

Barnabas

Soccer Schools

- Encourage, Motivate, Inspire -

1000 Touch Challenge

Time yourself, how quickly can you complete this challenge?

Make sure the technique is correct though.

1. Sole taps x 50
2. Rotating sole taps x 50
3. Forwards/Backwards sole taps x 50
4. Inside taps x 50
5. Rotating inside taps x 50
6. 4 x inside taps + Quarter Turn Dragback - 4 times
7. Drag push (alternate feet) x 40
8. Drag & Heel x 40
9. Forward Roll, Backward Roll, Outside Roll, (foot stays on ball all the time) Flick
Inside to other foot x 20
10. Outside right , Outside right , drag across body with sole of right and repeat with
left x 20
11. Outside right , Outside right , Stop, Step over and repeat with left x 20
12. Inside, Outside (Right foot only) x 50
13. Inside, Outside (left foot only) x 50

14. Outside right, inside right, outside left, inside left x 50
15. Lace right, Lace right, Drag-Back and turn, then repeat with left foot. x 15
16. Lace right, Lace right, Inside Cut with right and then repeat with left foot. x 15
17. Lace right , Lace right , Outside Cut with right then repeat with left x 15
18. Lace right , Lace right , Stop & Step over, then repeat with left foot. x 10