes round
23	Wall pass, first touch to the side, dribble to a cone and back	10 reps each foot
24	Slalom with a turn at the end and a move at the middle cone	Beat your Day 12 time
25	Juggling ladder: thigh, foot, thigh, foot	New juggling record
26	Box dribble with a move at every cone	2 clean laps
27	Game day prep: weak foot only for the full session	1 min weak foot dribble
28	Free play: your favorite drills from all four weeks	Teach your best move to a friend

Bonus challenge (ages 10+): 50 wall passes in a row, alternating feet every pass, without a miss.

Skills Test and Tracker

Take this test on Day 1 and again on Days 29 and 30 (best score counts). Write your numbers below and compare.

Test	How to score it	Day 1	Day 30
Toe taps	Number of taps in 30 seconds		
Juggling	Most touches before the ball hits the ground (best of 3 tries)		
Slalom	Seconds to dribble through 4 cones and back		
Wall passes	Passes in 1 minute, 3 yards from the wall		
Weak foot dribble	Seconds for 10 yards and back, weak foot only		

Daily tracker: color in or check a box each time you finish a session.

☐ Day 1	☐ Day 2	☐ Day 3	☐ Day 4	☐ Day 5	☐ Day 6
☐ Day 7	☐ Day 8	☐ Day 9	☐ Day 10	☐ Day 11	☐ Day 12
☐ Day 13	☐ Day 14	☐ Day 15	☐ Day 16	☐ Day 17	☐ Day 18
☐ Day 19	☐ Day 20	☐ Day 21	☐ Day 22	☐ Day 23	☐ Day 24
☐ Day 25	☐ Day 26	☐ Day 27	☐ Day 28	☐ Day 29 Retest	☐ Day 30 Final test

Certificate of Completion

This certifies that the player named below completed the Touch Lab 30-Day Ball Mastery Challenge and earned the title of **Touch Lab Ball Master**.

Player name: _____

Date completed: _____

Signed: Paul Jackiewicz, Touch Lab Soccer Training

Ready for the Next Level?

Thirty days of touches builds the foundation. One-on-one coaching turns it into game-ready skill. Touch Lab Soccer Training brings personalized sessions to your home field or local park.

- Mention this challenge when you book to get $10 off your first session.
- Book online at touchlabtraining.com
- Or scan the code below with your phone camera.



Share your Day 1 vs Day 30 results and tag Touch Lab Soccer Training. We love seeing the progress!