ISC 100,000 Touch Challenge - Advanced

Skill Exercises Silver		Date	Date	Date	Date	Date
Inside-Inside-50						
Toe Taps-50						
*Ankle Dribbles-50						
*Matthews Inside-Out-50						
*Pull-back and Go-50						
*Pull-back-V-50						
*Pull-back behind standing leg - 50						
*Hoop Turns -50						
*Step-over Freestyle-50						
*Scissor Touch and Go-50						
	TOTAL					

Skill Exercises Gold		Date	Date	Date	Date	Date
Inside-Inside front back-50						
*Brazilian Toe Taps-50						
*Inside roll-Outside cuts-50						
*Rollie Step-over-50						
*Ronaldo Chops-50						
*Cruyff Turns-50						
*Elastico -50						
*Maradona/Zidane-50						
*Step-over Outside Cut/Turn -50						
*Scissor and go freestyle-50						
	TOTAL					

Videos/youtubes of moves, go to:
tinyurl.com/iscskillz

* Alternate Feet Updated April 2017

Players should do two laces dribble between each move and switch feet. Eye-pop on the dribble.

5 Minute Rollies (sets)
Front-Back-Rt - 30
Front-Back-Lt - 30
Inside-Outside-Rt - 30
Inside-Outside-Lt - 30
Front-Back-Inside-Outside-Switch - 15
Outside-Inside-Outside-Switch - 15
Inside-Inside-Inside-Switch - 15
Pull-back-flip up-juggle-Switch - 15
Pull-back-behind leg-Switch - 15
Pull-back-instep-Switch - 15
Hoop Turn-1 touch-Switch - 15

Date	Time	Date	Time
	C 15		

Count each rep for 30-count moves. Count for each switch-of-foot as a rep for 15-count moves. Each completed 5 min. Rollie Set is 365 touches

Juggling (Type)	Date	Reps/Hi	Date	Reps/Hi
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		+		
		+		
		1		
Types are Strong Foot, Weak Foot, or Combo;	can also try sn	nall-ball, ten	nis ball, c	or seated
Wall or Partner Strikes (Type)	Date	Reps	Date	Reps
Types are 3-touch 2-touch or 1 touch				
Types are 3-touch, 2-touch, or 1-touch				
		Name:		
Types are 3-touch, 2-touch, or 1-touch Total Moves: Total Rollies:		Name: Parent (re	equired):	
Total Moves:				