

4 WEEK TRAINING PROGRAM

FLIGHT



AIRCHARGED TRAINING

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4- WEEK TRAINING PROGRAM

Its time to go to FLIGHT SCHOOL!

The game of Rocket League has developed right before our very eyes. It doesn't seem like too long ago people were going nuts over pro players just getting a flip reset, not even scoring it! Now we have diamonds and below consistently able to get flip resets.

Although, I still maintain and have proven multiple times, you can get into GC2 and above without advanced aerial mechanics. However, at this point it is definitely worth adding some new weapons to allow you to expose the opponents.

In this program you can expect to see a huge improvement in REAL WORLD mechanics. So often I see people who can do hours of rings flawlessly, yet cannot air dribble with air roll. There are endless videos and tutorials on air rolling, yet very few players seem to be able to use it. And nobody seems to teach the most common movements.

Some of these drills you will recognise, and some you won't, but the devil is in the detail. Now, there are areas that have been missed, however this is more of a fundamental air improvement program. I do plan on doing advanced programs and a program that incorporates everything in the future.

I am also writing a full book on Rocket League, with numerous coaching notes over the past 5 years of coaching, including strategies and programs.

One last thing, some of these drills may not have much technical detail, the video to follow will break the moves up a LOT more and explain it more in depth.

Good luck, buckle up, its time to fly!

Car Control Day

Mini hover boost CW/ACW	2 Drills	3 mins per side (6)
AR Mini hover boost CW/ACW	2 Drills	3 mins per side (6)
First/ recovery move	1 Drill	2 mins
Ceiling drop with and without air roll	2 Drills	3 mins each (6)
Around the ball CW/ACW + AR	4 Drills	3 mins each (12)
Float to direction R/L/B	1 Drill	2 mins
		34 mins

Ceiling Shot Day

Invisible move	1 Drill	3 mins
Basic ceiling shot R/L	2 Drills	3 mins per side (6)
Invisible move ceiling shot L/R	2 Drills	4 mins per side (8)
Air dribble ceiling reset L/R	2 Drills	4 mins per side (8)
		25 mins

Air Dribble Day

Reset to air dribble	1 Drill	5 mins
Reset to air dribble push	1 Drill	5 mins
Reset to first move	1 Drill	2 mins
Push to first move	1 Drill	3 mins
Wall to air dribble L/R	2 Drills	4 mins per side (8)
Bounce air dribble 1 bounce/ 0 bounce	2 Drills	4 mins each (8)
		31 mins

Flip Reset Day

Upside down flight	1 Drill	3 mins
Ceiling reset L/R	2 Drills	2 mins per side (4)
Ball reset no finish L/R	2 Drills	4 mins per side (8)
S&A reset	1 Pack	4 mins
Wall reset to goal L/R	2 Drills	4 mins per side (8)
Zen pack	1 Pack	6 mins
		33 mins

Double Touch Day

Wall to air dribble L/R	2 Drills	3 mins per side (6)
Wall shot double L/R	2 Drills	3 mins per side (6)
Ground to double	1 Drill	4 mins
Fast aerial	1 Pack	4 mins
Freeplay	1 Drill	10 mins
		30 mins

DAY 1

Car Control Day

Mini hover boost CW/ACW	2 Drills	3 mins per side
AR Mini hover boost CW/ACW	2 Drills	3 mins per side
First/ recovery move	1 Drill	2 mins
Ceiling drop with and without air roll	2 Drills	3 mins each
Around the ball CW/ACW + AR	4 Drills	3 mins each
Float to direction	1 Drill	2 mins
		34 mins

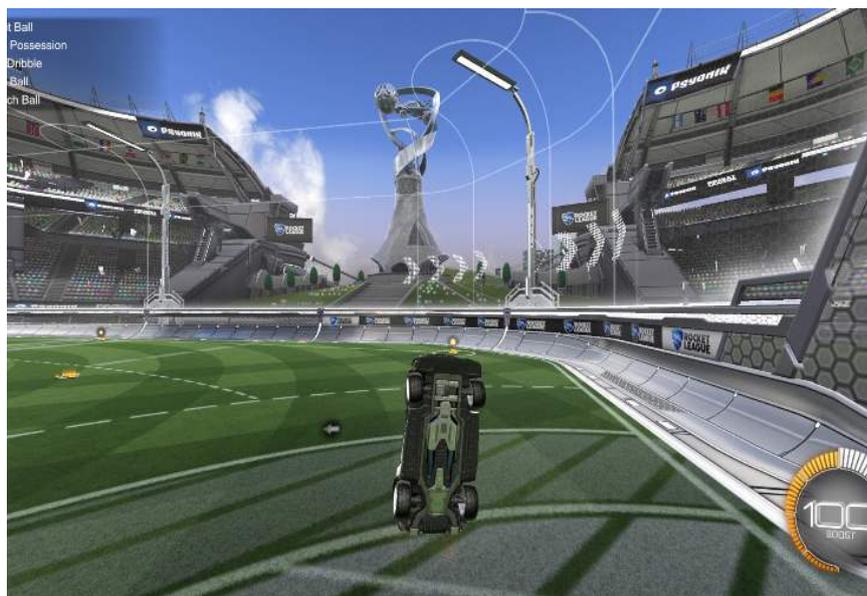
1/ Mini hover boost clockwise (CW) & anticlockwise (ACW)

