

4 Week TRAINING PROGRAM

GROUNDED



AIRCHARGED TRAINING

GROUNDED 4-WEEK TRAINING PROGRAM

Grounded, an often-feared word. Being grounded represents inability of freedom. However, in Rocket League accessing ground skills can create freedom!

Although the aerial abilities in the game are becoming more impressive by the day. People must make sure not to neglect the ground.

It's often stated the difference between GC2/3 and SSL is consistency, not overall mechanics. It has been shown in Flakes 1v1 series, and our own Raidmeister series that being masterful with the basics can allow you to achieve the top rank in the game.

Prepare to be **“Grounded”**

PROGRAM DURATION

This program is 4 weeks total, throughout the 4 weeks is a mixture of intense days, and more relaxed days.

WHOS IT FOR

This program can be used by anyone trying to develop in the game of rocket league. However, if you are brand new to the game some of the drills in the book may be beyond your ability.

For players deeper into their rocket league journey you may find some of these drills easy, great! The trick isn't that we find them easy per say, the trick is that we can do them at any time. Remember, consistency is King!

This is my first training programme and is 100% free. I have spent literally 1000's of hours studying this game and working with a variety of players from bronze to top 100.

So please if you find this pdf useful, share it around =].

THE LOST ART

Since the beginning of the game, players have been obsessed with aerials, and that is a good thing, yes, a good thing! However, in the pursuit for aerial flash and domination many players moved away from the fundamental skills that work.

Let me make one thing clear, you **NEED** aerials to be good at this game. I am not hating on aerial play, I love it, and I even enjoy watching freestylers clip on 500mmr players on brand new accounts to make themselves feel good. Okay, that last bit was a lie, but the fact is aerials are a huge part of the game and always will be.

However, from spending time doing my own road to GC no mechanic series in 1s, 2s, 3s and rumble one thing stands out... People can't seem to drive on the ground properly, even at GC!

The idea of this pdf is to bring a bit of awareness back to the brilliance of ground play and hopefully help players to develop a strong foundation for which to build on.

HOW IT WORKS

There are many ways to develop. A lot of the newer science points more to interleaving (working on a multitude of things at once) to enhance development (Carvalho & Goldstone, 2019).

Although, this doesn't necessarily mean that we should work on driving around the Rocket League pitch for 30 minutes, then go buy a sandwich and do 10 press-ups. Although this could work, the idea in this pdf is to use the understanding of interleaving to mix in deliberate practice of a variety of ground skills to become "GROUNDED".

In the future I intend to write more programmes on various skills that are a bit more in-depth regarding player development. For now, though, in this pdf at least, I will be focusing more on the programme.

With that ramble out of the way, let's get to the program!

WEEK 1-4

Carry Day

Catch	4 drills	16 mins
Flick	1 drill	10 mins
		26 mins

Car Control Day

Wave dash	4 drills	16 mins
Bounce dribble	3 drills	15 mins
		31 mins

Car Control Day

Half-flips	2 drills	15 mins
Power slides	4 drills	16 mins
		31 mins

Shooting Day

Packs	2 packs	12 mins
Shooting	3 drills	12 mins
		24 mins

Push Day

Lateral push	2 drills	20 mins
Wing push	1 drill	10 mins
		30 mins

Thursday - Touch Grass
PLEASE

Sunday - Touch Grass
PLEASE

*This program can be started on any day, here is just an example of the days I would have off

DAY 1

Carry Day

Catch	4 drills	16 mins
Flick	1 drill	10 mins
		26 mins

D-pad high catch - 4 mins

Head into freeplay drive toward the ball, once near the ball press right on the d-pad, this will lift the ball into the air. Your goal is to try and catch the ball on the car and stabilise it as quick as you can. I would always recommend going for a flick/ pop after each catch to try and score, this will develop carrying ability and finishing.

