



P.O. Box 130 Leesport, PA 19533

1000 Touch Workout

Introduction and Philosophy

The Rage SC has put together a program for players to work independently, on their own, to improve their skill level, love of the game, and continue to build more success, confidence, and passion in our players to positively impact each and every game in which they compete.

Players must understand that the entire game of soccer revolves around what a player does with their first touch. It doesn't matter if you are in a pick-up game, training session, tryout, or a league/tournament match; players, coaches, scouts, and evaluators will always immediately assess a player based on the quality of their first touch. In soccer, your first touch can be with your chest, hip, head, thigh, foot, or wherever the ball happens to hit you. What you do with your first touch is imperative and first impressions are hard to overcome; one way or the other. The greater the skill level of a player will directly increase their comfortable level with the ball, gives them more time to make quality game-speed decisions, thus, improving their performance, confidence, and impact on the game.

The program is a great, daily soccer routine, pre-game or training warm-up, for all soccer players to use to improve ankle flexibility, muscle memory, and overall skill acquisition. The focus is on developing and increasing a player's skill level, touch, and ability to draw on an array of feints/moves during a game – with both feet. Understand that the best players in the game acquire skill and their technical abilities on their own, away from team practice. The Rage Coaching staff are strongly encouraging each of you to incorporate these sessions as a part of your daily exercise routine. We can then incorporate your growing skills into your team's training sessions and make each session far more efficient, competitive, and fun, rather than spending valuable team time covering the basics.

Finally, players are expected to work toward *mastery* of at least three (3) different moves. There are two categories of moves; Turn Moves and Attacking Moves. Turn Moves allow a player to create more time and space for themselves. Attacking Moves allow a player to beat and get around/behind a defender(s). Our definition of mastery is the habitual ability to complete a move equally with both feet, both directions, and at game-speed. When we use the word *habit*, we are looking for players that can do these moves without having to think about it. It is a natural reflex. There are good and bad habits, we are focusing on developing the good ones.

There are over 20 skills, feints, turn moves and attacking moves in our basic warm-up for you to learn. Start slow and pick one or two to focus on and slowly build from there, improving over time. The more mastered moves a player has in their toolbox, the more dangerous they will become.



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Seven-Minute Exercise

The footwork activity here is designed to give you about 1000 touches in seven minutes. We are sure that everyone can find seven minutes a day to work on their soccer skills. This warm-up should be done daily as a regular part of exercises and training preparation. Ideally on practice days and match days, we would love to see everybody arrive 15 minutes early and get this warm-up in before we even begin the regular training session or match preparation.

- Ball Taps (50 touches)
- Basic Rolls (10 each foot)
 - Inside Roll
 - Outside Roll
- Bell Touches (50 touches)
- Foundation Skills (10 each)
 - Inside-Outside
 - Triangles
 - Vee
- PULL-BACK SKILLS Do sequence with one foot then switch (4 times each foot)
 - Pull, Instep Push
 - Pull, Vee
 - Pull & Take with Outside of Foot
 - Pull & Roll Behind
- TURNS: from moderate speed turn 180 degrees and explode/accelerate for 3 touches. Then bring it back down to moderate pace for the next turn (4 times each foot)
- Pull Turn
- Drag-Back
- Inside Chop
- Outside-Cut
- Cruyff
- Stepovert Turn
- Step-on Shield & Turn
- TAKE-ON MOVES, explode/accelerate after the move for 3 touches. Then bring it back down to moderate pace for the next move (4 times each foot)



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- Hip Swivel
- Roll-Touch
- Roll-Push
- Inside-Outside (Mathews)
- Step over
- Rivolino
- Body Swerve (Scissor behind the ball)
- Scissor
- Double Scissor
- Ba-Dink (Cap)

Complete as indicated in the summer program. Recommended 6 days a week (6000 touches/week).

Full Workout

To continue with the FULL 1000 TOUCH WORKOUT, add the following cycles:

BALL & A WALL

Spend another ten minutes passing against a wall. Use both feet. Use one-touch, two-touch, and three-touch pass backs. Pass back with both the instep and inside of feet. Include fake kicks. Keep feet moving and your weight on the balls of your feet. Receive balls with your body square behind the ball and work on accuracy with your passes.

