



THE ONLY FOOTBALL TRAINING SYSTEM PREFERRED BY
FOOTBALL CLUBS IN TÜRKİYE

160 PRO FOOTBALL TRAINING VIDEOS

TRAIN AT HOME, PLAY IT ON THE PITCH.

An age-based football development system that
builds muscle memory through lots of reps. For
individual players and clubs.

AGES 6+

8 LEVELS

PHONE · TABLET · PC · TV

app.teknikmat.com

Outside Roll



⌚ 3:00 min ⚡ +25 XP



Level 1 Beginner



⚡ +25 XP

OUR METHOD

LOTS OF REPS. MUSCLE MEMORY. MOVES ON THE PITCH.

1

Lots of reps

Repeat the same move with correct technique, again and again on the mat.

2

Muscle memory

The move becomes automatic; in matches it happens right, without thinking.

3

Play it on the pitch

Technique learned at home turns into confidence on the pitch.

XP measures this progress: every rep turns into points.

Outside Roll



🕒 3:00 min ⚡ +25 XP



Level 1 Beginner



⚡ +25 XP

160 PRO FOOTBALL TRAINING VIDEOS

160 VIDEOS. 8 LEVELS.

80

move lessons

2

videos per lesson:
Tutorial + Training

1–4 min

per lesson

Level 1–2

Beginner

+25 XP

Level 3–4

Intermediate

+25–35 XP

Level 5–6

Advanced

+40–45 XP

Level 7–8

PRO Advance