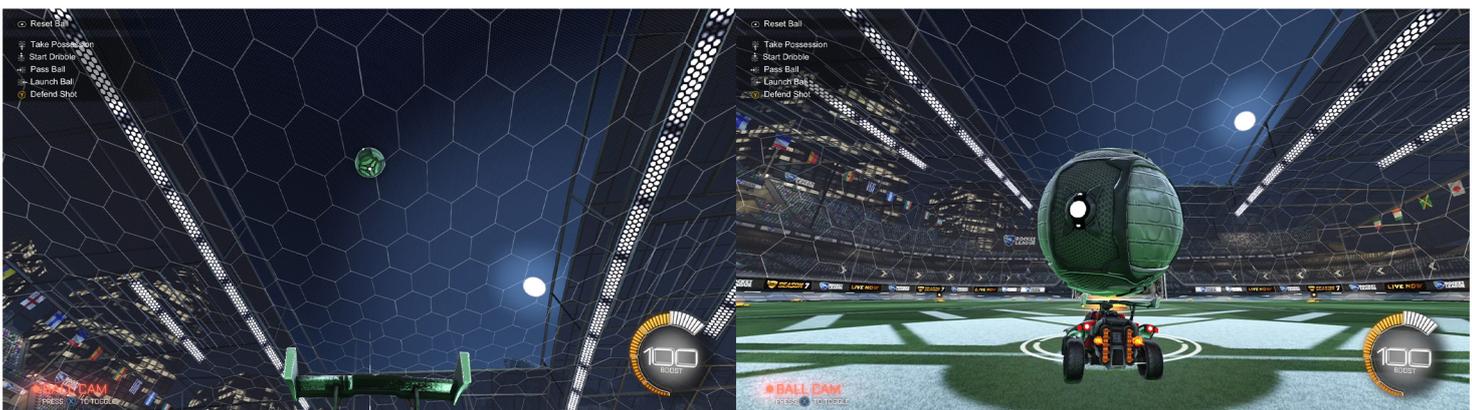
Beginner

If you are a beginner do the whole drill out of ball cam and use the white circle on the ground to give you an idea of where the ball is. If you are struggling to see the white circle, reverse a bit so you can see it and then slowly drive into the ball as it comes down.



Intermediate

If you are more intermediate, try doing the whole thing in ball cam. This can be useful in 2s and 3s, and heck, even 1s to see if the opponent is already up, if not, or you spot them in the distance you can then catch the ball in ball cam.



Carry Day

Catch	4 drills	16 mins
Flick	1 drill	10 mins
		26 mins

Advanced

If you are advanced, flick in and out of ball cam. The reason for this is that it allows you to spot if anyone is above you, but then you can also flick and see if anyone is in front of you. This can allow for easier control as you will be able to flick out of ball cam on the catch and go straight into a dribble play.



Time - 4 minutes

Jab catch - 4 mins

A simple classic. Head into freeplay and reset the ball so it is still. Drive up to the ball and jab into it. The skill is how you jab it, a hard jab (going fast and boosting into it) will hit it too far to have an efficient catch. A extremely soft touch wont lift the ball for you to catch. Simply, the best way to describe this is to hit it “firmly”.

Each time you press reset in freeplay you will spawn in a different location, great! I want you to use whatever spawn you get and drive directly up to the ball from that angle, this way when you establish the carry you will need to turn to get the ball toward the net, or try an advanced flick to score.

