



BEASTMODESOCCER

THE BETTER SOCCER BLUEPRINT

2014 NSCAA CONVENTION EXCLUSIVE EDITION



DAVID COPELAND-SMITH



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BEAST MODE IS SCORING IN THE 123RD MINUTE. BEAST MODE IS GETTING PAST YOUR OPPONENT WITH A ROLL-BEST-TOUCH. BEAST MODE IS BEING THE PLAYER YOUR TEAM LOOKS TO WHEN THEY NEED A BIG TIME PLAY. BEAST MODE IS DOMINATING THE 1 V 1 ON THE FIELD BECAUSE YOU HAVE A FULL ARSENAL OF MOVES. BEAST MODE IS LEADING THE TEAM BY EXAMPLE. BEAST MODE IS JUGGLING A TENNIS BALL. BEAST MODE IS NOT TRYING, IT IS DOING. BEAST MODE IS NEVER MISSING A TEAM PRACTICE AND ALWAYS PUTTING IN THE EXTRA WORK, ON THE SIDE, AS AN INDIVIDUAL. BEAST MODE IS SCORING WHEN YOU WANT TO SCORE. BEAST MODE IS TAKING THE PENALTY KICK IN THE 90TH MINUTE FOR THE WIN. BEAST MODE IS BEING THE PLAYER THE OTHER TEAM FEARS. BEAST MODE BLURS THE LINE BETWEEN HATE AND RESPECT. BEAST MODE IS UNSTOPPABLE. BEAST MODE IS COMPLETING THE PASS THAT TURNS A DESPERATE DEFENSE INTO A DECISIVE ATTACK. BEAST MODE IS HAVING COMPLETE BALL CONTROL. BEAST MODE IS BEING TWO STEPS AHEAD OF THE GAME. BEAST MODE IS SELF-RELIANCE. BEAST MODE IS MAKING THE SAVE THAT MAKES THE CROWD GO CRAZY. BEAST MODE IS SHUTTING DOWN THE OTHER TEAM'S BEST PLAYER FOR THE FULL 90 MINUTES. BEAST MODE IS DICTATING THE GAME WITH EVERY PASS AND BEING A TYRANT. BEAST MODE IS THE SOUND OF THE BALL SWEEPING THE NET WHEN YOU SCORE A GOAL. BUT MOST IMPORTANTLY, BEAST MODE IS WHAT YOUR HARD WORK MAKES IT. BEAST MODE SOCCER.

ARE YOU READY?

A LETTER FROM DAVID COPELAND-SMITH

Welcome to the NSCAA Convention sample of the Beast Mode Soccer Better Soccer Blueprint.

First off, thank you for attending our session on 'creating the self reliant soccer player' at the 2014 NSCAA Convention.

Please distribute this month long sample blueprint to teams at your club. With this tool, you can show your players (of any age) exactly how to take ownership of their technical development.

This blueprint is a month long program, along with accompanying 25 technical training videos. These are the same footwork drills that we do with all beast mode soccer players in California from AYSO level right through to the Alex Morgan's of the world.

We have proven time and time again that if players are given the necessary tools to practice on their own, then they do it. This isn't 'homework', this is simply showing players how to be the best that they can be.

I hope that your players benefit as much from this program as ours have.

Sincerely,

David Copeland-Smith
Director, Beast Mode Soccer



**OWN
YOUR
DEVELOPMENT**

HOW IT WORKS:

First and foremost, this program requires your commitment. Be honest, how much do you want it? This program will present you with everything you need but ultimately, you're going to get out what you put in. Recognize your strengths throughout the course and work diligently on your weaknesses.

WHAT YOU NEED:

This program will require...

The Home Development Plan.

The NSCAA Sample Blueprint.

A Soccer Ball.

Open Space.

A Smart Phone/MP4 Player.

