

# MY.MATRIX #001

## Spanish Drill Series

This Spanish Drill encompasses the close control and skillful pass-and-move style of the Barcelona Team. The drill allows the offensive player to turn from solid pressing defenders and play through the defensive line. Skill, pass and move which we see from Messi and Neymar week after week. [www.matrix.soccer](http://www.matrix.soccer)



### Step-by-step drill phases

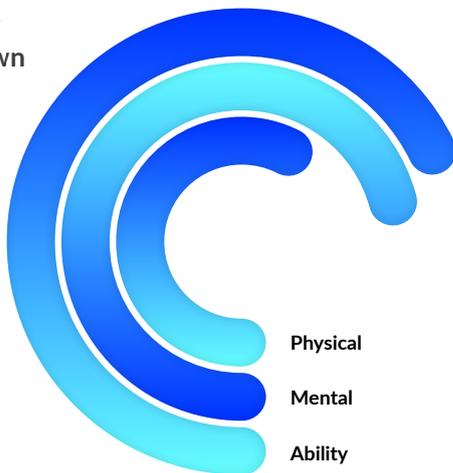
#### Layout

<b>Equipment</b> ● x7 Cones ⌚ x1 Stopwatch ⚽ x1 Football	<b>Layout</b> 	<b>Starting Point</b> 
<b>Players</b> ● ● ● ● x4 Players		
<b>Time of Drill</b> <b>10:00</b>		

These diagrams emphasize the Spanish drill series. Each diagram is broken down to show visual aid to the coaches, alongside the data & statistics to become a potential top club player.

Each drill will last around 20 minutes. However you can break it down by 10 minute segments as displayed throughout this coaching plan.

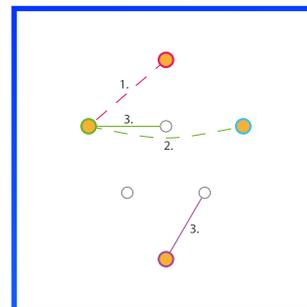
#### Difficulty Breakdown



#### 360° Video

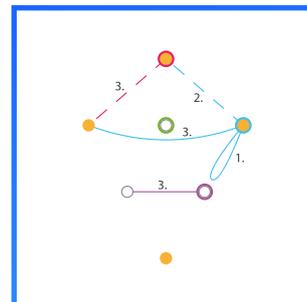


#### Phase 1



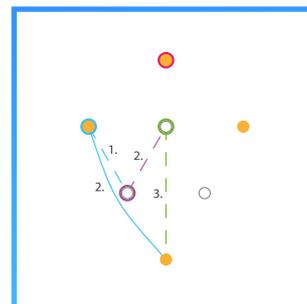
1. ● passes to ●
2. ● passes to ●
3. ●+● press ●

#### Phase 2



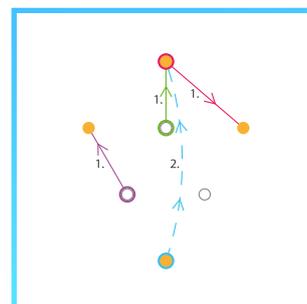
1. ● moves towards ●, ● turns with trick
2. ● does another trick then passes to ●
3. ●+● move to opposite cones  
● passes to ●

#### Phase 3



1. ● passes to ●
2. ● passes to ●
3. ● moves to the bottom cone overlapping ●  
● passes to ●

#### Phase 4



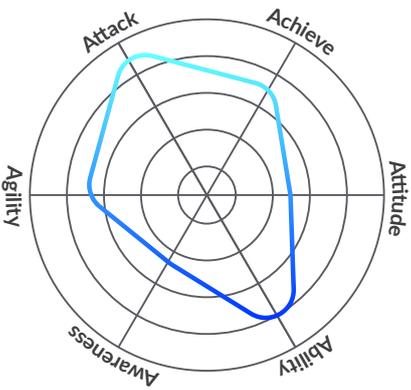
1. ●+● move to the next cone anticlockwise. ● moves to the top cone
  2. ● passes to ●
- Repeat from Phase 1**



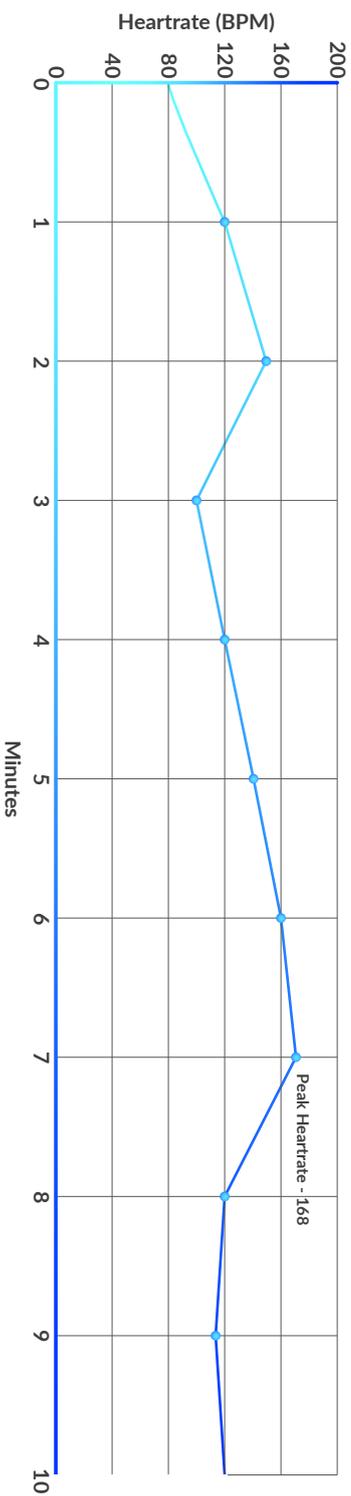
# PLAYER PROFILE

NAME: Joe Bloggs  
AGE: 15  
HEIGHT: 5ft 5inches  
WEIGHT: 65kg

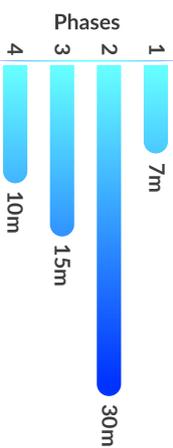
These statistics have been gathered from the Green player in the drill.  
This data can be used as a rough guide to understand the physical demand needed.



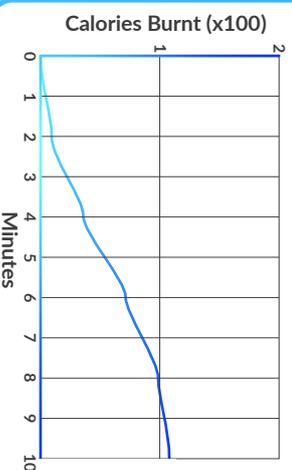
## Heartrate (Per Minute)



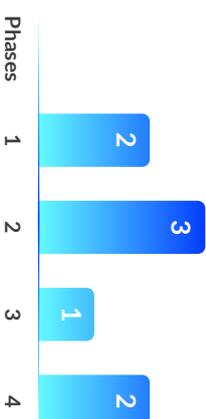
## 62m Distance / Round 620m Distance / Drill



## 108 Calories Burnt / Drill



## 8 Passes / Round 80 Passes / Drill



Per Round - 21  
Per Drill - 210



Resting - 80  
Average - 139  
Peak - 168



Per Round - 2  
Per Drill - 20



Charlie Ridge

Charlie also completed 300 passes in the 6 man Matrix Drill. Encompassed also with the information below.

