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| **1000 Touch Workout** “The 7 Minute Warm-up”   1. **50 Ball Taps** 2. **Inside Roll (10 each foot)** *Roll the ball across your body from outside to inside with the inside and sole of your foot and stop the ball with the inside of the other foot.* 3. **Outside Roll (10 each foot)** *Roll the ball across your body from inside to outside with the outside and sole of foot and stop the ball with the inside of the same foot.* 4. **Bell Touches (50 touches)** *Step up and down to pass the ball 4-6 inches between the feet with very soft, light touches.* 5. **Inside-Outside (10)** *Tap the ball with the inside of the right foot across your body, tap with the outside of the left foot, then inside of left foot and finish with outside of right.* 6. **Triangles (10)** *Tap forward with right foot, pull back towards you with sole of left foot, then tap towards your right foot with inside of left. Repeat starting with opposite foot.* 7. **Vee (10)** *Push ball forward and slightly to outside right with inside of right, pull back and across body with sole of right, then push ball forward and slightly to the outside left with inside of left and pull back and across body with sole of left.* 8. **Pull, Instep Push (4 each foot)** *Push pull forward and pull back with sole then tap forward with instep of same foot.* 9. **Pull a Vee (4 each foot)** *Push the ball forward and pull it back with sole while turning and then take ball with inside of same foot.* 10. **Pull & Take with outside (4 each foot)** Push ball forward and pull the ball back with the sole then push the ball diagonally forward with the outside of the foot. 11. **Pull & Roll behind (4 each foot)** 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. | **1000 Touch Workout** “The 7 Minute Warm-up”  **Turns**  *From moderate speed turn 180 degrees and explode/accelerate for 3 touches. Then bring it back to moderate pace for next turn. Repeat four times with each foot.*   1. **Pull Turn** *Push the ball forward with one foot then pull it back with the other while turning towards the ball. Take it in the opposite direction with the inside of the first foot.* 2. **Drag-back** *Fake up to the top of the ball in a kicking motion but stop with your cleats on top of the ball. Then pull back the ball back by scrapping your cleats backward to get the ball moving behind you. Now turn clockwise or counterclockwise to face the ball.* 3. **Inside Chop** *Dribble forward and touch the ball a little in front of your feet. Plant your foot and wind up like you are going to kick hard or shoot. Instead bring your leg down in a chopping motion to cut the ball backwards in front of your body. It has to be a sharp cut and you may need to hop out of the way.* 4. **Outside-Cut** *Starts like the Inside Chop but instead of chopping down, you sweep the ball away with the outside of the foot away from the defender. This is a less aggressive move and shields the ball as well.* 5. **Cruyff** *Push the ball forward. Fake a kick with the inside of the foot but instead pull back behind the standing leg and change directions.* 6. **Stepover Turn** *Push the ball forward. Step over ball with one foot, turn toward the ball and take it in the opposite direction.* 7. **Shield & Turn** *Use a series of sharp cuts with the inside of the foot. There should not be extra steps between touches and the ball is shielded the entire time.* | **1000 Touch Workout** “The 7 Minute Warm-up”  **Take-on Moves** *Explode/accelerate after the move for 3 touches. Then bring it back down to moderate pace for the next move. Repeat four times with each foot.*   1. **Hip Swivel** *Fake with inside of one foot by swiveling hips toward ball, then reverse direction and take the ball with the inside of the other foot.* 2. **Roll-Touch** *Dribble forward then roll the ball across your body with the sole of your foot. Then touch the ball in the opposite direction with the inside of the other foot.* 3. **Roll-Push** While moving forward, pull ball across body with sole and take with outside of the opposite foot. 4. **Inside-Outside (Matthews)** Fake with inside of foot, nudging ball by dipping shoulder, then take the ball in the opposite direction with outside of the same foot. 5. **Stepover** *With ball moving, step over ball so ball is outside of step over foot. Turn and take ball with other foot.* 6. **Rivolino** *Same as stepover, but take the bal with outside of the stepover foot.* 7. **Body swerve (Scissor behind the ball)** *Step behind ball as if preparing to take it with outside of one foot, fake, then take it with the outside of the other foot.* 8. **Scissor** *Step behind ball as if preparing to take it with the outside of one foot. Step over ball and then take with outside of other foot.* 9. **Double Scissor** Push ball forward, make alternate scissors steps and take with outside of first foot. 10. **Ba-Dink (Cap)** Cut ball with inside of foot slightly backward and take the ball ahead with inside of opposite foot. |