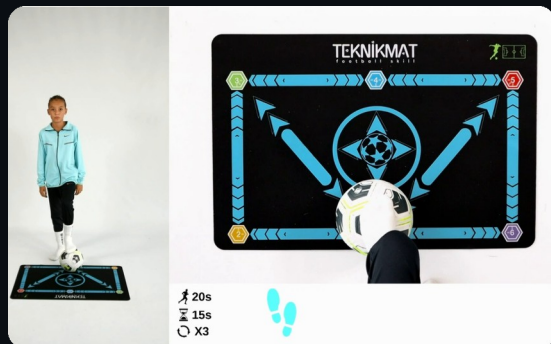
+75 XP



Frames from the real training videos

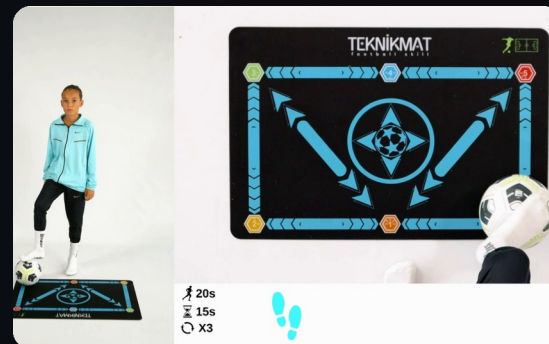
8 LEVELS

NEW MOVES AT EVERY LEVEL, RISING DIFFICULTY



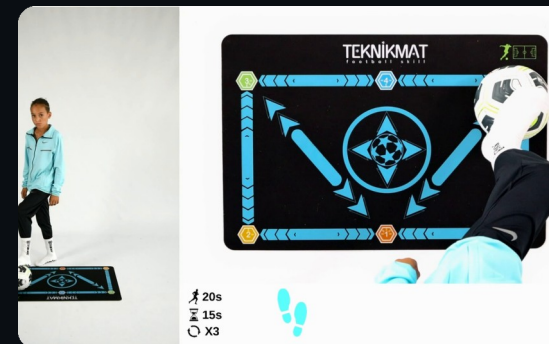
LEVEL 1 Beginner

Inside Touch 2



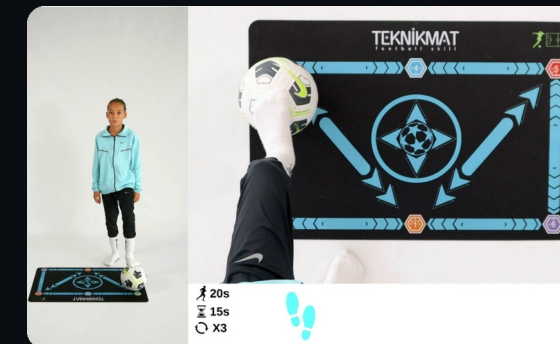
LEVEL 2 Beginner

Outside Roll 2



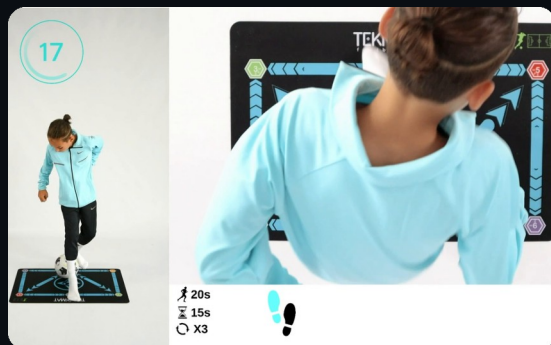
LEVEL 3 Intermediate

V Shape 1



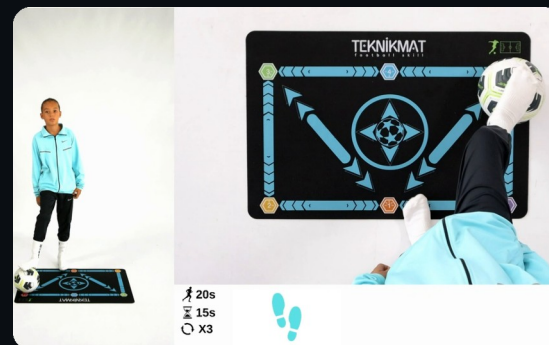
LEVEL 4 Intermediate

E Shape



LEVEL 5 Advanced

L + V Shape



LEVEL 6 Advanced

Figure 8



LEVEL 7 PRO Advance

PRO moves



LEVEL 8 PRO Advance

PRO moves

HOW A LESSON WORKS

WATCH. REPEAT ON THE MAT. FILL THE TROPHY.



1 Watch the Tutorial

See the move first, slow and clear.



2 Repeat with Training

Repeat on the mat along with the video; time and reps on screen.



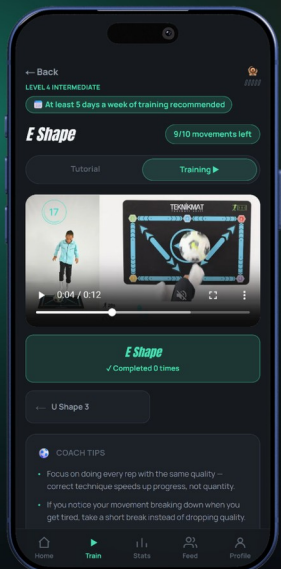
3 Earn XP, level up the trophy

Every rep adds a bar; 5 reps move it Bronze → Silver → Gold.

PHONE · TABLET · COMPUTER · TV

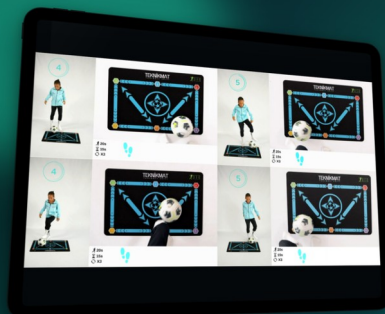
SCREEN TIME = GROWTH TIME

Time spent in front of a screen becomes training that makes the child better on the pitch.