DISCLAIMER:

CHECK WITH YOUR DOCTOR BEFORE BEGINNING ANY FITNESS PROGRAM TO AVOID/REDUCE THE RISK OF INJURY. PERFORM THESE DRILLS AT YOUR OWN RISK. BEAST MODE SOCCER WILL NOT BE RESPONSIBLE OR LIABLE FOR ANY INJURY SUSTAINED AS A RESULT OF USING ANY DRILLS PRESENTED AND/OR DISCUSSED IN THE BETTER SOCCER BLUEPRINT, OR ITS ACCOMPANYING FORMAT

USING THE NSCAA SAMPLE OF THE BETTER SOCCER BLUEPRINT:

This program is made up of three components:

- 1) The Home Development Guide
- 2) The NSCAA Sample Beast Mode Soccer Blueprint
- 3) 25 Technical Training Videos

THE HOME DEVELOPMENT GUIDE

This guide appears at the start of the program. It is imperative that you fill it out as goal setting is an integral part of the program

THE BEAST MODE SOCCER BLUEPRINT

The BMS Blueprint within this manual is designed specifically for a months worth of individual development. A week by week planner will provide you with space to plan out your workouts and furthermore, review your previous week. Succeeding to plan, is planning to succeed, utilization of this tool is mandatory.

THE DRILLS

The 25 technical training drills that accompany this program can be seen at:

www.beastmodesoccer.com/nscaavideos

Use the exclusive code below to access the page.

RISEANDGRIND37/100

Fill out the Home Development Guide with your own information. Take the time to evaluate and then fill the boxes out. This page is present every month. As you move on with this program, your strengths/challenges will change..note it!

GOAL! HOMEDEVELOPMENTGUIDE

PLAYER NAME: _____
 MONTH/YEAR: _____

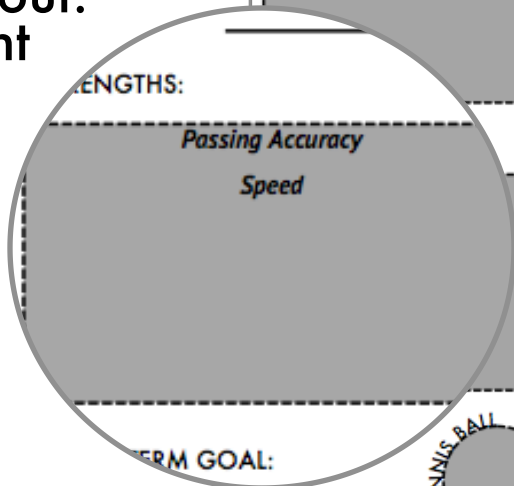
STRENGTHS: _____ CHALLENGES: _____

STRENGTHS:

Passing Accuracy
Speed

LONG TERM GOAL: _____

MINI BALL SKILL BALL SIZE 5



IN THE DAILY GRIDS, WRITE DOWN WHEN YOUR CLUB PRACTICES. PLAN OUT THE DAYS YOU ARE GOING TO DO TECHNIQUE TRAINING.

SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

IN THE DAILY GRIDS, WRITE DOWN WHEN YOUR CLUB PRACTICES. PLAN OUT THE DAYS YOU ARE GOING TO DO TECHNIQUE TRAINING.

SUNDAY
Blueprint- 10:00am-11:15

MONDAY
School- 8:00am-3:00pm
Blueprint- 4:00pm-5:00

TUESDAY
School- 8:00am-3:00pm Blueprint- 7:00pm-8:00pm
Practice- 6:00pm-7:30

A Weekly Schedule appears for you to plan ahead and is a resourceful tool to keep you focused. Review your personal schedule and be organized. succeeding to prepare is preparing to succeed.

Take drills from the BSB drills database and fill out the Blueprint with your selection of drills for the week. Use the rest of the boxes to check off the drills after completion.

Note: FFA stands for fast footwork and agility. Touches includes 1st, 2nd, 3rd and 4th touch.

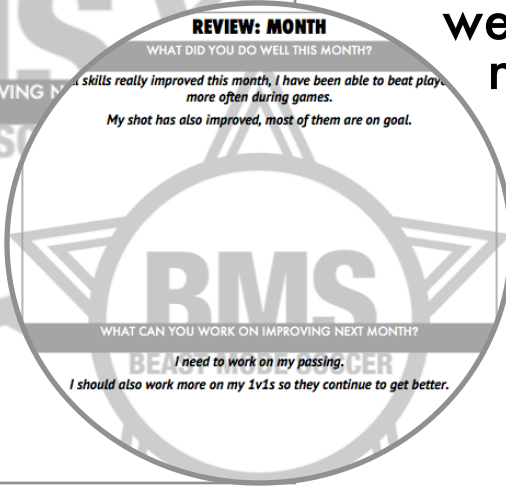
	MON	TUE	WED	THURS	FRI	SAT	SUN
DRILLING							
MINI BALL							
SKILL BALL							
SIZE 5 BALL							
FFA							
PHASE 1 FOOTWORK							
ROLL BEST TOUCH							
SOLE TOUCHES							
PHASE 1 LADDER							
TOUCHES							
DRILLS 1							
DRILLS 2							
TOUCHES							
PASSING							
SHOOTING							
1v1 MOVES							

REVIEW: MONTH

WHAT DID YOU DO WELL THIS MONTH?

