

Barnabas

Soccer Schools

- Encourage, Motivate, Inspire -

Practice at Home

15 Minute Daily Touch Workout

Ball Mastery

1. Sole taps x 50
2. Inside rolls x 10 with each foot (start with sole on ball and roll to inside of foot then back to sole: do not take foot off the ball)
3. Outside rolls x 10 with each foot (start with sole on ball and roll to outside of foot then back to sole: do not take foot off the ball)
4. Inside - outside x 10 with each foot
5. Sole - sole across the body x 50
6. Pull - push (drag back with sole, play with inside of same foot, then change feet) x 30
7. Outside taps: (push ball with outside of left foot, then with outside of right foot.) x 20
8. Pull - Push V: (drag ball back with sole, play forward with outside of foot, repeat on other foot) x 30

Turns

1. Inside cut x 4 with each foot (Push ball forward, stretch and with inside of foot, stop the ball and turn, shield the ball with your body as you go in opposite direction)
2. Outside cut x 4 with each foot (Push ball forward, stretch and with outside of foot, stop the ball and turn, shield the ball with your body as you go in opposite direction)
3. Chop x 4 with each foot (push ball behind the standing leg with the inside of the foot, turn and go in opposite direction)
4. Drag back x 4 with each foot (stop ball with sole, drag it behind you, turn and go in other direction.

Moves : dribble about 3 - 5 touches then perform move.

1. Step over x 10 with each foot

2. Double step over x 10
3. Double scissors x 10
4. Triangle x 10