



ALL VIDEOS

BALL MASTERY

HOMEWORK PROGRAM

2024 -2025



COACH THOMAS VLAMINCK



FUNDAMENTALS - ON THE MOVE



- | | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 32 | 33 | 34 | 35 | | | | | | | | | | |



BALL MASTERY - FEINTS



- | | | | | | | | | | | | | | | |
|----|----|----|----|----|---|---|---|---|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | | | | | | | | | | |



JUGGLING - FLICK UPS



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|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | | | | | |



FUNDAMENTALS - ON THE SPOT



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|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | | | | | |



SKILL COMBOS



- | | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | | | | |



BALL MASTERY - TURNS - 8 TOUCHES



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|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|



JUGGLING - TRICKS



- | | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 32 | 33 | 34 | 35 | | | | | | | | | | |





JUGGLING-LEVELS-RECORDS

1	10	20	30	40	50	60	70	80	90	100
2	10	20	30	40	50	60	70	80	90	100
3	10	20	30	40	50	60	70	80	90	100
4	10	20	30	40	50	60	70	80	90	100
5	10	20	30	40	50	60	70	80	90	100
6	10	20	30	40	50	60	70	80	90	100
7	10	20	30	40	50	60	70	80	90	100
8	10	20	30	40	50	60	70	80	90	100
9	10	20	30	40	50	60	70	80	90	100
10	10	20	30	40	50	60	70	80	90	100
11	10	20	30	40	50	60	70	80	90	100
12	10	20	30	40	50	60	70	80	90	100
13	10	20	30	40	50	60	70	80	90	100
14	10	20	30	40	50	60	70	80	90	100
15	10	20	30	40	50	60	70	80	90	100

16	10	20	30	40	50	60	70	80	90	100
17	10	20	30	40	50	60	70	80	90	100
18	10	20	30	40	50	60	70	80	90	100
19	10	20	30	40	50	60	70	80	90	100
20	10	20	30	40	50	60	70	80	90	100
21	10	20	30	40	50	60	70	80	90	100
22	10	20	30	40	50	60	70	80	90	100
23	10	20	30	40	50	60	70	80	90	100
24	10	20	30	40	50	60	70	80	90	100
25	10	20	30	40	50	60	70	80	90	100
26	10	20	30	40	50	60	70	80	90	100
27	10	20	30	40	50	60	70	80	90	100
28	10	20	30	40	50	60	70	80	90	100
29	10	20	30	40	50	60	70	80	90	100
30	10	20	30	40	50	60	70	80	90	100

31	10	20	30	40	50	60	70	80	90	100
32	10	20	30	40	50	60	70	80	90	100
33	10	20	30	40	50	60	70	80	90	100
34	10	20	30	40	50	60	70	80	90	100
35	10	20	30	40	50	60	70	80	90	100
36	10	20	30	40	50	60	70	80	90	100
37	10	20	30	40	50	60	70	80	90	100
38	10	20	30	40	50	60	70	80	90	100
39	10	20	30	40	50	60	70	80	90	100
40	10	20	30	40	50	60	70	80	90	100
41	10	20	30	40	50	60	70	80	90	100
42	10	20	30	40	50	60	70	80	90	100
43	10	20	30	40	50	60	70	80	90	100
44	10	20	30	40	50	60	70	80	90	100
45	10	20	30	40	50	60	70	80	90	100