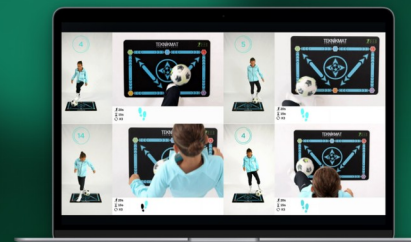
Phone

Always with you



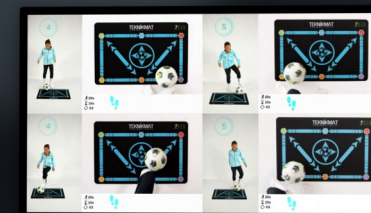
Tablet

Watch the video big



Computer

Same account, same progress



TV / monitor

In the living room, facing the mat

AGE-BASED TRAINING PROGRAM

BY AGE, WEEK BY WEEK

Age groups

6-8

9-12

13-15

16-18

18+

32 weeks

ages 6-8

48 weeks

ages 9-12

40 weeks

ages 13 and up

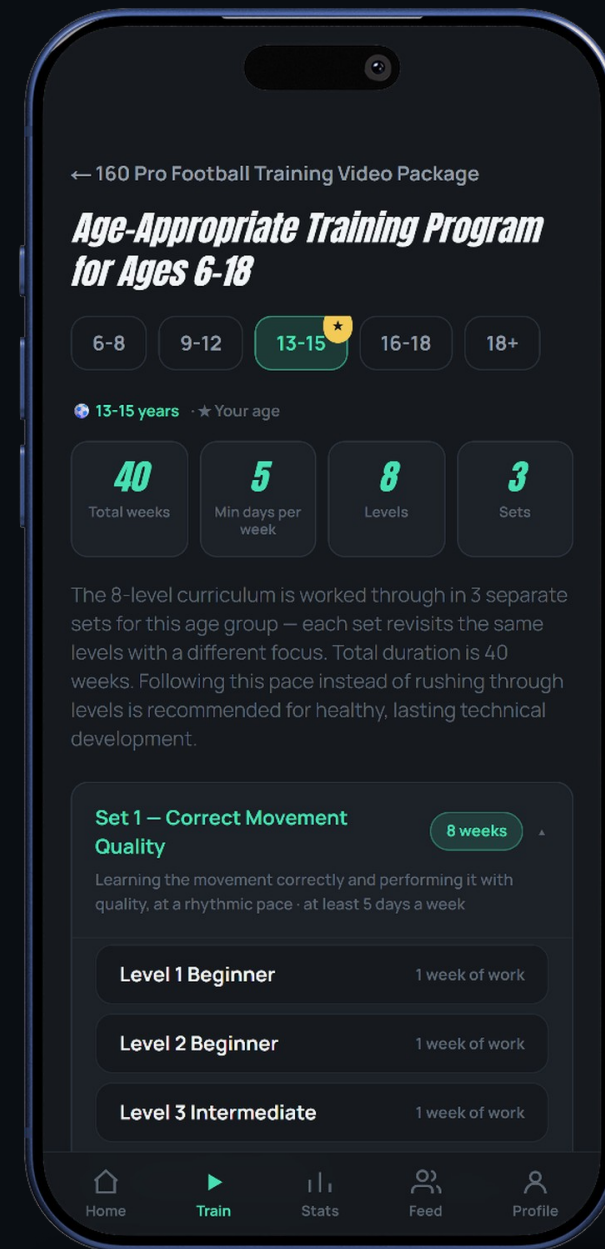
Every level is trained in 3 sets

1 Set 1 — Correct Movement Quality

2 Set 2 — Foot Speed

3 Set 3 — Matless Training

Weekly goal: 3–5 training days a week, by age.



RIGHT TRAINING + HEALTHY GROWTH

PROGRESS ON THE PITCH STARTS OFF THE PITCH.

The only one in the world: an age-based nutrition program for footballers and an AI coach, together.



Nutrition

Age-based meal plan



Sleep

Age-right sleep goal



Water

Daily water goal



Recovery

Post-training recovery

● NUTRITION PROGRAM

Sample menu energy (approx.)

