

## 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](http://tinyurl.com/iscskillz)**

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

*\* Alternate Feet*

*Updated April 2017*

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

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