Time - 4 minutes

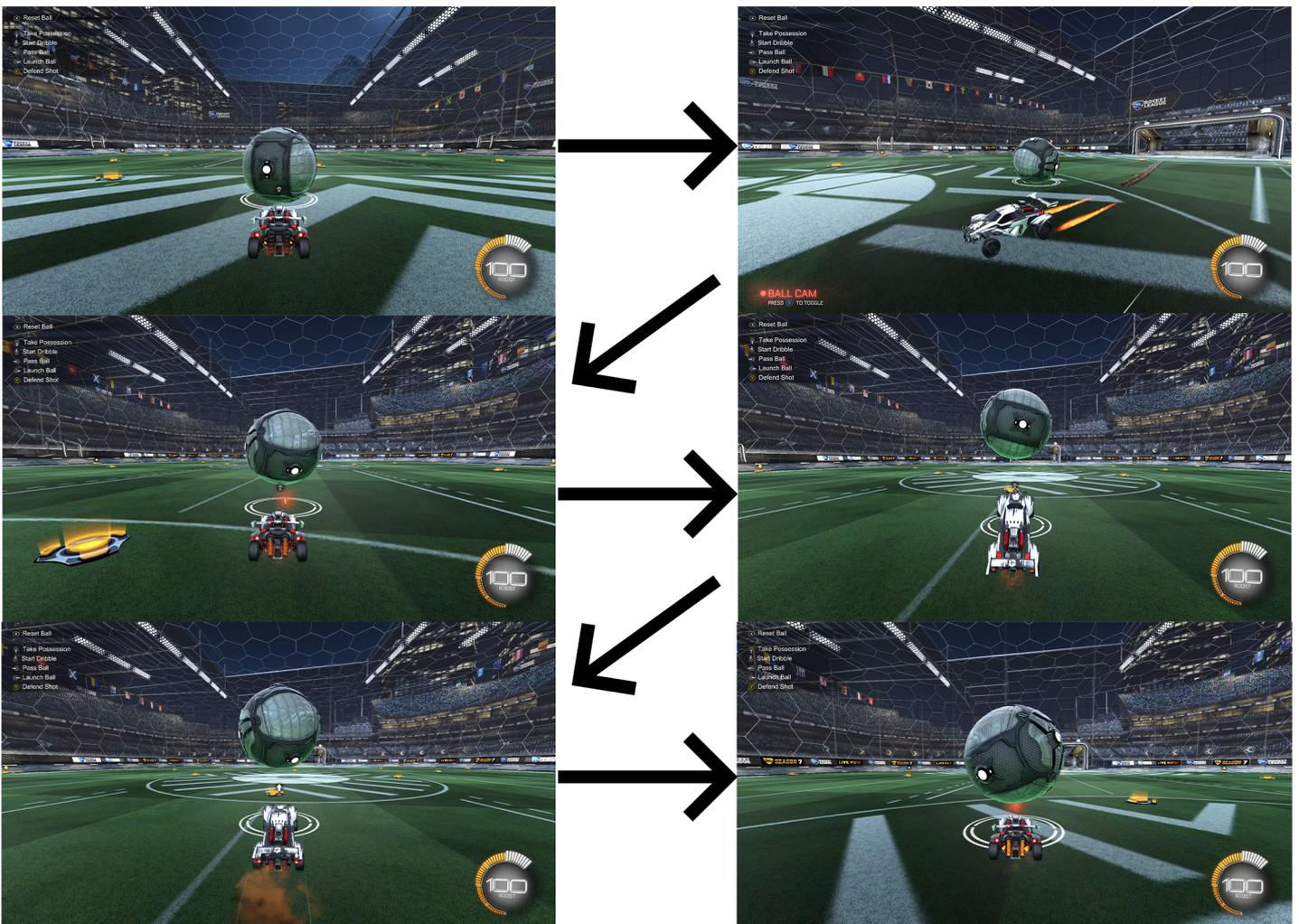
Carry Day

Catch	4 drills	16 mins
Flick	1 drill	10 mins
		26 mins

Jab wave dash catch - 4 mins

A bit more advanced now, press the reset button in freeplay. From there press down on the d-pad, this will place the ball directly in front of you. From there gently push into the ball to make it move away from you at a “moderate” speed. Boost past the ball and then turn to face the ball (bonus point if you power slide here!). Then as the ball comes to your car, tap into it with a bit of boost, this will lift the ball up.

Once the ball is air borne, jump into the air and lean back. As the back wheels make contact with the floor do a front flip, this will make your car wave dash. This will give you a speed boost to catch up to the ball and get underneath it. Again, try and finish with a flick/air dribble etc.