JUGGLING/TOUCH LADDER

Spend ten minutes juggling the ball trying to get 100 consecutive juggles or if you are not yet proficient enough a juggler, work the Touch Ladder.

PATTERN DRIBBLE

Pattern dribble for 10-15 minutes.

(IR = inside right; OR = outside right; IL = inside left; OL = outside left)

Begin with easy 1 foot patterns:

IR-OR-IR-OR-IR-OR-IR-OR-IR-OR and

IL-OL-IL-OL-IL-OL-IL-OL-IL-OL

Progress to more complex patterns. For example:

IR-OL-IL-OR-IR-OL-IL-OR-IR-OL-IL-OR-IR-OL-IL-IR-IL-OR

IR-OL-IL-IR-IL-OR-IR-OL-IL-IR-IL-OR-IR-OL-IL-IR-IL-OR

IR-OL-IL-stepoverp-OL-IL-OR-IR-stepover-OR-IR-OL-IL-stepover-OL-IL-OR-IR-stepover-OR

Make up your own patterns. Be creative. Have fun with it.



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RUNNING, SPRINTING & SLOWING WITH THE BALL

Accelerate & decelerate under full control of the ball. This is different from dribbling. Dribbling is about change of direction. This is about pace and change of pace. The ability to change your pace – explode or come to a dead stop with the ball under full control – is as important as any take-on move you can learn. The direction is roughly straight ahead. Start from a moderate pace and then explode for 10 - 20 yards. Then bring the ball back down to a moderate pace all the while not breaking stride. 10 – 15 minutes.

Description of Moves

Below are descriptions of many of the Coerver moves you probably have learned over the years. The names I have applied to them are not the be all and end all. Some are given the Coerver names as I was taught. The point is not to learn the moves as you would a list of the state capitols – but to learn the moves. The names just help to keep track of what you've learned and what you have done in the warm-up. Of course, the more moves you are able to master, the more dangerous you will be to your opponents because they will not know how to defend you. There are over 20 skills, feints, turns and moves in our basic warm-up for you to learn. Just imagine how deadly a player you can be.

FAST FOOTWORK

Inside Roll – roll the ball across your body from outside to inside with the inside and the sole of the foot. 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. Stop the ball with the inside of the same foot.

Bell Touches – 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.

Inside – Outside – tap ball with the inside of the right foot across your body, tap with the outside of the left foot, then inside with the left foot and finish with outside of the right.

Triangles – tap forward with your right foot, pull back towards you with the sole of your left foot, then tap towards your right foot with the inside of your left. Repeat starting with opposite foot.



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Veve – push ball forward and slightly to the outside right with inside of right, pull back and across your body with sole of right foot, then push ball forward and slightly to the outside left with inside of left, and pull back and across you body with sole of left foot.

Pull Instep – push ball forward and pull it back with the sole, then tap ball forward wit the instep of the same foot.

Pull a Vee – push the ball forward and pull it back with 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.

TURNNS Moves

Pull Turn – push ball forward with one foot and pull it back with the other while turning toward ball. Take the ball in the opposite direction with the outside of the first foot.

Drag Back – push ball forward with one foot and pull it back with the same foot while turning toward (and with) the ball. As you complete your turn, drop your foot from the top of the ball and take the ball in the opposite direction with the inside of the drag-back foot.

Inside Chop – push ball forward, move past ball and turn toward ball while taking it with the outside of the foot in the opposite direction.

Outside Cut – 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.

Step over Turn – push ball forward, step over ball with one foot in the following manner:

The step begins from the outside and moves across the body (close the gate fashion). The step over foot plants alongside the ball with the outside of the step over foot facing the ball and your legs are sort of crossed. Next, bring the back (non-step over) foot all the way around to the back of the ball whilst pivoting on the step over foot and turning 180 degrees in the direction toward the ball. Continue the flow of the motion and carry the ball away with the non-step over foot. Accelerate to space.