A true classic. This drill is responsible for creating some incredible aerial car control for many players. I know this is one of the ways Raidmeister developed his car control.

This drill is fantastic because it teaches multiple things. Such as the ability to turn in different directions whilst the car is orientated in different directions, but also, importantly, boost control.

To perform this drill, simply head into freeplay with unlimited boost. Start in any corner and begin boosting around the map, trying to float directly over all of the outside boosts as you perform either CW or ACW movement. The closer you can get to the floor whilst doing this the better.

For movement, start with little taps to learn how different controller touches when aligned in different ways effects the cars movement.



Time - 3 minutes each direction. 6 total.

Car Control Day

Mini hover boost CW/ACW	2 Drills	3 mins per side
AR Mini hover boost CW/ACW	2 Drills	3 mins per side
First/ recovery move	1 Drill	2 mins
Ceiling drop with and without air roll	2 Drills	3 mins each
Around the ball CW/ACW + AR	4 Drills	3 mins each
Float to direction	1 Drill	2 mins
		34 mins

2/ Air roll - Mini hover boost CW & ACW

This time use whichever air roll you prefer, I personally use air roll left (ARL), which will come into play later. Get used to using the controller to make different movements whilst holding your chosen air roll. It is important to note that usually if you use air roll left then most of your movements are done on the right side of the joystick, and opposite for air roll right.

This will probably be much easier when compared to the previous drill once you begin learning air roll as there is a pattern to the movements.



Time - 3 minutes each direction. 6 total.

Car Control Day

Mini hover boost CW/ACW	2 Drills	3 mins per side
AR Mini hover boost CW/ACW	2 Drills	3 mins per side
First/ recovery move	1 Drill	2 mins
Ceiling drop with and without air roll	2 Drills	3 mins each
Around the ball CW/ACW + AR	4 Drills	3 mins each
Float to direction	1 Drill	2 mins
		34 mins

3/ First move / recovery move

One of the advantages with using a directional air roll (DAR) is that it allows you to do things that are normally difficult without it. One of the situations you may find yourself in is having no height on your aerial plays. Ideally you are always looking to go up when doing aerial plays as opposed to pushing (unless shooting or high above looking for a double).

A way we can do this is by making a specific movement with our controller. I call this the first move. This move allows you to scoot under the ball and get more lift.

To do this, with air roll left (ARL), you essentially put the controller to 1/2 o'clock whilst holding ARL. This will give you an upward spiral rotation when done from a slight lean back. If using air roll right (ARR), use the opposite movement. To practice this simply jump lean slightly back and then use this input of 1/2 o'clock whilst holding ARL.



Time - 2 minutes

Car Control Day

Mini hover boost CW/ACW	2 Drills	3 mins per side
AR Mini hover boost CW/ACW	2 Drills	3 mins per side
First/ recovery move	1 Drill	2 mins
Ceiling drop with and without air roll	2 Drills	3 mins each
Around the ball CW/ACW + AR	4 Drills	3 mins each
Float to direction	1 Drill	2 mins
		34 mins

4/ Ceiling re-drop with and without directional air roll (DAR)

A lot of car control drills don't follow real world movements. However this isn't one of them. The advantage of this movement is it allows you to get used to going back up after being hit down. This can either be when looking at a ceiling shot into an air dribble, or more likely a flip reset into an air dribble.

With this drill try doing it without DAR and then with DAR. In the future you may just want to only perform with DAR if you intend on using that. But remember, air rolling is to help orientate the car. Once its in position, you don't need to keep on air rolling.

To perform this drill, simply drive onto the ceiling and fall off, once you start to fall, pull back to orientate your nose upward and fly back up into the ceiling.



Time - 3 minutes without AR, 3 minutes with AR. 6 total.