Time - 4 minutes

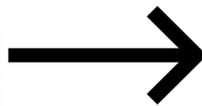
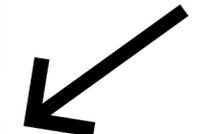
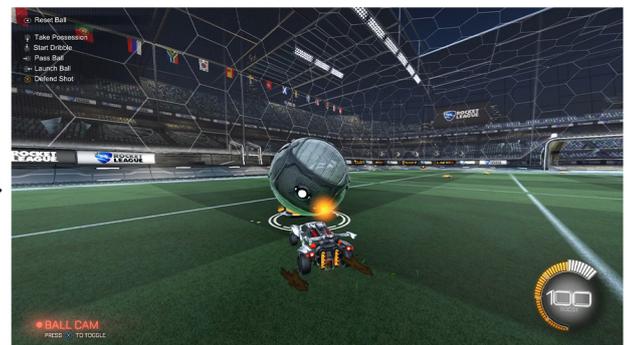
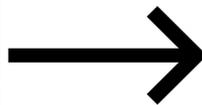
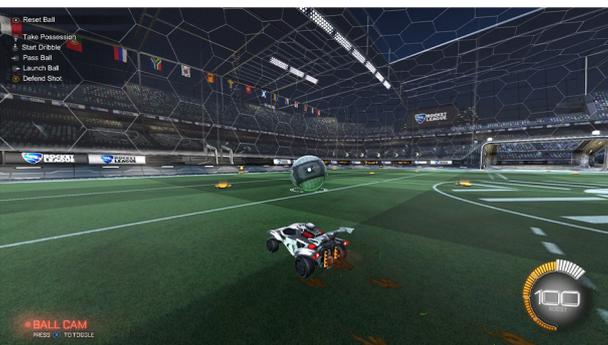
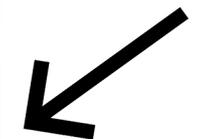
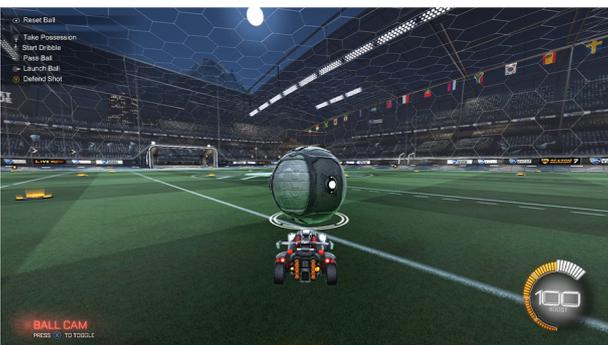
Carry Day

Catch	4 drills	16 mins
Flick	1 drill	10 mins
		26 mins

Job into wall catch - 4 mins

A great move that I use a lot to score goals, its surprisng just how effective this move is. It combines many of the fundamental skills and blends them into a dangerous scoring weapon.

To perform this move head into freeplay and press down on the d-pad, push the ball softly to the corner drive ahead of the ball and then turn and hook into it to smash it off the wall, from there, keep ball cam on until the ball is about to land on the car, then switch into car cam.



Time - 4 minutes

Carry Day

Catch	4 drills	16 mins
Flick	1 drill	10 mins
		26 mins

Flick Madness - 10 mins

An awesome drill to finish off day 1's training. Simply head into freeplay (spotted a theme yet?). Once in freeplay press up on d-pad to get the ball on top of your car. From here try to use minimal boost, just feathering the accelerate see if you can carry the ball around and do different flicks into catches. Front flicks, side flips, back flips, anything you can catch and go into more flicks is perfect!

Time - 10 minutes

DAY 2

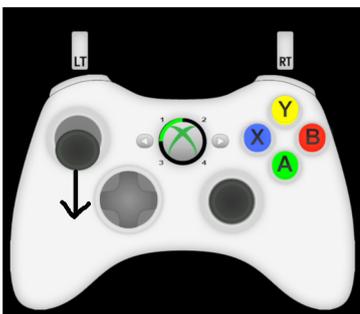
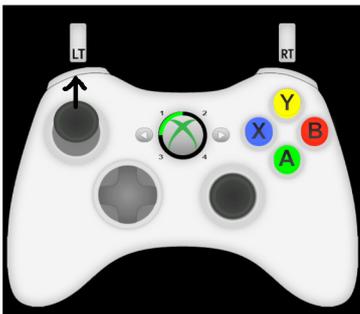
Car Control Day

Half-flips	2 drills	15 mins
Power slides	4 drill	16 mins
		31 mins

Half flip into reverse half flip - 5 mins

A fantastic warm-up. In our favourite place (freeplay) simply drive forward and do a reverse half-flip.

