



1000-Touch Program

Overview:

The footwork activity is designed to give your child around 1000 touches. This should be done daily as a regular activity at home. Each move has an explanation on how to perform, having your child research YouTube or other streaming sites will also help.

- **Toe Taps** (50 touches)
- **Basic Rolls** (10 each foot)
 - **Inside Roll:** *Roll the ball across your body from outside to inside with the inside and the sole of the foot.*
 - **Outside Roll:** *Roll the ball across your body from inside to outside with the outside and sole of the foot.*
- **Bell Touches** (50 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 always. Move the ball forward and backward. Be sure you are stepping up and down; not sideways.*
- **Foundation Skills** (10 each foot)
 - **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.*
 - **Vee:** *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 your body with sole of left foot.*
- **Pull-back Skills** (Do sequence with one foot then switch, 4 times each foot)
 - **Pull, Instep Push:** *Push ball forward and pull it back with the sole, then tap ball forward with the instep of the same foot*
 - **Pull, 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.*
- **Turns** (from moderate speed turn 180 degrees and explode/accelerate with 3 touches then bring it back down to moderate pace for the next turn, 4 times each foot)

- **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.
- **Stepover 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.
- **Step-on Shield & 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.

- **Take-on Moves** (Explode/accelerate after the move with 3 touches then bring it back down to moderate pace for the next move, 4 times each foot)

Focus on how you can;

1. Changed of speed/change of direction
2. Lure the defender in, sell the move
3. 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:** 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.
 - **Body Swerve (Scissor behind the ball):** Fake with outside of one foot, step behind and take with outside of opposite foot. Accelerate to space.
 - **Scissor & Double Scissor:** 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.*

Additional Ball Work

- **Ball & Wall:** *Passing against a wall, using 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.*
- **Pattern Dribbling:** (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: 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*
- **Juggling:** *Try to get 100 consecutive juggles or if you are not yet proficient enough a juggler, work the Touch Ladder.*
- **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: 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 always returning it to his hands after each touch. The sequence is: hands – instep – hands – other instep – hands – thigh – hand – other thigh – 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. 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 (one round). 25 consecutive rounds complete this level
- **Level 5** – Excellence: The same sequence that was started in Level 4 but this time we increase the number of touches for each round.