~2410 kcal

BREAKFAST

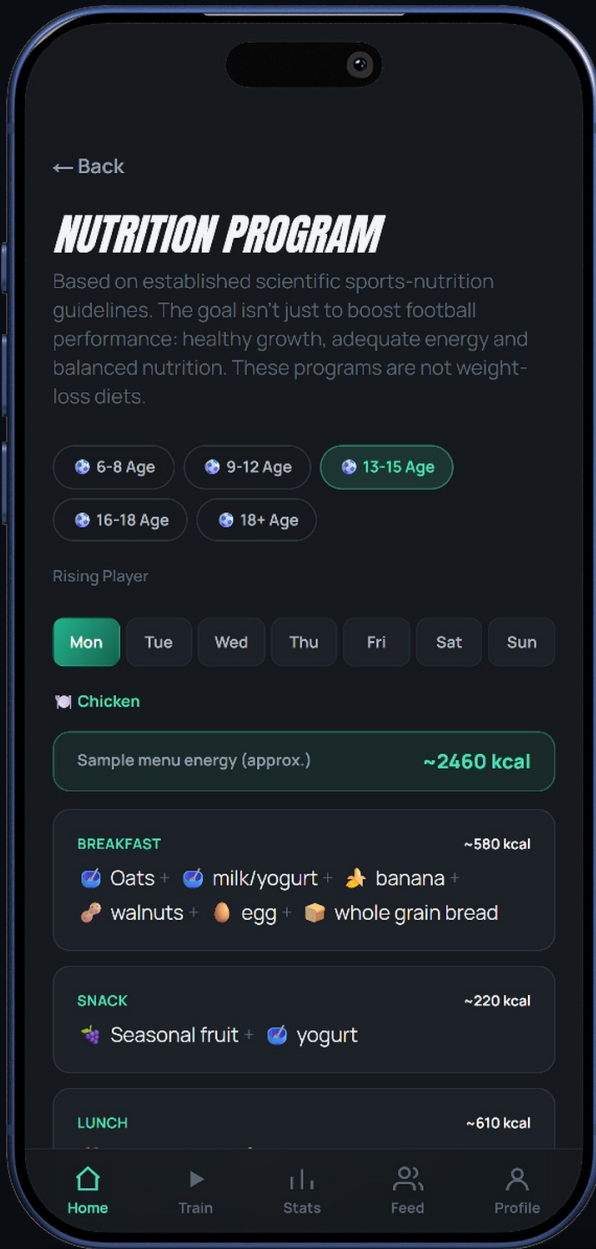
~570 kcal

🥚 Egg + 🍞 whole grain bread + 🧀 cheese +
🥛 milk/yogurt + 🍇 fruit

SNACK

~210 kcal

🍇 Fruit + nuts



ONLY ONE IN THE WORLD

NUTRITION PROGRAM

A NUTRITION PROGRAM BUILT FOR FOOTBALLERS

1

5 age groups

Separate menus for ages 6-8, 9-12, 13-15, 16-18 and 18+.

2

Every day of the week

A daily meal plan from Monday to Sunday.

3

Meal by meal

Breakfast, snacks and main meals, with approximate calories.

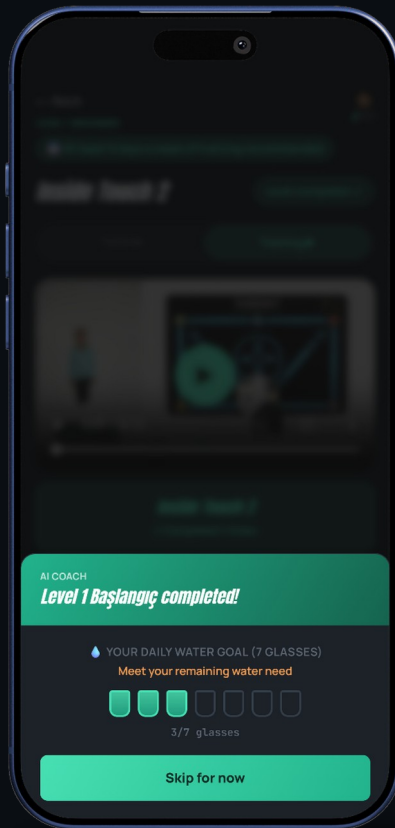
4

Fits your training

A recovery snack is suggested when a level is finished.