Car Control Day

Mini hover boost CW/ACW	2 Drills	3 mins per side
AR Mini hover boost CW/ACW	2 Drills	3 mins per side
First/ recovery move	1 Drill	2 mins
Ceiling drop with and without air roll	2 Drills	3 mins each
Around the ball CW/ACW + AR	4 Drills	3 mins each
Float to direction	1 Drill	2 mins
		34 mins

5/ Around the ball CW/ACW with and without DAR

Another classic responsible for building many players mechanics. The reason I like this one in particular is that it gets you used to flying around the map and how different turns effect the car. The difference between this and drill 1 is that now our reference point for height is the environment.

Whereas before we used the pads on the floor to help us understand our height, now we have to use feeling. This drill is good for helping fly towards balls specifically on double touches as it gets you used to going in certain directions.

To perform this drill try and fly around the ball positioned around crossbar height. You can do smaller circles or bigger circles. Personally I prefer bigger circles, but practice getting used to both. Do x time going CW, then x time doing ACW. Then repeat, this time using DAR.



Time - 3 min CW. 3 min ACW. 3 min CW with AR. 3 min ACW with AR. 12 total.

Car Control Day

Mini hover boost CW/ACW	2 Drills	3 mins per side
AR Mini hover boost CW/ACW	2 Drills	3 mins per side
First/ recovery move	1 Drill	2 mins
Ceiling drop with and without air roll	2 Drills	3 mins each
Around the ball CW/ACW + AR	4 Drills	3 mins each
Float to direction	1 Drill	2 mins
		34 mins

6/ Float to direction L/R/B

Using DAR allows quicker turns than without. It is important to get good at these directional changes as that is a real world skill. For example you may be doing a hover and need to do a hard turn to the right to intercept an aerial play. Using a quick DAR input can allow a sharp turn.

You may even need to begin flying away from where you took off to give yourself more time. This can again be done with DAR.

To perform this drill, jump up and lean back start floating, and then go either left, right or back by using the joystick and DAR.



Time - 2 minutes total.

DAY 2

Air Dribble Day

Reset to air dribble	1 Drill	5 mins
Reset to air dribble push	1 Drill	5 mins
Reset to first move	1 Drill	2 mins
Push to first move	1 Drill	3 mins
Wall to air dribble L/R	2 Drills	4 mins per side (8)
Bounce air dribble	2 Drills	4 mins per side (8)
		31 mins

1/ Reset to air dribble

The absolute number 1 drill for aerial mechanics. I cannot think of anything that allows you to get as many reps in per time. I feel that not only does this help understanding of how to use your car to move the ball, but it also teaches how to get a good first touch. I know that sounds strange, but this drill seems to level up first touch a lot, I think its something to do with the push touch into the ball.

I have seen MANY pros do a variance of this drill, but I have never seen it shown in players programs/videos. The player who I saw do this the most was JSTN. It seemed like he did this all stream at some points.

To perform this drill, in freeplay, press reset. Then instantly press up on the D-pad to put the ball on your car. As soon as that happens double jump and lean back and hold boost to air dribble as long as possible. Tips for this, if your car is getting pushed back on your first touch, then what you must do is as you are about to hit the ball for the first time, lean forward. This will allow you to move the ball, rather than the ball moving you.

For this specific drill aim to push the ball up as high as possible. I personally prefer to do this in ball cam. As in game I use this for air dribble bumps and like to see what's in front of me.



Time - 5 minutes total.

Air Dribble Day

Reset to air dribble	1 Drill	5 mins
Reset to air dribble push	1 Drill	5 mins
Reset to first move	1 Drill	2 mins
Push to first move	1 Drill	3 mins
Wall to air dribble L/R	2 Drills	4 mins per side (8)
Bounce air dribble	2 Drills	4 mins per side (8)
		31 mins

2/ Reset to air dribble push

Similar to the drill above, but this time instead of trying to go directly up, I now want you to push the ball forward and even try and score this. The reason for this is that in game you will want to get the ball to a certain height, then attack the net. This also moves into the next extremely important part of the program.



Time - 5 minutes total.

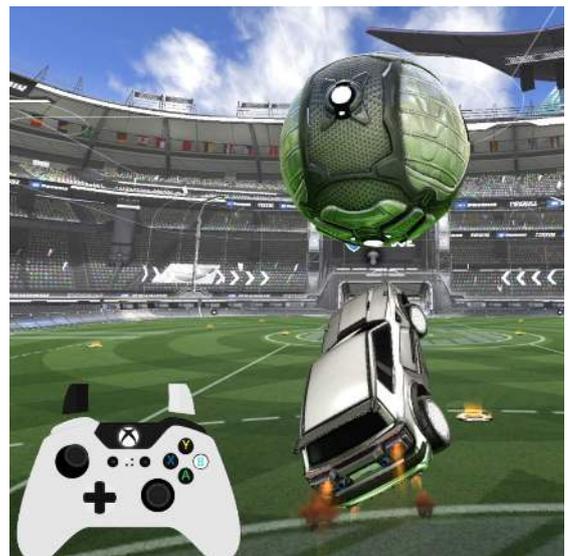
Air Dribble Day

Reset to air dribble	1 Drill	5 mins
Reset to air dribble push	1 Drill	5 mins
Reset to first move	1 Drill	2 mins
Push to first move	1 Drill	3 mins
Wall to air dribble L/R	2 Drills	4 mins per side (8)
Bounce air dribble	2 Drills	4 mins per side (8)
		31 mins

3/ Reset to first move

So, remember yesterday? The first move? That is what we are going to use now.