WHAT CAN YOU WORK ON IMPROVING NEXT MONTH?

WHAT CAN YOU WORK ON IMPROVING NEXT MONTH?



The Review Sheet is intended for you to reflect on what you have done well so far and what you need to continue working on. Utilize this tool!



NSCAA

GOAL!

HOMEDEVELOPMENTGUIDE

PLAYER NAME: _____

MONTH/YEAR: _____

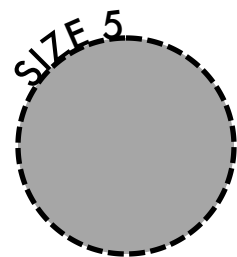
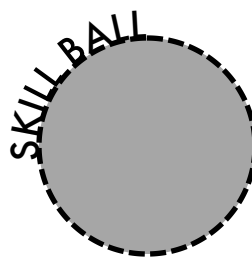
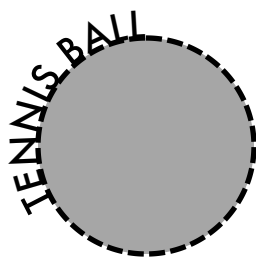
STRENGTHS:

CHALLENGES:



SHORT TERM GOAL:

LONG TERM GOAL:



IN THE DAILY GRIDS, WRITE DOWN WHEN YOUR CLUB PRACTICES ARE AND PLAN OUT THE DAYS YOU ARE GOING TO DO TECHNIQUE TRAINING.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY BEAST MODE SOCCER

FRIDAY

SATURDAY

BMS

	SUN	MON	TUES	WED	THURS	FRI	SAT
JUGGLING							
TENNIS BALL							
SKILL BALL							
SIZE 5 BALL							
FFA							
TOUCHES							
PASSING							
SHOOTING							
1v1 MOVES							
CLUB PRACTICE							
EST. TOUCHES							

IN THE DAILY GRIDS, WRITE DOWN WHEN YOUR CLUB PRACTICES ARE AND PLAN OUT THE DAYS YOU ARE GOING TO DO TECHNIQUE TRAINING.

REVIEW: WEEK 1

WHAT DID YOU DO WELL LAST WEEK?

WHAT CAN YOU WORK ON IMPROVING THIS WEEK?

SCHEDULE: WEEK 2

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



	SUN	MON	TUES	WED	THURS	FRI	SAT
JUGGLING							
TENNIS BALL							
SKILL BALL							
SIZE 5 BALL							
FFA							
TOUCHES							
PASSING							
SHOOTING							
1v1 MOVES							
CLUB PRACTICE							
EST. TOUCHES							

IN THE DAILY GRIDS, WRITE DOWN WHEN YOUR CLUB PRACTICES ARE AND PLAN OUT THE DAYS YOU ARE GOING TO DO TECHNIQUE TRAINING.

REVIEW: WEEK 2

SCHEDULE: WEEK 3

WHAT DID YOU DO WELL LAST WEEK?

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

WHAT CAN YOU WORK ON IMPROVING THIS WEEK?

THURSDAY

FRIDAY

SATURDAY



	SUN	MON	TUES	WED	THURS	FRI	SAT
JUGGLING							
TENNIS BALL							
SKILL BALL							
SIZE 5 BALL							
FFA							
TOUCHES							
PASSING							
SHOOTING							
1v1 MOVES							
CLUB PRACTICE							
EST. TOUCHES							

IN THE DAILY GRIDS, WRITE DOWN WHEN YOUR CLUB PRACTICES ARE AND PLAN OUT THE DAYS YOU ARE GOING TO DO TECHNIQUE TRAINING.

REVIEW: WEEK 3

SCHEDULE: WEEK 4

WHAT DID YOU DO WELL LAST WEEK?

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

WHAT CAN YOU WORK ON IMPROVING?

