

# ISC 100,000 Touch Challenge - Intermediate

A  
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Skill Exercises Basic	Date	Date	Date	Date	Date
Inside-Inside-50	3/27	3/31	4/2	4/4	4/7
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	500	500	500	500	500

C, → Rollie stop-over

B  
↓  
2,500

Skill Exercises Silver	Date	Date	Date	Date	Date
Inside-Inside-50	3/29	3/31	4/2	4/6	4/9
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	500	500	500	500	500

2,500

Videos/youtubes of moves, go to:

[beemsville.wordpress.com/about/soccer-skill-moves](http://beemsville.wordpress.com/about/soccer-skill-moves)

\* Alternate Feet

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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

D  
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Date	Time	Date	Time
3/28	6:02	3/31	5:55
4/1	5:57	4/2	5:54
4/3	5:50	4/4	5:52
4/6	5:45	4/9	5:50

8

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

Blue/Black = Player  
Red = Coach



## SAMPLE CHALLENGE SHEET

This sample Challenge Sheet (Intermediate) provides an example of how to fill out sheets and record progress for the 100,000 Club challenge. The player's entries are in blue/black, and the coach's annotations are in red. Please look at the call-out letters for more notes on the process.

- A) The player records the date for each set of skill exercise complete. As there are 10 moves in each set, and 50 repetitions per move, a complete set is 500 skill moves. Note that on some dates, the player completed a set of Basic moves *and* a set of Silver moves.
- B) The coach has totaled up the total number of skill moves/exercises.
- C) Before the player began, the coach replaced two moves from the sheet with two other moves as a point of emphasis. Coaches/trainers may elect to do this.
- D) For sets of 5-Minute Rollies, the player recorded the date and the time required to complete all the rollie moves. Times will improve! The coach recorded the total number of Rollie sets completed (8)
- E) For juggling, the player recorded how many juggles (100 for the first Weak Foot set) and their high score (12 for Weak Foot). You can see the player used both columns for the more common juggling.
- F) For Wall/Partner Stikes, the player recorded the date and number of reps for the various types of striking (not the number of touches). Again, the player used both columns to save space.
- G) In the margins, the coach has totaled up the various type of strikes to help calculate totals.
- H) **VERY IMPORTANT** – the player's name, a parent's signature and a date turned in!
- I) The coach has totaled up all the repetitions for the various exercises from the margins and converted to number of touches. As you can see, the most touches come from the Skill Exercise/Moves.
- J) This player got nearly 24,000 touches from this sheet over a (simulated) period of a couple of weeks. That's some good work... The coach will record this in his spreadsheet and let the player know their running total.