

## COACH COLE'S 1000 TOUCH PLAN

**1000 touches per day, 7000 touches per week, 30,000 touches per month**  
**25-30 minute session**

**Pendulums:** **100 touches**  
50 stationary, 50 moving

**Toe Touches:** **100 touches**

**Soles Only:** **100 touches**  
50 sole rolls moving  
50 toe touches moving all directions

*30 second rest/water break*

**Inside Outside Zig Zag:** **200 touches**  
2x50 touches left foot  
2x50 touches right foot

**Pull Push:** **50 repetitions**  
25 repetitions left  
25 repetitions right

**Pull Cruyff:** **50 repetitions**  
25 repetitions left  
25 repetitions right

*30 second rest/water break*

**Inside Chop Turn:** **25 repetitions moving** (Use both feet!)

**Outside Chop Turn:** **25 repetitions moving** (Use both feet!)

**Cruyff Turn:** **25 repetitions moving** (Use both feet!)

**Sole Turn:** **25 repetitions moving** (Use both feet!)

*30 second rest/water break*

**Pull Push Outside Foot:** **100 repetitions**  
2x50 alternating between left and right feet

**Pull Push Inside Foot:** **100 repetitions**  
2x50 alternating between left and right feet

**Inside/Outside Shuffle:** **100 repetitions**  
2x50 alternating between left and right