

## ISC 100,000 Touch Challenge - Intermediate

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					

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					

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 May 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

For 30-Rollie moves, count each rep; for 15-moves, each switch of foot is a rep

Each completed 5 min. Rollie Set is 365 touches

