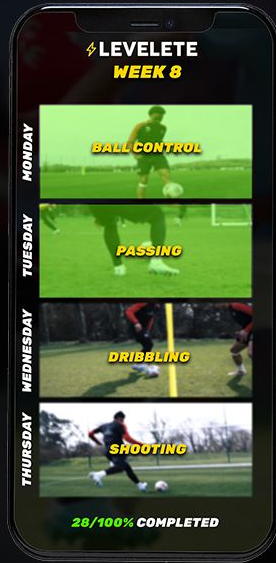


JOIN THE FREE TRAINING GROUP

Join our free community built for aspiring footballers! We provide pro-level training drills, step-by-step guides, and expert tips to help you sharpen your skills and take your game to the next level. Whether you're chasing a professional career or just want to level up, our supportive community is here to push you every step of the way.



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LEVELETE

COMPLETE WINGERS

TRAINING GUIDE



The first step.

***DAILY TRAINING* STRUCTURE**

As a winger we need to highlight key areas that will build the ULTIMATE winger. We then can look to plan a training structure that cover a good part of these areas every single time you train.

In this video I'm going to give you a training plan for you to follow as a winger as well as how you should put this into your week of training.



Training Structure

Warm-up & Speed Work

There is more to being a top level winger than fancy skills and ball control. You need to become faster and move efficiently. Our warm-up routines will not only make sure you're ready for the session...
But also start to build the right movement mechanics and speed you need.



Warm-up, Speed, Sprint Mechanics

SESSION 1 - DRIBBLING AT SPEED

Dribbling at speed is one of the most important skill sets you NEED to have as a winger. The ability to control and manipulate the ball while moving at speed is how you will become effective in games.



https://youtu.be/u_eftD3RQHs

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SESSION 2 - CREATING SHOOTING ANGLES

As wingers it's so important we are able to create opportunities for ourselves to score goals. This session focuses on different movements and skill patterns you can use in a game to create that space.



<https://youtu.be/tmku1IJjMvo>

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SESSION 3 - CHOP CITY

One of the most important skills as a winger is an effective chop / fake shot. Mastering this skill with intensity will create so many more opportunities for you.



https://youtu.be/Nl1_VvJhOC0

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SESSION 4 - CROSSING

***It goes without saying the importance of being a good crosser of the ball.
We focus on not only the technique of crossing but being able to perform variations of a cross at high speed.***



<https://youtu.be/Zso-85nABsA>

SESSION 5 - CLOSE CONTROL

The ability to control & manipulate the ball in tight spaces will be a game changer for you. The variation of contacts, areas of the foot used & body positioning can affect this massively.



https://youtu.be/wuEEJIO_8E0

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SESSION 6-POWER & SPEED

Having a burst of acceleration & power is typically the difference between high level wingers and low level. Lot's of you are technically gifted but lack that power to make use of it.



<https://youtu.be/RPg7yLs7qqA>

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SESSION 7 - ESCAPING PRESSURE

The art of ball manipulation and body feints can be so important for maintaining possession of the ball. Mastering this will only help give you more opportunities to drive & attack defenders.



https://youtu.be/_W_forcAolE

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