

Guelph Soccer Fanatics - 1,000 Touches

The following activity, will improve your skills and help you get ready for the season.

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.

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

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.

Guelph Soccer Fanatics - 1000 TOUCH Warm-Up

WARMUP - Tick-Tock (50)

TWO Rolls (4 each foot)

- 1) Inside Roll
- 2) Outside roll

THREE Foundation Moves (4 each foot, alternating feet 3 touches between moves)

- 3) Side to Side Push-Pull
- 4) Side to Side Step-On
- 5) Side to Side Front Roll

FOUR Pull Back & Go Moves (Sequence with one foot then switch -4 times each foot)

- 6) Pull, Instep Push
- 7) Pull a Vee
- 8) Pull & Take with Outside of foot
- 9) Pull & Roll Behind

FIVE Turns: Travel 3m t turn 180 degrees use 3 touches between turns -4 times each foot

- 10) Pull Turn
- 11) Inside of foot turn
- 12) Outside of foot turn
- 13) Cruyff
- 14) Steptover Turn

SIX Change of Direction with fakes, 3 touches between turns (4 times each foot)

- 15) Hip Swivel
- 16) Mathews
- 17) Cap
- 18) Steptover
- 19) Scissors
- 20) Rivolino

21) **WALL PASSES** –inside, outside, laces, Left, Right

22) **JUGGLING**

Descriptions of Moves

Tick Tock – 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.

- 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.
 - 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) Stepmover Turn** -- Push ball forward, step over ball with one foot, turn toward ball and take it in the opposite direction.
- From 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) 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.
 - 16) 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)
 - 17) Cap** -- Cut ball with inside of foot slightly backward and take ball ahead with the inside of the opposite foot.
 - 18) Stepmover** -- With ball moving, stepover ball so ball is outside of stepover foot, turn and take the ball with the other foot.
 - 19) 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.
 - 20) Rivolino** -- Same as stepover, but take the ball with outside of stepover foot.
 - 21) Wall Passes** -- stand ~1 m away from a wall, pass to the wall and “one touch it back”- use various surfaces (inside, outside, laces) and BOTH feet, try for as many consecutive touches as possible.
 - 21) Juggling** -