AI COACH

YOUR COACH AFTER EVERY LEVEL



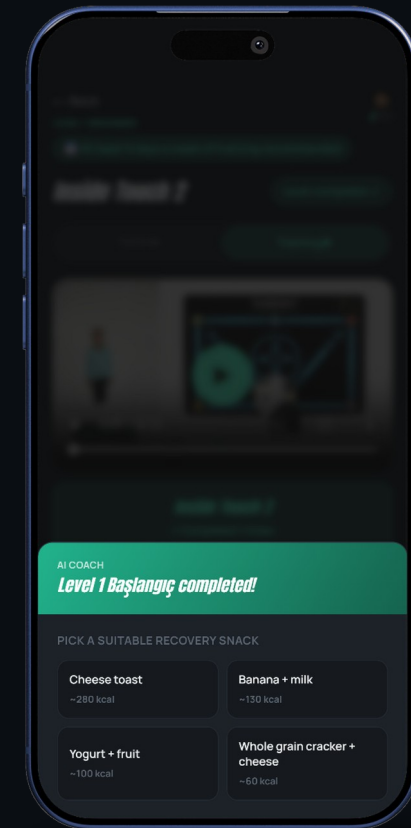
1 Water

Replace the water you lost and tick the glasses.



2 Calories

See the estimated calories burned in training.

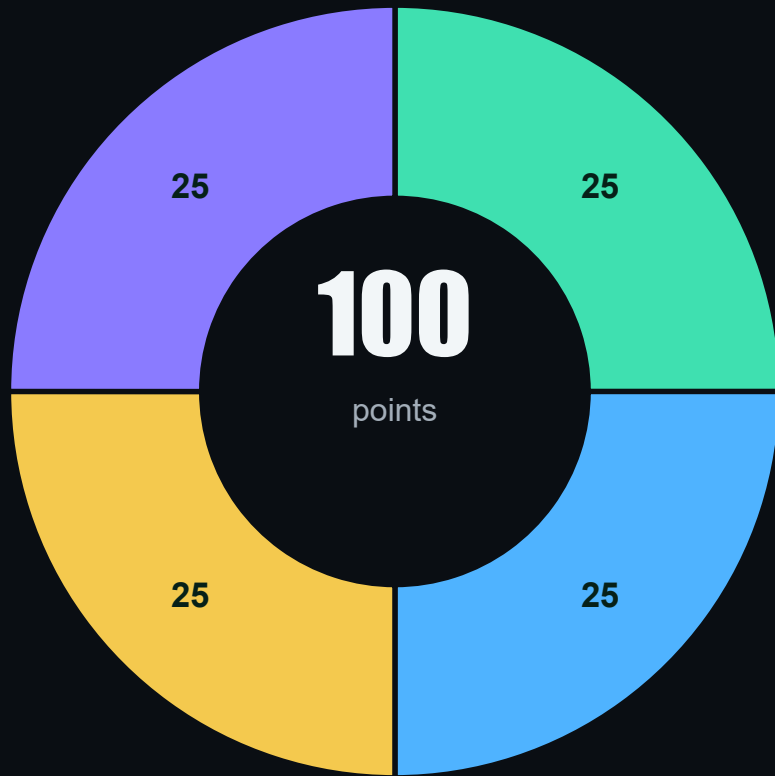


3 Recovery

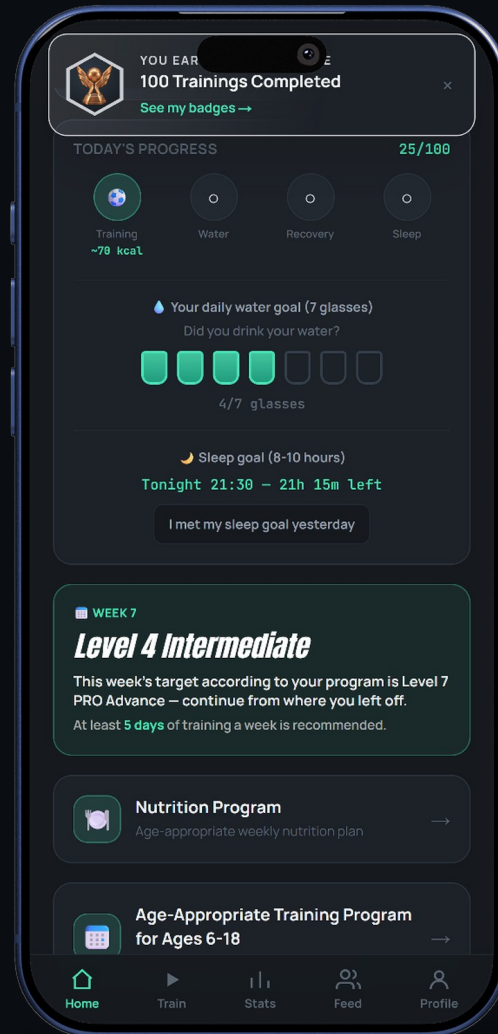
Pick a recovery snack for your age.

