



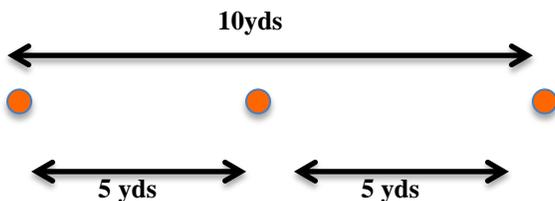
1000 Touch Workout - Part II

Set-Up

3- Cones or Markers
1- Soccer Ball

Key:

L= Left foot
R= Right Foot
IL= Inside of the left foot
RL= Inside of the right foot
OL= Outside of the left foot
OR= Outside of the right foot



Warm-Up: 5 X Each

- Figure 8's- Using the first two cones only, any part of both feet – Progress to below movements
 - o Bell Touches- Inside of both feet, back and forth
 - o Only the outside of the feet
- Bottom of the foot rolls- Facing forward, L-R-L-R-L-R- Out to the first cone then backwards. Use the soles of your feet
- Bottom of the foot rolls- Side on; Dragging the ball across your body with the sole of the left foot to the first cone and then return using the sole of the right foot

Stage 2: Stationary to Quick Feet to Large Touches

Using all three cones, start movement in a stationary position performing the move for 5 touches. Start moving forward to the second cone in-line using quick touches. Perform as fast as possible while maintaining good form and execution. Once you have reached the second cone, increase the distance of your touch after completing turn-around, and perform the same progression going back to the starting point.

- Bell Touches - Use the inside of your feet only, knocking the ball back and forth to each foot.
- Right Foot Inside-Outside- Hopping on the left foot touch the ball with small touches starting with the inside of the right foot and back with the outside of the foot. Try to get a rhythm going
- Left Foot Inside-Outside- Same as above utilizing the opposite foot



- Outside-Inside/Outside-Inside of the Opposite Foot
 - o Starts by pushing the ball away with the outside of the right foot and then bring the ball back across your body with the inside of that same foot. Continue by pushing the ball to the left with the outside of the left foot and bringing the ball back across your body with the inside of the left foot. Repeat...
- Inside of the Foot 3X- Outside of the Foot
 - o Start just like bell touches. IL-IR-IL-OR IR-IL-IR-OL Repeat five times and then start progression forward
- Inside 4X and pull
 - o Start just like bell touches IL-IR-IL-IR-Pull with sole of left foot. IR-IL-IR-IL-Pull with the sole of the right foot. Perform five times and then start progression forward
- Across the Body Roll (Closed Hips) 30X
 - o Start with the ball just to the left of your left foot. Reach across with the sole of your right foot and drag across your body and stopping with the sole of your left, dragging it back with the sole of your left foot back across your body. Perform thirty times and then start progression forward.
- Open Hip Roll 30X
 - o Start with the ball just outside your right foot. Reach out with the sole of your right foot and drag the ball across the front of your body stopping it sole of your left foot and rolling it back and forth. Perform thirty times and then start progression forward.

Stage 3: Pattern Moves- Stationary to Quick Feet to Large Touches

- Across the Body Vee 5X
 - o Start with the ball just outside your left foot with the sole of your right foot on top. Drag the ball with the sole of your right foot across your body and then push away with the outside of your right. Stop the ball with the sole of your left foot, drag back across your body and touch away with the outside of left foot. Perform five times and then start progression forward.
- Across The Body Vee Opposite Foot 5X
 - o Start with the ball just outside your right foot with the sole of your right foot rest on the top of the ball. Pull the ball across your body and touch away with the outside of your left foot. Reach and stop the ball with the sole of your left foot and drag back across, pushing away with the outside of your right foot. Perform five times and then start progression forward.



- Across the Body Vee, Inside of the Foot 5X
 - Start with the ball just outside your left foot with your sole of your left foot on top. Drag the ball back across your body and push out with the inside of your right foot. Reach out and stop the ball with the sole of your right foot and drag back across and pushing away with the inside of your left foot. Perform five times and then start progression forward.
- Cryuff 5X
 - Start with the ball just outside of your left foot with your left sole resting on top of the ball. Drag the ball back with the left sole behind your right leg and touch the ball behind the right leg with the inside of the left foot. Take one small touch away with the outside of your right foot and then stop with the sole of your right foot. Perform in reverse going the other direction. Perform five times and then start progression forward.
- Step-Over 5X
 - Start with the ball resting in front of you. Begin by stepping over the ball with your right foot planting it on the ground to the opposite side of the ball. Take a touch in the other direction with the outside of your right foot. Reverse by stepping over the ball with your left foot, planting it on the opposite side of the ball and then touching it back in the other direction with your left foot. Perform five times and then start progression forward.
- Scissors 5X
 - Start with the ball in front of you. Begin by sweeping your right foot around the front of the ball and planting your foot. Push the ball away with the outside of the left foot. Next, sweep your left foot around the front of the ball, plant and push away with the outside of the right foot. Perform five times and then start progression forward.
- Ronaldo 5X
 - Start with ball just to the right of you. Take a small touch with the outside of your right foot away from you. Reach out with the right foot and cut the ball back hard with the inside of that foot. At this moment, kick your left leg out in front so the ball rolls under your body. Take another small touch with the outside of the left foot this time and perform the same movement. Perform five times and then start progression forward.
- Outside of the Foot Cut Touch 5X
 - Start with the ball in front of you just to the left. Begin by reaching your right foot across your body and behind the ball and cut the ball back with the outside of the right foot. As the ball travels across the front of you, take a small touch with the outside of your right foot to set up the left footed cut back. Perform five times and then start progression forward.