Same as previous drills, reset the ball, press D-pad up, then instantly double jump and pull back, once your nose is at approximately 60/70 degrees input the first move 1/2 o'clock and ARL (reverse for ARR). This way you will get under the ball, you can instantly reset, or try and control this up to the ceiling either with or without DAR.



Time - 2 minutes total.

Air Dribble Day

Reset to air dribble	1 Drill	5 mins
Reset to air dribble push	1 Drill	5 mins
Reset to first move	1 Drill	2 mins
Push to first move	1 Drill	3 mins
Wall to air dribble L/R	2 Drills	4 mins per side (8)
Bounce air dribble	2 Drills	4 mins per side (8)
		31 mins

4/ Push to first move

Same as the second drill, I want you to start to push the ball forward in the air, but this time I want you to use the first move, to get your car back under the ball so you can get upward trajectory.



Time - 3 minutes total.

Air Dribble Day

Reset to air dribble	1 Drill	5 mins
Reset to air dribble push	1 Drill	5 mins
Reset to first move	1 Drill	2 mins
Push to first move	1 Drill	3 mins
Wall to air dribble L/R	2 Drills	4 mins per side (8)
Bounce air dribble	2 Drills	4 mins per side (8)
		31 mins

5/ Wall to air dribble R+L

I choose to do as many drills in freeplay as possible. This is because it develops so many little touches whilst you set up drills and gets you more comfortable.

This is an absolute classic drill, that will develop a multitude of skills, but the focus is on the air dribble.

In free play begin driving at a wall and then press down on the D-pad, this will put the ball in front of you at the angle you are approaching. Go up the wall with the ball and hit it directly with the nose of the car. Hitting with the direct nose is important to build consistent touches.

When the ball leaves the wall, you can either jump at the same time, or jump a split second after. Make sure you DO NOT boost much before leaving the wall if at all. This is a very common mistake that puts players above the ball and only allows you to push the ball downwards.



Time - 4 minutes per side. 8 total.

Air Dribble Day

Reset to air dribble	1 Drill	5 mins
Reset to air dribble push	1 Drill	5 mins
Reset to first move	1 Drill	2 mins
Push to first move	1 Drill	3 mins
Wall to air dribble L/R	2 Drills	4 mins per side (8)
Bounce air dribble	2 Drills	4 mins per side (8)
		31 mins

6/ Bounce air dribble 1 bounce/ 0 bounce

Real world moves are what we want to always work toward. Even if we are doing a drill the question should be “How does this become useful in a game?”. With this specific drill, the value is clear.

Being able to use bounces for air dribbles are what allows quick, powerful and almost effortless offense when done correctly.

One of the harder moves is to do an instant air dribble off of a job. This is really what separates good players. They are able to go straight up from the first job, and this is so hard to stop as it is difficult to time.

However, this is also a difficult skill for many to learn, so we must drill.

To do this drill, in freeplay, reset the ball and push it from one side of the map to the other. Boost around the ball, power slide and jab into the ball, use boost if required to get a higher pop. Initially let the ball bounce and use the bounce to start a ground to air dribble. After 3 minutes change it so that you go straight up after the jab.



Time - 4 minutes each side. 8 total.

DAY 3

Ceiling Shot Day

Invisible move	1 Drill	3 mins
Basic ceiling shot	2 Drills	3 mins per side (6)
Invisible ceiling shot	2 Drills	4 mins per side (8)
Air dribble ceiling reset	2 Drills	4 mins per side (8)
		25 mins

1/ Invisible move

Every so often, you will see a player in rocket league do something that will take you by surprise. It could be that they performed a move faster than expected, or even, that they did it more efficiently.

This move is what I call invisible rocket league. It doesn't look like much to the untrained eye. But with closer inspection you can see how valuable something so small could be on the grand scheme of things.

The invisible move to get to the ceiling is to perform your second jump off the wall once the roof of your car is facing up. This is achieved by performing an air roll after jumping. Spin until the car is in the correct position, then press jump again, then continue your air roll.

