



1,000 Touches Drill

Player will complete 25 touches 3 times for each drill

Right Toe Touch – Player places foot on top of ball and hops (touches toe to ball)

Left Toe Touch – Player places foot on top of ball and hops (touches toe to ball)

Combination Toe Touch - Player places foot on top of ball and hops (touches toe to ball) alternating feet L-R-L-R

Bells – Player taps ball with the inside of shoe, ball goes between your ankles L-R-L-R this is a back-and-forth motion not a figure 8. If the player masters this, then they can do Bells forward and backward.

Right Forward Roll – Player's foot is on top of ball, and they are moving forward, basically walking the ball forward with their foot on top of the ball

Left Forward Roll – Player's foot is on top of ball, and they are moving forward, basically walking the ball forward with their foot on top of the ball

Combo Forward Roll – Player's foot is on top of ball, and they are moving forward alternating feet, walking the ball forward with their foot on top of the ball

Right Side Rolls – Player places foot on top of ball and they roll the ball sideways with the foot always on the top of the ball not the side of the ball

Left Side Rolls - Player places foot on top of ball and they roll the ball sideways with the foot always on the top of the ball not the side of the ball

Combination Side Rolls - Player places foot on top of ball and they roll the ball sideways with the foot always on the top of the ball not the side of the ball, alternating feet L-R-L-R

Dribbling Right Forward - Player dribbles 25 times forward controlling the ball, the next 25 is a speed dribble and the last 25 control dribble again. The key is the player is in control of the ball.

Dribbling Left Forward - Player dribbles 25 times forward controlling the ball, the next 25 is a speed dribble and the last 25 control dribble again. The key is the player is in control of the ball.

Dribbling Forward Combination - Player dribbles 25 times forward controlling the ball, the next 25 is a speed dribble and the last 25 control dribble again. The key is the player is in control of the ball. This time alternating between feet L-R-L-R

Toss Back Shooting – Player will only complete 25 of these. Player is sitting on the ground, toes pointed down, knees locked. Player will toss ball to right foot and kick it back up to their hand, then toss ball to left foot and kick it back up to their hand. This drill is weather permitting, if the ground is wet its coaches discretion.

1,000 Touches Completed