

ISC 100,000 Touch Challenge - Beginner

Skill Exercises Basic	Date	Date	Date	Date	Date
Inside-Inside-50					
Toe Taps-50					
*Ankle Dribbles-50					
*Inside Cut/Chop (strike-fake)-50					
*Outside Cut (shoulder fake)-50					
*Toe-stop-and-Go-50					
*Hoop Turn -50					
*Basic Scissors-50					
*Front-back Rollie -50 (switch feet after 25)					
*Left-Right Rollie -50 (switch feet after 25)					
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.

Juggling (Type)	Date	Reps/Hi	Date	Reps/Hi

*We recommend juggle-catches and using a juggle string or tether when starting out.
Types are Strong Foot, Weak Foot, or Combo; can also try small-ball, tennis ball, seated.*

Wall or Partner Strikes (Type)	Date	Reps	Date	Reps

Types are 3-touch, 2-touch.

Total Moves: _____
Total Juggles: _____
Total Strikes (3, 2, 1): _____

Name: _____
Parent (required): _____
Date Turned in: _____
Total Touches: _____