When done correctly, you should fly up to the ceiling and it should cost you less boost and get you off the ceiling quicker allowing you to manipulate the ball whilst gaining the ceiling reset.



Time - 3 minutes total.

Ceiling Shot Day

Invisible move	1 Drill	3 mins
Basic ceiling shot	2 Drills	3 mins per side (6)
Invisible ceiling shot	2 Drills	4 mins per side (8)
Air dribble ceiling reset	2 Drills	4 mins per side (8)
		25 mins

2/ Basic ceiling shot

One of the big tips back in the day was to make sure in 1s you are going for more ceiling shots than flip resets. The reason was due to how much easier it was to perform a ceiling shot than a flip reset.

And recently there has been a bit of a rebirth of ceiling shots, with more players opting to use the ceiling shot as it requires less mechanics and is truly a deadly shot.

To perform the basic ceiling shot, in freeplay start driving toward a wall and click D-pad down to make the ball spawn in front of you. Then go up the wall and hit it with the nose, as soon as you hit it, instantly boost up the wall on to the ceiling. Try and keep the same path (ideally this is directly to the net).

From here you can do one of two things. You can fall down and keep that reset for a long period of time and flip unpredictably. Or, if the ball is going away from you/ your opponent is challenging, you can jump off the ceiling and instantly shoot.



Time - 3 minutes per side. 6 total.

Ceiling Shot Day

Invisible move	1 Drill	3 mins
Basic ceiling shot	2 Drills	3 mins per side (6)
Invisible ceiling shot	2 Drills	4 mins per side (8)
Air dribble ceiling reset	2 Drills	4 mins per side (8)
		25 mins

3/ Invisible ceiling shot

Hopefully now you are a bit more confident with the invisible move and also have landed some ceiling shots and are starting to understand how the move works. Now lets try and put it all together.

Do exactly what you did on the previous shot, but instead of boosting up the wall after touching the ball, perform the invisible move to get to the ceiling. Then perform your ceiling shot as before.



Time - 4 minutes per side. 8 total.

Ceiling Shot Day

Invisible move	1 Drill	3 mins
Basic ceiling shot	2 Drills	3 mins per side (6)
Invisible ceiling shot	2 Drills	4 mins per side (8)
Air dribble ceiling reset	2 Drills	4 mins per side (8)
		25 mins

4/ Air dribble ceiling reset R/L

Sometimes you may want to really intimidate an opponent or be extremely selective with the ball, for example you may want to get the reset, air dribble the ball toward the net and then fake a musty and tap it under the pre-jumping defender.

To give yourself these kind of options you need to learn to get the reset then air dribble. Due to the re-drop drill, this will be easier than it sounds as we are used to falling off the ceiling and instantly resisting gravity.

To perform this drill, do everything as above, the goal here is to get a perfect touch on the ball so that you can stay as close as possible and the ball stays close to the ceiling, to give you more time. Once you start falling off the ceiling, use the re-drop technique to resist the fall and get the connection with the ball. You can then use any move you feel comfortable with to finish. A tip for this, I would look to perform this move if I happened to get a perfect touch in game. However, I wouldn't try and force it as the touch needed can be difficult to do. I would instead to a standard ceiling shot in that case.



Time - 4 minutes each side. 8 total.

DAY 4

Flip Reset Day

Upside down flight	1 Drill	3 mins
Ceiling reset L/R	2 Drills	2 mins per side (4)
Ball reset no finish L/R	2 Drills	4 mins per side (8)
S&A reset	1 Pack	4 mins
Wall reset to goal L/R	2 Drills	4 mins per side (8)
Zen pack	1 Pack	6 mins
		33 mins

1/ Upside down flight

Originally flip resets were first attempted by flying upwards into a ball and leaning backwards, what is often known as an Arsenal reset today. Later on, the players would try and fly towards the ball upside down the whole time to get the reset in more of a fashion that we know today.

Although for flip resets we tend to use some form of DAR, in many situations being able to have upside down aerial control is key if you misjudge the ball or need to fly after it.

This drill plays exactly into that. To perform this drill, in freeplay press reset, jump up and perform an inverted tornado spin to air roll so that your car is upside down, then fly toward the ball, then turn and go toward the middle of the net.

This drill is excellent because it will force you to make different types of turns after reaching the ball.



Time - 3 minutes.

Flip Reset Day

Upside down flight	1 Drill	3 mins
Ceiling reset L/R	2 Drills	2 mins per side (4)
Ball reset no finish L/R	2 Drills	4 mins per side (8)
S&A reset	1 Pack	4 mins
Wall reset to goal L/R	2 Drills	4 mins per side (8)
Zen pack	1 Pack	6 mins
		33 mins

2/ Ceiling reset

A good way for newer players to get used to the reset technique is just to practice going up the wall and getting a reset off the ceiling. However, there is a very specific move to use to do this, as mentioned slightly in the previous drill.