THURSDAY

FRIDAY

SATURDAY



	SUN	MON	TUES	WED	THURS	FRI	SAT
JUGGLING							
TENNIS BALL							
SKILL BALL							
SIZE 5 BALL							
FFA							
TOUCHES							
PASSING							
SHOOTING							
1v1 MOVES							
CLUB PRACTICE							
EST. TOUCHES							

REVIEW

WHAT DID YOU DO WELL THIS MONTH?

WHAT CAN YOU WORK ON IMPROVING NEXT THREE MONTHS?

BMS
BEAST MODE SOCCER

FINAL REVIEW

WHAT HAVE YOU ACCOMPLISHED THROUGHOUT YOUR FIRST MONTH WITH THE BMS BETTER SOCCER BLUEPRINT?

A large, light gray watermark of the BMS logo is centered on the page. It consists of a large circle with a triangle on top and two triangles on the sides, forming a star-like shape. The letters 'BMS' are prominently displayed across the center of the circle.

BMS

WHAT DOES YOUR FUTURE HOLD?

BEAST MODE SOCCER

Congratulations on completing your first month of the BMS Better Soccer Blueprint and more importantly, owning your development.

I'm sure that you have developed more as a player in the last month than at any time of your soccer career. This development is down to you as a player. You put in the extra work, you made an honest assessment about what you need to improve on, and you will continue to do so. The BMS Better Soccer Blueprint does not finish here, to continue your top level development you have to stay on this track! Continue planning to succeed, it makes all the difference-organization is key!

Are you ready for the full three month blueprint, with over 150 technical training videos? Elevate your development to another level and make the commitment today!:

www.thebettersoccerblueprint.com



WHAT'S

NEXT

FOR

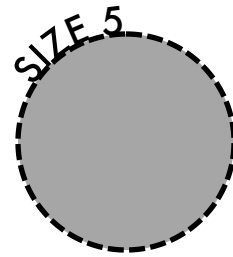
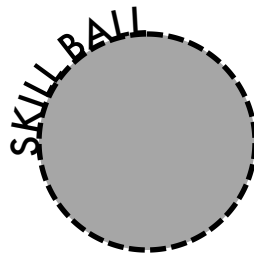
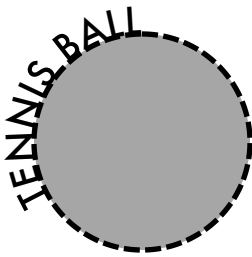
YOU?

GOAL!

HOMEDEVELOPMENTGUIDE

WHAT DO YOU WANT TO ACCOMPLISH IN THE NEXT THREE MONTHS?

JUGGLING:



HOW ARE YOU GOING TO ACCOMPLISH YOUR GOAL?

1. Buy the full Better Soccer Blueprint!

TO CONTINUE YOUR DEVELOPMENT, VISIT THE LINK BELOW:

THEBETTERSOCCKERBLUEPRINT.COM



BASED IN LOS ANGELES, CALIFORNIA, BEAST MODE SOCCER WAS THE BRAINCHILD OF DAVID COPELAND-SMITH. HAVING TRAINED PLAYERS FOR OVER 15 YEARS, SPANNING THREE CONTINENTS, AND NUMEROUS TEAMS, DAVID BELIEVES THAT THE KEY TO CREATING GREAT SOCCER TEAM'S IS CREATING TECHNICALLY SUPERIOR SOCCER PLAYERS. IT IS WITH THIS APPROACH THAT HE CREATED BEAST MODE SOCCER.

BEAST MODE SOCCER PROVIDES THE TECHNICAL TRAINING THAT EVERY PLAYER NEEDS, IN A MISTAKE TOLERANT LEARNING ENVIRONMENT. WHETHER YOU PLAY IN THE LOCAL AYSO LEAGUE, OR ARE CURRENTLY PLAYING AT THE PROFESSIONAL LEVEL, BEAST MODE SOCCER WILL HELP YOU IMPROVE.

HAVING WORKED WITH SOME OF THE WORLDS TOP SOCCER PLAYERS, DAVID KNOWS WHAT IT TAKES TO EMPOWER PLAYERS TO 'OWN THEIR DEVELOPMENT' AND ELEVATE THEIR GAME TO THE NEXT LEVEL. BEAST MODE SOCCER IS ALL ABOUT GUIDING YOU TO BECOME THE BEST SOCCER PLAYER YOU CAN BE, ALL YOU HAVE TO DO IS BE ORGANIZED, DISCIPLINED AND BE WILLING TO WORK HARDER THAN EVER BEFORE.



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