



AURORA ARSENAL SOCCER CLUB

1000 TOUCH WORKOUT

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 ... TOUCH. Touch determines what happens when the ball finally gets to you, and you have an opportunity to make a play.

The other important thing about TOUCH is that players can develop this skill and ability on their own away from team practice ...that's what we'd like to encourage YOU to do. The more proficient your first touch becomes, the easier it will be to 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.

Your goal should be to MASTER at least 3 different moves. And I mean MASTER. That means on both the left AND right foot, or in both directions. It means at game speed, and as a reflex – without having to think to yourself "ok, I want to do such & such move now, so the 1st step is"...etc. It also means, including the exploding acceleration into the space you just created for yourself every time you use (or even practice) the move. Of course, the more moves beyond 3 you are able to master, the more dangerous you will be to opponents because they will not know how to defend you. There are over 20 skills, feints, turns, and moves in this basic warm-up for you to learn. Just imagine how deadly a player you can become when you've mastered them all!

The footwork activity in the **1000 TOUCH WORKOUT** is designed to give you about 1000 touches in a short period of time (7-10 minutes). 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 your exercise and training preparation. Ideally, on training and match days, it would be great 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 7 Minute Warm-up"

1) 50 BALL TAPS

2) BASIC ROLLS

- Inside Roll (10 with each foot)
- Outside roll (10 with each foot)

3) BELL TOUCHES (50 touches)

4) FOUNDATION SKILLS (10 each)

- Inside-Outside

- Triangles
- Vee

5) PULL-BACK SKILLS (Do the sequence with both feet. Repeat 4 times with each foot.)

- Pull, Instep Push
- Pull a Vee
- Pull & Take with Outside of Foot
- Pull & Roll Behind

6) 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. Repeat 4 times with each foot.)

- Pull Turn
- Drag-Back
- Inside Chop
- Outside-Cut
- Cruyff
- Stepmover Turn
- Step-On Shield & Turn

7) TAKE-ON MOVES (Explode/accelerate after the move for 3 touches. Then bring it back down to moderate pace for the next move. Repeat 4 times with each foot.)

- Hip Swivel
- Roll-Touch
- Roll-Push
- Inside-Outside (Matthews)
- Stepmover
- Rivolino
- Body Swerve (Scissor Behind the ball)
- Scissor
- Double Scissor
- Ba-Dink (Cap)

It is recommended that this warm-up be done 6 days a week (6000 touches/week). See "Fast Footwork" elsewhere on the AASC web site for a description of these soccer moves.

1000 TOUCH WORKOUT

The 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 (explained on the next page).

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-OR
- IR-OL-IL-IR-IL-OR - IR-OL-IL-IR-IL-OR - IR-OL-IL-IR-IL-OR
- IR-OL-IL-stepover-OL-IL-OR-IR-stepover-OR - IR-OL-ILstepover-OL-IL-OR-IR-stepover-OR

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

RUNNING, SPRINTING & SLOWING WITH THE BALL

Accelerate and 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 you pace - explode or come to a dead stop with the ball under full control - is as important as any take-on move you can ever 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 moderate pace all the while not breaking stride. 10-15 minutes.

THE TOUCH LADDER

5 Steps To Mastering Touch On The Ball

This is a progressive 5 step system of developing your juggling skills. It's important that you understand that juggling by itself is not a soccer skill. You don't see the pro's juggling the ball up and down the field during matches. However, what you DO see is spectacular 1st touches by most professional players, and that is something that juggling will help give you. Absolute mastery of the ball is the 1st step in soccer success, and being able to juggle using any desired surface, and from surface to surface at will, IS mastery of the ball. So juggling is something beneficial and to master the skill WILL greatly enhance your game.

Here's a straight-forward 5 step system to get there.

LEVEL 1 - Beginner

(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, then the ball bounces, 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**

50 consecutive touches completes this level.

Hint: visualize the "bottom flat" of the ball. Keep your foot straight, with the toes pointing downward so that the foot presents a flat surface and strikes the ball cleanly. Strike the flat level surface of your foot precisely to the "bottom flat" of the ball).

LEVEL 2 - Novice

(For those who have completed Level 1). This exercise is very similar to the previous one but this time the player touches the ball 3 times with his stronger foot and lets the ball bounce on the ground and then touches once with his weaker foot and lets the ball bounce (this completes one round). So that 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)

25 consecutive rounds completes this level.

LEVEL 3 - Intermediate

(For those who have mastered Level 2). The player starts 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 then is:

• **Hands - instep - hands - other instep - hands - thigh - hands - other thigh - hands - head - hands** (one round)

25 consecutive rounds completes this level.

LEVEL 4 - Advanced

(For those who have mastered Level 3). In principle, the exercise is the same as the one in Level 3 except this time there are 3 touches with the stronger foot, one with the weaker, 3 with each thigh and 2 with the head. The sequence then is:

• **Hands - right instep - right instep - right instep - hands - left instep - hands - right thigh - right thigh - right thigh - hands - left thigh - left thigh - left 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. The sequence then is:

• **Hands, instep, hands, other instep, hands, thigh, hands, other thigh, hands, head** (one round);

• **Hands, 2 touches with the instep, hands, 2 touches with the other instep, hands, 2 touches with thigh, hands, 2 touches with other thigh, hands, 2 touches with head** (2 rounds);

• **Progress to 3 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.

Congratulations! You're now well on your way to mastering quality touches on the ball! With this kind of touch quality, you'll be better than 99% of players your age. With this kind of touch quality, there's no other soccer skill you can't learn. You've laid the foundation for every dribbling move, every kind of shot and pass, and every collection method this sport has to offer.