One of the easiest ways to get a flip reset (coming up), is to fly at the ball as normal and then at the last second perform an inverted tornado spin. This rotates your car and angles it perfectly down to get the reset.

To get used to doing an inverted tornado spin, I like this ceiling reset drill, as you can tell this is completely different to the invisible move, which is recommended for getting a ceiling reset if you wanted to go for a ceiling shot. However, in this drill, we want to use the ceiling to level up our flip reset pattern.



Time - 2 minutes per side. 4 total.

Flip Reset Day

Upside down flight	1 Drill	3 mins
Ceiling reset L/R	2 Drills	2 mins per side (4)
Ball reset no finish L/R	2 Drills	4 mins per side (8)
S&A reset	1 Pack	4 mins
Wall reset to goal L/R	2 Drills	4 mins per side (8)
Zen pack	1 Pack	6 mins
		33 mins

3/ Ball reset no finish

This drill is all about the first touch and the reset. Reps is the name of the game.

To perform this drill, in freeplay (surprise!), move toward the wall and get the ball rolling by pressing the D-pad down.

Here comes the test, use the nose of the car to give the ball a hit, here you can tap break if you want, but the truth is this is not a requirement. This is all based on the first hit off the wall, which the video will cover in more depth.

However, once the ball takes flight, jump off the wall and align yourself as if you were going to go for an air dribble. Then as you are boosting to approach, use the inverted tornado spin.

If performed correctly the car should now hit the ball whilst in the correct position, allowing you to get the reset. Personally, with a time constraint I would just reset freeplay and go again after getting the flip reset, but you can work on finishes if you like.



Time - 4 minutes per side. 8 total.

Flip Reset Day

Upside down flight	1 Drill	3 mins
Ceiling reset L/R	2 Drills	2 mins per side (4)
Ball reset no finish L/R	2 Drills	4 mins per side (8)
S&A reset	1 Pack	4 mins
Wall reset to goal L/R	2 Drills	4 mins per side (8)
Zen pack	1 Pack	6 mins
		33 mins

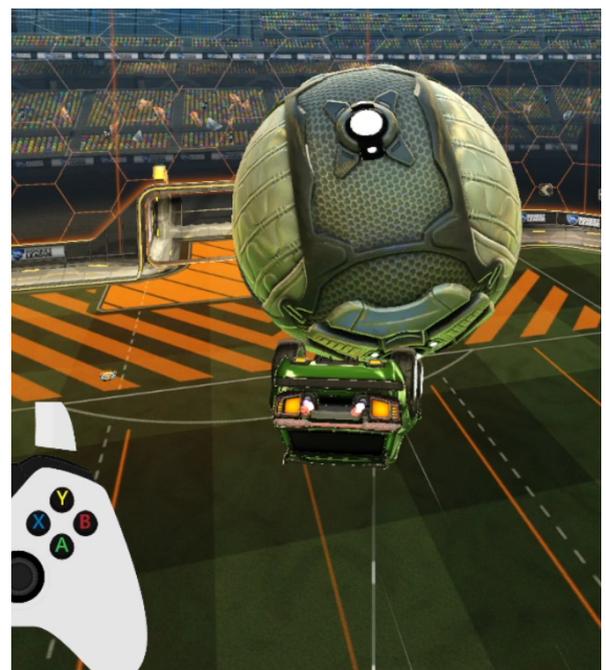
4/ Strength and Accuracy reset : 6CF3-4C0B-32B4-1AC7

One of the most legendary packs in the game. Head straight onto the final shot. We are going to take in a multitude of the previous skills into this shot.

To start this shot, move toward the ball, as it bounces off the ground, jump and lean back, as your car is about to contact the ball, press jump again to pop the ball up with your car.

Continue to fly toward the ball and then use the inverted tornado spin to get your reset. This is my favourite shot for practicing resets on a high bounce. This shot alone has levelled up my flip reset multiple times.

Feel free to try various things, instant flips after the reset and delayed flips.



Time - 4 minutes total.

Flip Reset Day

Upside down flight	1 Drill	3 mins
Ceiling reset L/R	2 Drills	2 mins per side (4)
Ball reset no finish L/R	2 Drills	4 mins per side (8)
S&A reset	1 Pack	4 mins
Wall reset to goal L/R	2 Drills	4 mins per side (8)
Zen pack	1 Pack	6 mins
		33 mins

5/ Wall reset to goal R/L

Now we have worked on a variety of moves around getting the flip reset and finish, its time to go for the classic wall to flip reset.

