

Ball Mastery Skill Cards

Thirty-seven cards that turn the FCA demonstration sequence into a repeatable route: watch, control, move, decide and connect the skill to the game.

A trick is not mastered because it looks right once. Build control first, then movement, then a reason to use it.

04
Level 1 skills

08
Level 2 skills

15
Level 3 skills

07
Level 4 skills

03
Level 5 skills

Inside Taps

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Toe Taps

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Slides

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Circles

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Inside Cuts

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Pull-Push

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Pullback V

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Dragbacks

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Roll-Stop

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Stepovers

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Scissors

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Combination

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Figure 8 — Insides

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Figure 8 — Insides & Outsides

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Outside Cuts

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Drags

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

L Turn

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

La Pelopina — Xavi Turn

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Iniesta Turn

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Roulette Turn

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Brazilian Toe Taps

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

L Turn into Pullback V

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Rolling Scissors

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Fake Shot or Pass

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Scoop Turn

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Brazilian Toe Taps + Inside Touch

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Combination

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

L Turn–Inside–Inside

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Inside U

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Outside U

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Pullback–Outside–Inside–Inside

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Drag Back–Roll–Stop–Roll–Push

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Drag Back–Outside–Stepover–Outside

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Back–Across–Scissor

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Heel Tap Roll

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Brazilian Toe Taps + Double Tap

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____

Advanced Brazilian Ball Mastery

☐ **Watch** the matching 360@Home demonstration before practising.

My most useful cue

☐ **Control** Perform it slowly and cleanly. Use both sides where the movement allows.

☐ **Move** Take the action into space rather than staying fixed on one spot.

☐ **Decide** Add a gate, signal or passive opponent so the action has a purpose.

Where could this help me in a match?

Best controlled sequence _____ **Date** _____