ISC 100,000 Touch Challenge - Intermediate

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					V
*Inside Cut/Chop (strike-fake)-50					V
*Outside Cut (shoulder fake)-50				DOM:	
*Toe-stop-and-Go-50				A Company	V
*Hoop Turn -50				No.	V
*Basic Scissors-50 CHANGE THE				OF THE PARTY OF TH	V
*Front-back Rollie -50 (switch feet after 25)	Table 1			P. Dave to page	V.
*Left-Right Rollie -50 (switch feet after 25)	\			Silvengon	
2) Rollie Steamer TOTAL	L 500	500	500	500	500

	By
(2	,500)

Skill Exercises Silver	Date	Date	Date	Date	Date
Inside-Inside-50	3/20	7 3/31	4/2	4/6	4/9
Toe Taps-50		1		The state of the s	- J.
*Ankle Dribbles-50					
*Matthews Inside-Out-50					V
*Pull-back and Go-50		-		10 P. C.	V
*Pull-back-V-50				The Assessment of the Assessme	V.
*Pull-back behind standing leg - 50	and the second	Marie San Carlos			V
*Hoop Turns -50	N. P. Carlot	and the second s		And the same	1/
*Step-over Freestyle-50		e de la companie de l	To the state of th	- Control of the Cont	1/
*Scissor Touch and Go-50					
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Videos/youtubes of moves, go to:

beemsville.wordpress.com/about/soccer-skill-moves

* Alternate Feet Updated April 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-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	
Ear 20 Pollie moves, count agal years for 15 may	

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	5150
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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	
Weak Foot	3/27	100/12	4/1	200/13	_
Strong Foot	3/27	100/15	4/1	200/17	_ ^
Combo	3/27	150/20	4/1	309/22	- 1
Tennis Ball Combo	3/28	100/10			- 1
Sented Wenk foot	3/31	50/7			-
Souted Strong Foot	3/31	50/9			_ (
Wenk Foot	4/4	150/15	4/6	200/15	_3
Stram Foot	4/4	100/20	4/6	20/22	
Campo	4/4	200/23	4/6		- 1
Small Ball weak	4/7	100/9			_
Small Ball Combo	4/7	200/13			_
			 		

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
3-Touch	3/29	100	3/31	100
2- Touch	3/29	200	3/31	200
1-Touch	3/29	100	3/31	100
Shots on Goal - 1 Touch	4/9	200	414	200
2-Touch	4/1	200	414	200
3- Touch	4/4	100		
1-touch	4/4	100		
Connar Kichs - 1 Touch	4/6	50		
Corners-Finishing- 2 Touch	4/6	50		
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Tv	nes ai	re 3-to	nuch	2-touch,	or l	l-touch
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Total Moves: 5,000 1.

Total Rollies: 8,365 = 1,920

Total Juggles: 2,600

Total Strikes (3, 2, 1): $33\omega = 900$ 2.890 = 1700

1:750 = 750

	-	-11.11
Name:).	SKIIZ

Parent (required): Par Spills

Date Turned in: 4/10/17

Total Touches: 23,870

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G.

200

400

100

50 50

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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 <u>date</u> 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 <u>date</u> and the <u>time required</u> to complete all the rollie moves. Times will improve! The coach recorded the total number of Rolllie sets completed (8)
- E) For juggling, the player recorded <u>how many</u> juggles (100 for the first Weak Foot set) and their <u>high score</u> (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 <u>date</u> and <u>number of reps</u> 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!
- 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 <u>24,000 touches</u> 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.