

1,000 Touches

The holidays are over and the spring season is just around the corner. The following activity, will improve your skills and help you get ready for the season. **Note to keepers:** I strongly suggest that you spend the time to work on these activities. These will improve your foot skills and make you a more complete player.

It is imperative that we not lose sight of the most important skill of soccer. And that is TOUCH. Touch determines what happens when the ball finally gets to YOUR FOOT. You will either do something significant with the ball which will benefit the team, or you will lose possession or just put it back “up for grabs”.

And all of the systems in the world, and all of the runs and effort off the ball, and team shape, and balance, and set plays and restarts, etc., are of little consequence if we lose control the ball on the 1st touch - or directly thereafter.

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

It's kind of like playing an instrument. You go to lessons 1 or 2 times a week. But you do not just take out your instrument and practice at lessons in front of your instructor. You work at home each day to learn the assigned music.

This is very much the same thing. These touches on the ball are your “notes”. These moves are your “scales”. Those are the things you work on at home. The set plays, and team systems and playing with each other are the actual “songs & scores” and matches are the “stage performances” of this beautiful game. And that is the fun part. But it does not happen without each player doing their part... at home... each day.

I can help make you a top notch soccer player. But only if you choose to learn how.

1000 TOUCH WARM-UP. The foot work activity here is designed to give you about 1,000 touches in seven minutes. And I know 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 exercise and training preparation. Ideally, on practice days and match days, I 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.

1000 TOUCH WORKOUT. The full workout takes about 25 minutes. It starts with the 1000 Touches Warm-up and then continues on as described below. You should try to utilize this workout only 1-2 times a week and use the other days put variety into your personal training and/or focus on specialized skills you wish to improve.

1000 TOUCH WARM-UP

Descriptions of moves are listed below

SEVEN MINUTE DRILL

2 Rolls (4 each foot)

- 1) Inside Roll
- 2) Outside roll

3 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

4 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

5 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) Steptover Turn

6 Change of direction with fakes, 3 touches between turns (4 times each foot)

- 1) Hip Swivel
- 2) Mathews
- 3) Cap
- 4) Steptover
- 5) Scissors
- 6) Rivolino

Complete daily

This short warm-up is almost 1,000 touches on the ball.

THE FULL WORKOUT.

To continue with the full **1000 TOUCH WORKOUT**, Spend another ten 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.

Spend ten minutes juggling the ball trying to get 100 consecutive juggles.

Do 50 to 100 situps, then stretch.

Try to do complete workout every day. This workout can be done anywhere that there is little danger of breaking things, for instance in a basement, playroom or outside.

Total time for complete workout about 25 minutes. I suggest that you run at least 3 days a week in addition to this workout.

Remember, there is now way you will significantly improve your skills and abilities without putting time on the ball. It cannot and will not happen with only 2 team practices a week. I can teach you and show you HOW to improve, but only you can actually put in the effort TO improve. The choice is yours. Dedication will yield the results.

Descriptions of all moves listed above are on following page:

1000 Touches Warm-up

Descriptions of moves

Below are descriptions of many of the Coerver moves gleaned from far too many hours watching tapes (Coerver, Busch series and Skills for the 90's) I've used names for them mostly in order to keep them straight in my head, but many players use the same names too.

For any player with plans and ambition of eventually moving to high school and select level soccer, these moves are very important to know. In most cases, players will eventually gravitate toward just one move during matches. That is the player who usually gets away with it only one time. You should MASTER at least 3 different moves (on both the left AND right foot). Just that ability will probably put you in the upper echelon of players. Of course, the more moves beyond 3 that you master, the more dangerous you will be to opponents because they will not know how to defend you.

FAST FOOTWORK

1 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.

2 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.

3 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.

4 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.

5 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.

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

7 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.

8 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.

9 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.

10 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.

11 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.

12 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.

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

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

From my buddy, Jeff Hooker:

1 2

3 4

The ball is in the middle of this imaginary square. The numbers are for feet positions, so think of the square (I know it looks like a rectangle) as having sides about shoulder width apart. The feet are in positions 3 (lf) and 4(rf). Ball is in middle area. RF steps over the ball to position 1. Player pivots on right foot toward position 2. Left foot lands on position 2. Player is now standing on 1 (rf) and 2(lf), facing 3 and 4. After they have this part figured out, have them carry the ball away with the left foot instead on stopping on position 2.

15 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.

16 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.

17 360 -- 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.

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

19) Foundation (Bell)

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.

MOVES TO BEAT AN OPPONENT

- 1 Hip Swivel** -- Fake with inside of one foot by swivelling hips toward ball, then reverse direction and take the ball with the inside of the other foot.
- 2 Mathews** -- Fake with inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of same foot. (explode)
- 3 Cap** -- Cut ball with inside of foot slightly backward and take ball ahead with the inside of the opposite foot.
- 4 Steptover** -- With ball moving, steptover ball so ball is outside of steptover foot, turn and take the ball with the other foot.
- 5 Scissors over ball** -- Step behind ball as if preparing to take it with the outside of one foot, then step over the ball and take it with the outside of the other foot.
- 6 Rivolino** -- Same as steptover, but take the ball with outside of steptover foot.
- 7 Vee** -- Fake pass with instep (across body), pull ball back with sole and take in opposite direction with the inside of the same foot.
- 8 Cruyff** -- Fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.
- 9 Inside of foot cut** -- Cut the ball across body with inside of foot while simultaneously stepping over it and take with outside of opposite foot.
- 10 3/4 Inside of foot turn** -- Cut ball back with inside of foot, continue turning 3/4 of the way around and take the ball with the inside of the same foot
- 11 3/4 Outside of foot turn** -- Cut ball back with outside of foot, continue turning 3/4 of the way around and take the ball with the outside of the same foot
- 12 Scissors behind ball** -- Step behind ball as if preparing to take it with outside of one foot, fake, then take it with the outside of the opposite foot. (easy to learn)
- 13 Scissors in front of ball** -- Step behind ball as if preparing to take it with outside of one foot, then step around front of ball and take it with outside of the other foot.
- 14 Double Scissors** -- Push ball forward, make alternate scissors steps and take with outside of first foot. (ineffective close to opponent)
- 15 Reverse Mathews** -- Fake with outside of one foot, step behind and take with outside of

opposite foot. (also called body swerve or Touch 'n go)

16 Steptover - Scissors -- Ball rolling. Steptover followed by scissors with same foot and take with outside of other foot.

17 Front Roll -- While moving forward, pull ball across body with sole and take with outside of opposite foot.

18 Scotch -- With ball moving, step over and ahead of ball; tap the ball forward with the opposite foot behind the steptover foot. Explode.