



1000 TOUCHES IN 10 MINUTES

This is a brilliant 10 -minute daily routine & pre-game warm up for all players!!

Many Midstate players & parents ask me “How can my player improve?” “How can I get more playing time?” Coaches constantly tell me “Our technical skill is not there, we can’t move on to more tactical activities” “If players could do more stuff at home. 2-3 hours a week is not enough to become proficient at soccer”

THE most important thing to developing as a soccer player is your TOUCH!

Below is a routine for daily use along with a juggle touch ladder (which will help with improving in our JUGGLE CLUB)

The other important thing about TOUCH is that players can develop this skill and ability on their own away from team practice! That way, we can incorporate these growing skills INTO team sessions and make team sessions far more interesting (AND FUN) rather than spending 30-45 minutes of valuable team time learning the very basics.

1000 TOUCH WORKOUT. The footwork activity here is designed to give you about 1000 touches in about ten minutes. Everyone has 10 minutes per day to do this! The video goes in line with the touch moves! Ideally, on practice days and match days, when you arrive early for training & games this is perfect!

1000 Touches Video Link

<https://www.youtube.com/watch?v=X4YalCg-ees&feature=youtu.be>

1000 Touches Video Link (timed challenge)

https://www.youtube.com/watch?v=0Ec_YKFqk5s

Touch Move	Comments	Total Touches	Complete
Quick Feet (Foundations)		50	
Inside Out	20x4 (4 touches = 1)	80	
The Vee (Outside touch)	20x4 (4 touches =1)	80	
Pull Push		50	
Pull Trap	25 each foot	50	
Ball Steps (Toe Taps)		50	
Triangles		60	
Maestro		20	
Sole Roles		50	
The Vee II (Inside Touch)	20x4 (4 touches = 1)	80	
Scissors	3 scissors then touch L, 3 scissors then touch R	10	
Step Overs	3 stepovers then touch L, 3 stepovers then touch R	10	
Drag Back -Inside Out		60	
Three Tap Spins (Brazilian Toe Taps)		50	
Step Unders	touch, touch, step under, touch touch, step under	20	
Quick Feet Roll Overs		60	
Quick Feet Snap Roll		20	
Ball & Wall	Use both feet, inside & outside to receive & pass. Keep feet moving & weight on balls of your feet	100	
Juggling or Juggle Ladder	100 juggles, or use juggle ladder to get 100 touches	100	
		1000	



JUGGLE TOUCH LADDER

(Will assist you to getting into or increasing your level in MIDSTATE JUGGLE CLUB)

LEVEL 1

(All players start here). The player drops the ball and touches it once with the foot he 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 complete 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 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) 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 is 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 complete this level.



LEVEL 4

(for those who have completed Level 3). In principle, 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 complete 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. Congratulations! You have now mastered quality touch on the ball! With this kind of touch quality, you are probably already better than 99% of players your age. And with this kind of touch quality, there is no other soccer skill you cannot learn. You have laid the foundation to every dribbling move, every kind of shot & pass, and every collection method this sport has to offer.