Reverse half flip - A reverse half flip is when you cancel your front flip after dodging forward by holding down on the joystick and then air rolling.



After performing the reverse half flip, whilst landing let go of accelerate and hold reverse. From there go straight into a classic half flip. Repeat this around the map.

Classic half flip - Drive backwards, then back flip and during the back flip, let go of down on the joystick and hold up and then air roll to land on the wheels.

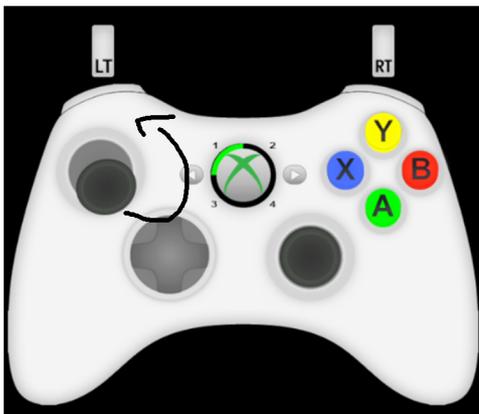
Time - 5 minutes

Car Control Day

Half-flips	2 drills	15 mins
Power slides	4 drill	16 mins
		31 mins

Diagonal half flips - 10 mins

The advanced half flip, this half flip requires no air roll, as rolling the joystick is what creates the half flip movement. To practice this work on driving backwards and diving off at a diagonal angle (as if you were lining up with a boost or even a challenge). From there do a diagonal back flip and once the flip is about half way through roll your stick to 12 o'clock.



Time - 10 minutes

Car Control Day

Half-flips	2 drills	15 mins
Power slides	4 drill	16 mins
		31 mins

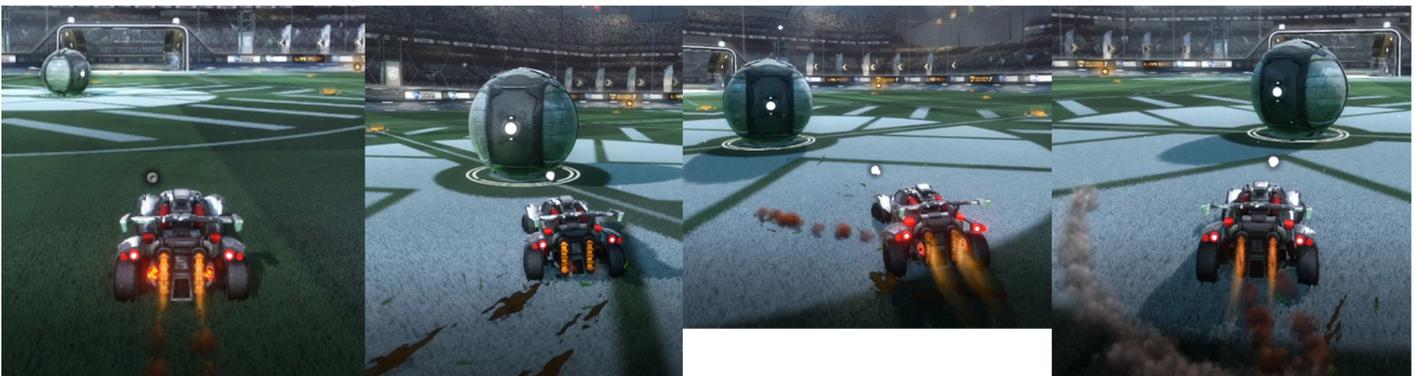
Circles - 4 mins

Time to work on power slides! Arguably the most important skill in Rocket League. In freeplay hold accelerate and drift in one direction, either right or left. Once you are turning its time for fun. You can of course continue to hold accelerate and the direction you picked, or, you can then reverse whilst still holding drift and turning in the opposite direction. Different timings whilst doing this will allow your car to move in a variety of ways.