DAILY PROGRESS

4 TASKS A DAY, 100 POINTS



■ Training ■ Water ■ Nutrition ■ Sleep



SMART REMINDERS



Sleep

15 minutes before bedtime.



Water

During the day, if the goal isn't met.

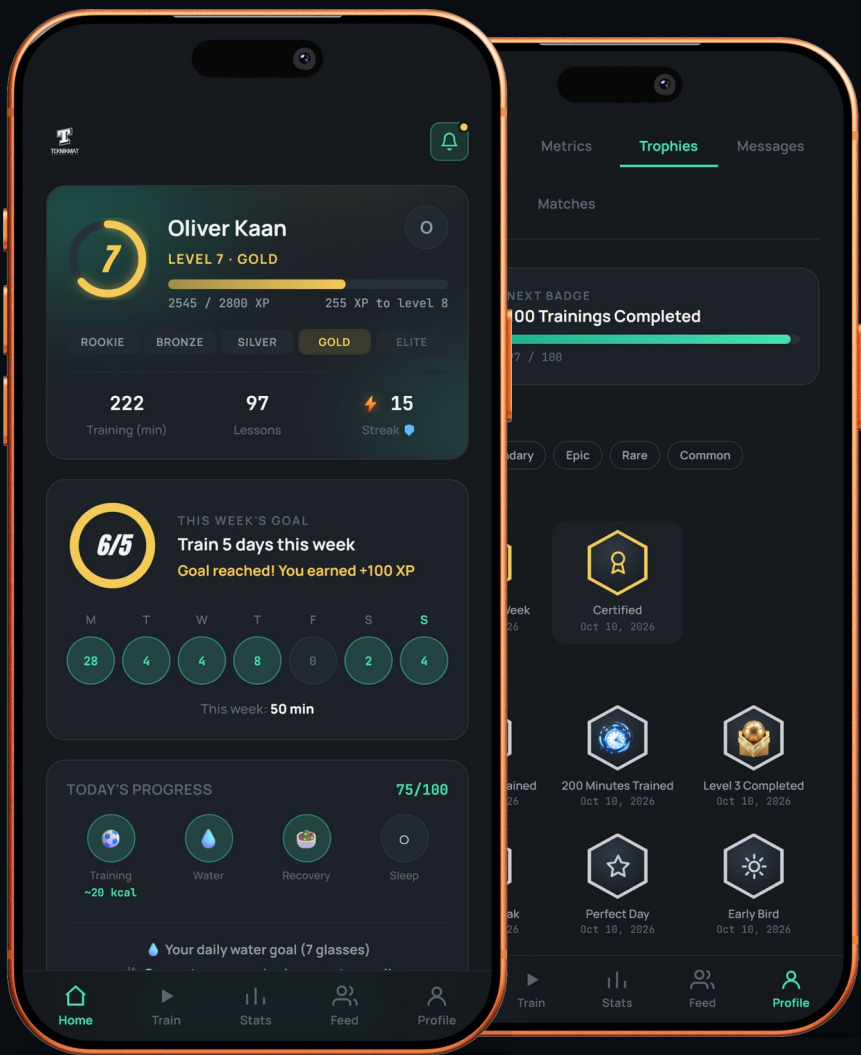


Training and streak

If there was no training that day.

