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

* Alternate Feet Updated May 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
. of foot :			

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

Juggling (Type)	Date	Reps/Hi	Date	Reps/Hi
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We recommend jugale-catches and			<u> </u>	

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, or 1-touch	-	-	•	-	
Total Moves:		Name:			
Total Rollies:		Parent (required):			
Total Juggles:		Date Turned in:			
Total Strikes (3, 2, 1):		Total To	uches:		