Time - 4 minutes

Power slide around ball - 4 mins

A classic drill from the early days. Reset the ball, drive at the ball, but just head past it, either to the right or left (important to practice both sides!). Then power slide turn to face the ball as soon as possible. Use boost when driving toward the ball, then let go of boost (sometimes even accelerate) as you turn and press powerslide. Sometimes you may need to let go over power slide, then re-tap it whilst adding a bit more boost.



Time - 4 minutes

Car Control Day

Half-flips	2 drills	15 mins
Power slides	4 drill	16 mins
		31 mins

Power slide around boost - 4 mins

Pick two boost pads. The further apart the easier. Using the same method we used for the power slide around the ball, do figure of 8 power slides. Remember the tighter you can get this without driving over the boost the better.

Time - 4 minutes

Push to power slide - 4 mins

A drill that has great function. press down on the d-pad to get the ball in front of you. Push the ball and then power slide around it, jab the ball and then catch it, or shoot. Very similar to yesterday's wave dash catch drill.

Time - 4 minutes

DAY 3

Push Day

Lateral push	2 drills	20 mins
Wing push	1 drill	10 mins
		30 mins

Lateral hook shot from both sides - 5 mins per side

The greatest shot in the game. Head over to my youtube and check out the pink belt video for more information on how to pull this shot off. But essentially, head to freeplay, push the ball from 1 side of the pitch toward the opposite sides corner boost. Boost around the ball and hook into it. Drifting should not be required.

Time - 10 minutes

Power slide cut - 5 mins per side

The move that Flakes used to breeze to SSL in 1v1 with low mechanics. Similar to the hook shot, but whilst staying closer, quickly boost, let go of boost (sometimes accelerate too), drift turn, tap boost after letting go of drift to push the ball to the opposite side.

With the power slide cut you are aiming to hit the ball with the front portion of the side of your car.

Time - 10 minutes

Wing hook shot - 5 mins per side

Similar to the lateral hook shot but this time for example the net is open, or the defender has rotated to the opposite side of the pitch for the big boost, so you can hook shot it from the wing.

Push the ball down the wing and hook into it to put the ball in the net.

Time - 10 minutes

DAY 4

Car Control Day

Wave dash	4 drills	16 mins
Bounce dribble	3 drills	15 mins
		31 mins

Front wave dashes - 4 mins

Front wave dashes in freeplay, try and be consistent with the timing (back wheels hitting ground first).

Time - 4 minutes

Wave dash to carry - 4 mins

Similar to day 1. Get the ball rolling, power slide around it, jab the ball with boost, instantly jump with the lift of the ball, then wave dash into a carry. Remember to try and score off of this, either a flick or a pop.

Time - 4 minutes

Side wave dash chaining - 4 mins

Use air roll/drift (should be same button imo) hold it down the whole time. Jump use your controller to turn to one side, just a little bit, and then as you are about to hit the ground, try and side flip to the opposite side. Instantly press jump again and repeat, this way you bounce along. With this you can either go towards one side, or mix up a left into a right chain dash.

However, please note that if you want to do alternate side chain dashing you will need to turn in the air, this still does not mean you let go of air roll, it just means you pull diagonally down a big to get a turn.

Time - 4 minutes

Car Control Day

Wave dash	4 drills	16 mins
Bounce dribble	3 drills	15 mins
		31 mins

Off wall wave dashes - 4 mins

Most likely the time you will tend to use wave dashes in game. drive across a wall, when you are low on the wall, jump off, air roll the car to be level with the ground and lean back so that your back wheels hit the ground first, and then of course, do a wave dash.