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Step-on-Turn – while dribbling forward, stop the ball with the sole of your foot (“stepping on it”) and allow your body’s momentum to carry you over to the back side of the ball. Stop your own forward progress once on the other side of the ball. Your body should now be sideways in relation to the ball. With you now positioned between the ball and the (real or imagined) defender you have effectively shielded the ball. With the outside of the foot which is now next to the ball, push, accelerate and carry the ball back to the direction you came from and away from the defender.

Attacking/Take-on Moves

Focus on:

Changed of speed/change of direction

Lure the defender in

Sell the move

Accelerate away – make it so the defender does not want to turn around and chase you.

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. Accelerate to space.

Roll-Touch – while moving forward, pull ball across the body with sole and touch it into space behind the defender with the inside of the opposite foot. Accelerate to space.

Roll-Push – while moving forward, pull ball across body with sole and take with outside of opposite foot. Accelerate to space.

Inside-Outside (Mathews) – fake with inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot (explode).

Step over – as covered above. With ball moving, step over so the ball is outside of step over foot, turn and take the ball with the other foot.

Rivolino – begin as with the step over: the step begins from the outside and moves across the body (close the gate fashion). The step over foot plants alongside the ball with the outside of the step over foot facing the ball and your legs are sort of crossed. Next bring the back (non-step over) foot up from behind and plant it next to the step over foot. With the outside of the step over foot which is still next to the ball, push accelerate and carry to space.



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Body Swerve – fake with outside of one foot, step behind and take with outside of opposite foot. Accelerate to space.

Scissors – step in front of or over ball with one foot in the following manner:

The step begins from across the body and moves to the outside of the body (open the gate fashion). The motion is very similar to the Body Swerve motion – as though you were going to push it with the outside of the foot. The only real difference is that the fake comes over or in front of the ball rather than behind it. The faking foot plants alongside the ball with the inside of the foot facing the ball and your legs wide open – straddling the ball. Next take the ball in the opposite direction with the outside of the other foot. Accelerate to space.

Ba-Dink (cap) – cut ball with inside of foot slightly backward and take ball ahead with the inside of the opposite foot. Accelerate to space.

There are other moves; some very fancy and flashy, but perhaps not so practical like the rainbow. I don't mind if you seek out and work on others – but only in addition to the moves listed above not in place of them. These one listed are the ones I want you to work on because they will serve you best.

Work hard. Commit yourself to your own soccer future. And have fun!

Touch Ladder

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. You don't see professional players juggling the ball up and down the field during matches. However, what you do see are spectacular first touches. That is something that juggling will help give you. Absolute master of the ball is the 1st step in soccer success. Juggling off any desired surface at will and from surface to surface at will IS master of the ball.

So juggling is something beneficial and by mastering the skill WILL greatly enhance your 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 prefers. The ball then bounces onto the floor, only once. Then the player touches with his foot again. The ball bounces again, 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:



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Foot – bounce – foot – bounce – foot – bounce – foot – bounce – etc.

50 consecutive touches complete this level.

Hint: visualize the “bottom flat” of the ball. Keeping 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 however this time the player touches the ball 3 times with his stronger foot and lets the ball bounce on the ground. Then touches once with his weaker foot and lets the ball bounce. This completes one round. So 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. 25 rounds complete this level.

Level 3 –

For those who have mastered Level 2, the player will start 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 is: hands – instep – hands – other instep – hands – thigh – hand – other thigh – hands – head – hands (one round).

25 rounds complete this level.

Level 4 –

For those who have completed Level 3, Level 4 in principle is the same exercise except this time there are three 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 – l instep – 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.



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Example: hands, instep, hands, other instep, hands, thigh, hands, other thigh, hands, head (one round); hand, 2 touches instep, hands, 2 touches other instep, hands, 2 touches thigh, hands, 2 touches other thigh, hands, 2 touches head (two rounds), three 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.

Conclusion

Congratulations! You have now mastered quality touch on the ball. With this kind of touch quality, you are probably already better than 99% of the players your age. 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.

The final piece of the puzzle is a players' confidence to actually apply what they have developed in training sessions and then games.