

Your Ball-Mastery Route

Work from left to right. Watch the matching FCA demonstration, practise the movement on both sides, then tick it only when you can repeat it under control. Completion markers are not counted as skills: this map contains the 37 named skills in the live sequence.

PLAYER _____ STARTED _____

Level 1 Foundation · get comfortable manipulating the ball. 01 Inside Taps ☐ 02 Toe Taps ☐ 03 Slides ☐ 04 Circles ☐	Level 2 Core techniques · cuts, turns and deception. 01 Inside Cuts ☐ 02 Pull-Push ☐ 03 Pullback V ☐ 04 Dragbacks ☐ 05 Roll-Stop ☐ 06 Stepovers ☐ 07 Scissors ☐ 08 Combination ☐	Level 3 Advanced techniques · connect surfaces, turns and disguises. 01 Figure 8 — Insides ☐ 02 Figure 8 — Insides & Outsides ☐ 03 Outside Cuts ☐ 04 Drags ☐ 05 L Turn ☐ 06 La Pelopina — Xavi Turn ☐ 07 Iniesta Turn ☐ 08 Roulette Turn ☐ 09 Brazilian Toe Taps ☐ 10 L Turn into Pullback V ☐ 11 Rolling Scissors ☐ 12 Fake Shot or Pass ☐ 13 Scoop Turn ☐ 14 Brazilian Toe Taps + Inside Touch ☐ 15 Combination ☐	Level 4 Expert combinations · control longer sequences. 01 L Turn–Inside–Inside ☐ 02 Inside U ☐ 03 Outside U ☐ 04 Pullback–Outside–Inside–Inside ☐ 05 Drag Back–Roll–Stop–Roll–Push ☐ 06 Drag Back–Outside–Stepover–Outside ☐ 07 Back–Across–Scissor ☐	Level 5 Elite mastery · finish the most difficult variations. 01 Heel Tap Roll ☐ 02 Brazilian Toe Taps + Double Tap ☐ 03 Advanced Brazilian Ball Mastery ☐
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Use it in the game. A tick means more than copying the movement. Try it while moving, use both feet, add a passive opponent, then recognise a moment when the skill helps you protect the ball, change direction or beat a player.

Need help? Return to the matching 360@Home lesson. If you are still stuck, post the skill name and your question inside the Football Coaching Academy so a coach can help.