In freeplay, move toward the wall and get the ball rolling by pressing down on the D-pad. Take the ball up the wall, tap the ball off the wall with the nose, then fly off and use an inverted tornado spin to get the reset. Ideally do this as soon as you can, as having a reset early is much more powerful.

Then try various ways to finish as with the shot above.



Time - 4 minutes per side. 8 total.

Flip Reset Day

Upside down flight	1 Drill	3 mins
Ceiling reset L/R	2 Drills	2 mins per side (4)
Ball reset no finish L/R	2 Drills	4 mins per side (8)
S&A reset	1 Pack	4 mins
Wall reset to goal L/R	2 Drills	4 mins per side (8)
Zen pack	1 Pack	6 mins
		33 mins

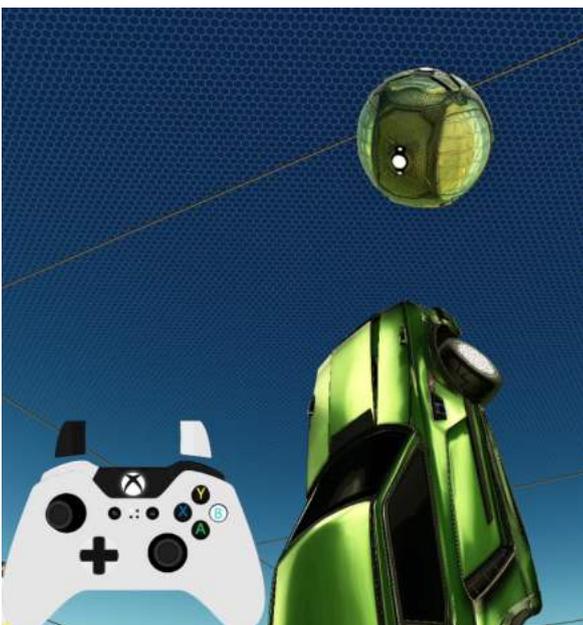
6/ Zen pack : D5A9-B13A-A308-EE7E

I love this pack, as I know these are realistic shots that appeared in Zen's games where he was able to get a highlight.

In this pack try and score every goal via flip reset. This might be extremely difficult at first, so even if you can just get an air dribble into a reset, or get the reset without scoring, that is fine initially!

Aim to try and get the reset with less and less attempts, then in the future try and score the reset with less and less attempts.

Use this [video](#) of me completing the pack for reference.



Time - 6 minutes total.

DAY 5

Double Touch Day

Wall to air dribble double L/R	2 Drills	3 mins per side (6)
Wall shot double L/R	2 Drills	3 mins per side (6)
Ground to double	1 Drill	4 mins
Fast Aerial	1 Pack	4 mins
Freeplay	1 Drill	10 mins
		30 mins

1/ Wall to air dribble double touch R/L

Double touches are usually a high percentage option, especially in 2s and 3s as they have low risk due to having at least one defender.

If you have gotten to this day, I feel this is a relatively easy day compared to the others and should be quite a relaxing day.

As before, get the ball rolling toward the wall in freeplay by pressing D-pad down. Then, as if you are doing an air dribble, come off the wall and air dribble it. You are looking to do a forced push onto this ball, aiming for the backboard and trying to push the ball early.

The reason you want to use the majority of your boost early is that you need a lot of energy going into the ball. Then you can slow yourself down by either tapping boost whilst facing away, or you can work on tight angles by not backing off as much and just aiming.

After the backboard touch, try and redirect the ball into the net.

With a lot of these drills, you probably know the technique, but its extremely important to drill these shots.



Time - 3 minutes per side. 6 total.

Double Touch Day

Wall to air dribble double L/R	2 Drills	3 mins per side (6)
Wall shot double L/R	2 Drills	3 mins per side (6)
Ground to double	1 Drill	4 mins
Fast Aerial	1 Pack	4 mins
Freeplay	1 Drill	10 mins
		30 mins

2/ Wall shot double touch R/L

This is actually my preferred method of double touching. I feel that it requires a bit more practice than the air dribble as you need to get good at shooting, but its a win-win as it can help you with wall shots in general.

The other advantage to this method is that it can act as a rhythm break, and it uses much less boost. You can also get higher speed redirects with less effort.

To do this, do the same method as before, fly up to the ball and use a front flip or a side flip into the ball. For me, I find the front flip much easier to aim and works really well, but experiment and see which method you prefer.



Time - 3 minutes per side. 6 total.