PUT SCREEN TIME TO GOOD USE

TRAIN, GROW. EARN POINTS, LEAD.



1-50

Player Level

Rookie → Bronze → Silver → Gold
→ Elite

+100 XP

Weekly goal bonus

3-5 days a week, by age

1 per 7 days

Streak Freeze

Miss a day and your streak survives
(up to 2)

54

Badges

Common, Rare, Epic, Legendary

LEADERBOARD

EARN YOUR PLACE IN THE TEAM OF THE WEEK AND YEAR

1

Leaderboard

Rankings by week, month, year and country.

2

Team of the Week and Year

The 11 players with the most XP take the pitch in a 4-3-3.

3

Player card

Your own pro-style card with your level and stats.

4

Privacy

Only first names are shown; players can opt out of the list.

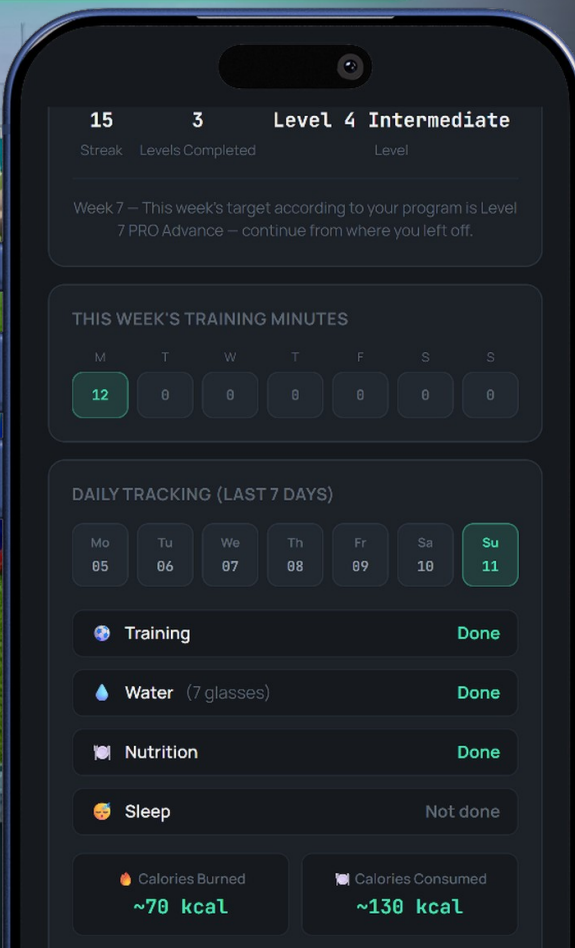


● PLAYER TRACKING

PLAYER	XP	LESSONS	MINUTES	STREAK
Oliver Kaan	2545	97	222	15

FOR CLUBS AND COACHES

PLAYER TRACKING: WITH THEM OFF THE PITCH TOO



Pick a player

See each player's last 7 days, day by day.

Water, nutrition, sleep

Check whether daily tasks were done.

Calories and pace

Estimated calories and weekly training pace.

FOR INDIVIDUAL PLAYERS AND CLUBS

160 Pro Master Videos

- ✓ 160 videos, 8 levels
- ✓ Every app feature

MOST POPULAR

Premium

- ✓ 160 Pro videos
- ✓ Technique mat and socks

Platinum

- ✓ 160 Pro videos
- ✓ Technique mat, ball and socks



Clubs

Player tracking for the whole team with a coach account. Contact us for special club pricing.

technikmat.com

app.technikmat.com

CLUBS

THE ONLY FOOTBALL TRAINING SYSTEM PREFERRED BY FOOTBALL CLUBS IN TÜRKİYE

Football clubs, schools and academies support their players' technical development with Teknikmat.

Chosen abroad too





TRAIN AT HOME, PLAY IT ON THE PITCH.

World #2

In video and move variety

World #1

As a complete system: age-based program, nutrition, water-sleep-recovery coach and player tracking together

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Outside Roll



⌚ 3:00 min ⚡ +25 XP



Level 1 Beginner



⚡ +25 XP