Time - 4 minutes

Bounce dribble: Push to drift to lift - 5 mins

Press down on d-pad in freeplay and push the ball forward. Boost around the back of the ball and drift, jab into the ball to lift it up, now try to bounce dribble. Ideally you want to use the side of your car on a bounce dribble. With a similar part of the car we used for the power slide cut yesterday,

You can hit the ball as its coming down, or as its bouncing up (a bit easier). You may need to tap drift in some cases to hit into the ball with the right part of the car. This is a hard drill, don't get frustrated.

Record this session and compare it in 30 days.

Time - 5 minutes

Bounce dribble: To power shot 5 mins

Use the above method to get the bounce dribble start, then try and use a side flip power shot to score. There are two methods to use here.

1. Hit the ball as its rising (easier and has a lot of power).
2. Hit the ball as its falling (harder, but acts as a rhythm break).

Time - 5 minutes

Car Control Day

Wave dash	4 drills	16 mins
Bounce dribble	3 drills	15 mins
		31 mins

Bounce dribble: Catch flick - 5 mins

Use the previous method, but this time, instead of shooting the power shot. Catch the ball instead and then use a flick, any flick you like, try and imagine an opponent in net.

Time - 5 minutes

DAY 5

Shooting Day

Packs	2 packs	12 mins
Shooting	3 drills	12mins
		24 mins

Vince's strength and accuracy - 6 mins

You can't mention shooting without mentioning this pack. A pack favoured by pros such as Joreuz, King Ranny and many others. The classic shooting pack. The goal here is to bury each shot into the top corners with power. This can be achieved with selecting the right type of dodge with the right placement and timing. It is not necessary to air roll to score these in this manner.

Although, I would recommend for consistency to try using air roll and getting used to making contact with the corner of your cars nose for maximal devastation.

The code for the pack is 6CF3-4C0B-32B4-1AC7.

Time - 6 minutes

Shots you shouldn't miss - 6 mins

Another great pack. Try and get these shots to be top of the net screamers! Remember to dodge later into the ball to achieve maximal power!

The code for the pack is 42BF-686D-E047-574B

Time - 6 minutes

Shooting Day

Packs	2 packs	12 mins
Shooting	3 drills	12 mins
		24 mins

Bounce ball off wall into shot - 4 mins

In freeplay reset the ball, then drive at it from either side on or a slight angle, hit the ball at supersonic speed to make it bounce at the wall, from here position yourself to shoot the ball on net. The goal here is variety. Sometimes you want to use the right wall, sometimes the left wall. Sometimes you want to hit it on the bounce, sometimes before the bounce. The main thing is get it on target hard and fast.

This is not only great for developing finishing skills from a self set, but also for finishing kick-off wins.

Time - 4 minutes

Backboard hit to shot - 4 mins

Again reset the ball, drive into it facing opposite the net. You must achieve supersonic here as you want it to bounce off the backboard. Now, with a merc hitbox this can be tricky as it might just go in. Regardless, once the ball hits the backboard try and finish, you can try and go up early to develop the ability and confidence to read the game.

The code for the pack is 42BF-686D-E047-574B

Time - 4 minutes

Shooting Day

Packs	2 packs	12 mins
Shooting	3 drills	12 mins
		24 mins

Tail whip flick to shot - 4 mins

In freeplay click reset, then tap up on the d-pad to get the ball on top of the car. The press right to get the ball to lift into the sky, here you are looking to front flip into the ball at the highest possible point on the way down. In my opinion this is one of the strongest moves overall in all 3 main game modes.

If done correctly the ball should fly into the air, on the way down, shoot.

Again, either on the bounce or volley. Have some fun with it, develop your skills!

Time - 4 minutes

CLOSING

Thanks for checking out my first pdf training program. I hope some drills helped you. And if you are doing the full 4-week program please let me know your results!

We have a discord with a variety of players from all over the world, and various ages, so 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. We have a full belt system to help you stay motivated to develop skills. We also have series showing how to get to grand champion in 1s, 2s, 3s and rumble without mechanics. We even have a series from Raidmeister showing how to get to supersonic legend in 1v1 with no mechanics.

YouTube - AirCharged Gaming

Discord - In any video description on the YouTube