Double Touch Day

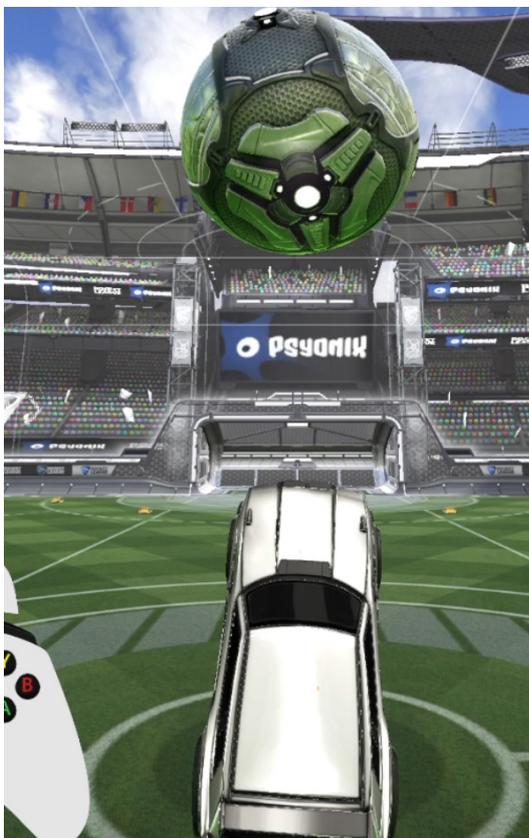
Wall to air dribble double L/R	2 Drills	3 mins per side (6)
Wall shot double L/R	2 Drills	3 mins per side (6)
Ground to double	1 Drill	4 mins
Fast Aerial	1 Pack	4 mins
Freeplay	1 Drill	10 mins
		30 mins

3/ Ground to double

Another good way to get doubles is from a bounce. This can be done if you can see you have an opening and the opponents are starved and retreating back, if you go for a slow aerial they will be able to get the boost and recover.

In these moments you either want to shoot, or go for a ground double.

In freeplay whilst on the opposite side of the pitch facing the opposite net. Spawn the ball and get it bouncing with the right D-pad. As it hits the ground and bounces jump up, lean back and use your second jump the moment you touch the ball, this will send the ball up high onto the backboard. From there, get the finish.



Time - 4 minutes total.

Double Touch Day

Wall to air dribble double L/R	2 Drills	3 mins per side (6)
Wall shot double L/R	2 Drills	3 mins per side (6)
Ground to double	1 Drill	4 mins
Fast Aerial	1 Pack	4 mins
Freeplay	1 Drill	10 mins
		30 mins

4/ Fast aerial : 72D5-5998-8AB5-4B86

You will get a lot of opportunities for doubles in games, you can get them out of the sky. The way to do this is to get to the ball before anyone else, to give you the opportunity to hit the backboard. Please note that positioning is what allows you to win 90%+ of the balls. However, having speed going up is a skill in itself and allows extra opportunities.

This pack allows a tiny bit of error in a fast aerial. There are other packs that aren't as forgiving, but this pack is a great starting point. Essentially aim to get faster to the ball. To fast aerial you need to time that boost perfectly and the second jump. Ideally you need to jump whilst already holding down on the joystick, then empty jump at approximately 60-70 degrees, whilst boosting as soon as you hit 60 degrees, then instantly lean all the way back still continuing to hold boost. This should allow you to propel upwards quickly.



Time - 4 minutes total.

Double Touch Day

Wall to air dribble double L/R	2 Drills	3 mins per side (6)
Wall shot double L/R	2 Drills	3 mins per side (6)
Ground to double	1 Drill	4 mins
Fast Aerial	1 Pack	4 mins
Freeplay	1 Drill	10 mins
		30 mins

5/ Freeplay

Spend the remaining time in freeplay. Work on specific drills you found difficult throughout the week. Or if you need motivation, focus on the ones you enjoy. Here you can experiment and work on other moves you are looking to develop that make be more advanced, such as double and triple flip resets.

Enjoy freeplay and play it how you feel best for you. However I would recommend having one key objective you are trying to get within a freeplay session.



Time - 10 minutes total.



CLOSING

Thank you for reading through my latest PDF training program. I hope these drills help you and have gathered a bit of structure and understanding of certain moves. If you are doing the full 4-week program, please let me know your results in the [Discord](#) channel.

The discord has a variety of players from all over the world and various ages. Come join us if you want to play Rocket League, or just hang out.

Please forward this PDF to other people who may find it useful.

If you haven't already, please check out my [YouTube](#) channel, where I will be uploading the full video covering this program in the upcoming weeks. I also have a free full mechanical course where you can unlock belts by completing certain training packs without failing. Allowing you to stay motivated and develop skills.

I also have multiple no mechanic videos to GC in 1s, 2s, 3s and rumble. We even have an incredible series from Raismeister showing how to get SSL in 1v1 with no mechanics.

If you would like coaching from myself please visit my [Patreon](#).

Thank you!