

1000 Touches

The workout:

Daily foot skill (Seven minute) Drill

Rolls: 4 each foot

- 1) Inside Roll
- 2) Outside roll

Foundation: 4 each foot, alternating feet 3 touches between moves

- 1) Side to Side Push-Pull
- 2) Side to Side Step-On
- 3) Side to Side Front Roll

Pull back and go. Do sequence with one foot then switch - 4 times each foot

- 1) Pull, Instep Push
- 2) Pull a Vee
- 3) Pull & Take with Outside of foot
- 4) Pull & Roll Behind

Turns: Travel 10 feet turn 180 degrees. Use 3 touches between turns; 4 times each foot

- 1) Pull Turn
- 2) Inside of foot turn
- 3) Outside of foot turn
- 4) Cruyff
- 5) Stepover (Figure 8) turn

Change of direction with fakes, 3 touches between turns; 4 times each foot

- 1) Hip Swivel
- 2) Matthews (Betsy)
- 3) Cap
- 4) Scotch
- 5) Step over
- 6) Scissors

Traps: 5 each foot. Trot forward, toss the ball up and forward, trap, touch, pick up & repeat

- 1) Sole ahead
- 2) Instep cut
- 3) Outside cut

Additional workout suggestions

5 minutes passing against a wall, both feet, both one and two-touch, instep and inside of feet, include fake kicks. Keep feet moving and work on accuracy.

5 minutes juggling the ball. Try to improve your consecutive juggles record each day

FAST FOOTWORK SKILLS DESCRIPTIONS

Inside Roll -- Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.

Outside Roll -- Roll the ball across your body from inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.

Side to Side Push-Pull -- Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back the sole of the opposite foot.

Side to Side Step-On -- Roll ball to outside with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.

Side to Side Front Roll -- Tap ball back and forth with inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

Pull Instep Push -- Push ball forward and pull it back with the sole, then tap ball forward with the instep of the same foot.

Pull a Vee -- Push the ball forward and pull it back the sole of the foot while turning and then take the ball with the inside of the same foot.

Pull & Take with Outside of foot -- Push the ball forward and pull the ball back with the sole then push the ball diagonally forward with the outside of the foot.

Pull & Roll Behind -- Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot. Control the ball with the sole of the other foot. feet.

Pull turn -- Push ball forward with one foot and pull it back with the other while turning toward ball and take the ball in the opposite direction with the inside of the first foot.

Inside of foot turn -- Push ball forward, move past ball and turn toward ball and take it with the inside of the foot in the opposite direction.

Outside of foot turn -- Push ball forward, move past ball and turn toward ball while taking it with the outside of the foot in the opposite direction.

Cruyff -- Push the ball forward, fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.

Stepover Turn -- Push ball forward, step over ball with one foot, turn toward ball and take it in the opposite direction.

Full Sole Roll -- Roll the sole of one foot forward over the ball and to the outside so the ball stops against your heel. Turn and take the ball with the sole of the other foot with a Step-On.

Scissors -- Starting with the ball to one side, step over or in front of ball so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and then stop ball with the sole of the first foot.

360 -- Push ball forward, stop it with the sole of one foot while stepping past it, turn and drag ball back with sole of other foot, continue turning all the way around and take the ball with the inside of the first foot.

Kicks Over ball -- Kick over ball with inside of foot then pull it back with the sole of the same foot.

Foundations

Step up and down to pass ball 4-6 inches between feet. Ball is passed between the feet with very soft, light touches.

Be sure weight is forward on balls of feet. With each step you should be coming down on your toes first; then your heels.

Knees stay bent at all times.

Move the ball forward and backward.

Be sure you are stepping up and down, not sideways.

Work at getting a comfortable rhythm.

5 Steps To Mastering Touch On The Ball

This is a progressive 5-step system of developing your juggling skills.

It is important to understand that juggling is not a soccer skill, as it were. You don't see professional players juggling the ball up and down the field during matches. However, what you DO see is spectacular 1st touch by most professional players. That is something that juggling will help give you. Absolute mastery of the ball is the 1st step in soccer success. And juggling off any desired surface at will and from surface to surface at will IS mastery of the ball.

So juggling is something beneficial and to master the skill WILL greatly enhance you game.
Here is a straightforward 5-step system to get there.

LEVEL 1 -

(All players start here). The player drops the ball and touches it once with the foot he or she prefers. The ball then bounces onto the floor, only once, then the player touches with his foot again, then the ball bounces, the player touches with his foot, the ball bounces and so on. If the ball bounces more than once on the floor then the counting starts again. For Level 1, either foot may be used anywhere within the touch cycle. So that the pattern goes like this:

foot - bounce - foot - bounce - foot - bounce - foot - bounce - etc.

50 consecutive touches completes this level.

(Hints: visualize the ""bottom flat"" of the ball.

keep the foot straight with the toes pointing down so that the foot presents a flat surface and the ball strikes cleanly.

Strike the flat level surface of your foot precisely to the ""bottom flat"" of the ball)

LEVEL 2 -

(For those who have completed Level 1). This exercise is very similar to the previous one but this time the player touches the ball 3 times with his stronger foot and lets the ball bounce on the ground and then touches once with his weaker foot and lets the ball bounce (this completes one round).

So that the pattern goes like this (assuming your right foot is your strong foot):

right foot - right foot - right foot - bounce - left foot - bounce (one round) - right foot - right foot - right foot - bounce - left foot - bounce (two rounds) - right foot - right foot - right foot - bounce - left foot - bounce (three round3) - right foot - right foot - right foot - bounce - left foot - bounce (four rounds) - etc.

(Remember that the sequence is always 3 touches with the stronger foot, bounce, 1 touch with the weaker foot, bounce (1 round), 3 touches with the stronger foot, bounce, 1 touch with the weaker foot, bounce (2 rounds) etc.)

25 rounds complete this level.

LEVEL 3 -

(For those who have mastered Level 2). The player starts with the ball in his hands. He throws it into the air and with his INSTEP (the INSTEP the SHOELACE portion of your foot; not to be confused with the *inside* of your foot) returns it to his hands. He repeats this with his weaker foot, then with both thighs and lastly with his head and always returning it to his hands after each touch.

The sequence then is:

hands - instep - hands - other instep - hands - thigh - hands - other thigh - hands - head -- hands (one round)

25 rounds completes this level.

LEVEL 4 -

(for those who have completed Level 3). In principal the exercise is the same as the one in Level 3 except this time there are 3 touches with the stronger foot, one with the weaker, 3 with each thigh and 2 with the head.

The sequence then is:

hands - r. instep - r. instep - r. instep - hands - l. instep - hands - r. thigh - r. thigh - r. thigh - hands - l. thigh - l. thigh - l. thigh - hands - head - head - hands (one round)

25 consecutive rounds completes this level.

LEVEL 5 - EXCELLENCE

The same sequence that was started in Level 3 but this time we increase the number of touches for each round.

Eg. - **Hands, instep, hands, other instep, hands, thigh, hands, other thigh, hands, head (one round); hands, 2 touches with the instep, hands, 2 touches with the other instep, hands, 2 touches with thigh, hands, 2 touches with other thigh, hands, 2 touches with head (2 rounds); 3 touches with each surface for round 3 and so on up to 20 rounds.** If the sequence is broken or the ball falls to the ground you start again from the beginning.