



# Rec Soccer Home Workouts: Tuesday Touches

Category: Technical: Ball Control  
Skill: U12

Pro-Club: Loudoun Soccer Club  
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## Description

### Patterns and Rhythms (10 mins)

**Objective: touches on ball in 6'x6' box**

**Duration:**

**Description (rules, number of players, grid size, etc.):**

\* perform each pattern for 30 seconds. Rest 30 seconds after each group.

Group 1 (each pattern is 30 seconds)

- \* Soccer box
- \* Toe taps
- \* Around the world – clockwise
- \* Around the world – counter clockwise

Group 2:

\* Sole Rolls: roll the ball back and forth to each foot, using the sole of the foot

\* Around the Clock (see picture): start in center of square, use sole of foot to dribble up and back, then to top right cone and back, then to side and back, then to back right cone and back, then back center and back, then back left cone and back, then left and back, then top left cone and back

Group 3:

Fast Feet (dominant foot): outside/inside touch

Fast Feet (weak foot)

Fast Feet (both feet)

Pull Pop (alternate feet)

Group 4:

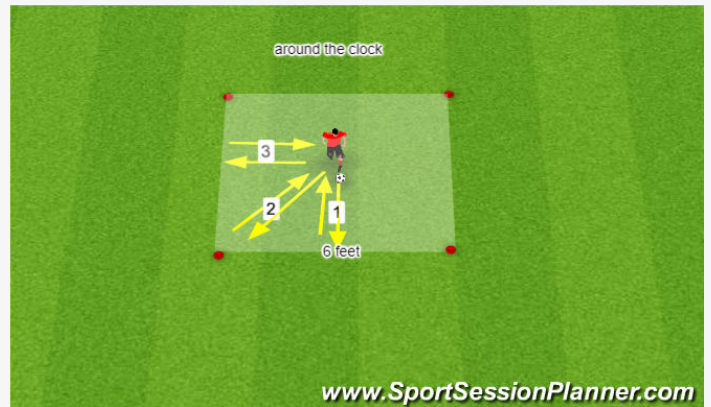
Triangles (pull ball back with dominant foot, push ball across body with inside of same foot, push ball forward with inside of opposite foot, repeat) Puskas (alternate feet)

V Pull (alternating feet)

L Pull (alternating feet)

**Key Points:**

- \* clean technique, even when fatigued
- \* full rest in between each group



### Dribble Shalom (10 mins)

**Objective: technical touches at speed**

**Duration: 10**

**Description (rules, number of players, grid size, etc.):**

- \* set 5-6 cones/markers, each about 2 feet apart
- \* dribble through cones under each condition, then turn and dribble back to the start at speed
- \* conditions/patterns:
  - right foot only
  - left foot only
  - soccer box
  - soles of feet
  - fast feet
- \* 5 times each pattern, 30 seconds rest in between each pattern



**Key Points:**

- \* tight touches

- \* body low and springy
- \* dribbling back at speed - point foot downward, use pinky toe to pop ball forward in stride

## Dribble Snake (10 mins)

**Objective: technical touches at speed**

**Duration:**

**Description (rules, number of players, grid size, etc.):**

Dribble to opposite cone in snake-like shape/pattern. If space is unavailable: set up a smaller snake, and increase the reps.

Dribble at speed back to start at end of pattern

Each Round = 5 times

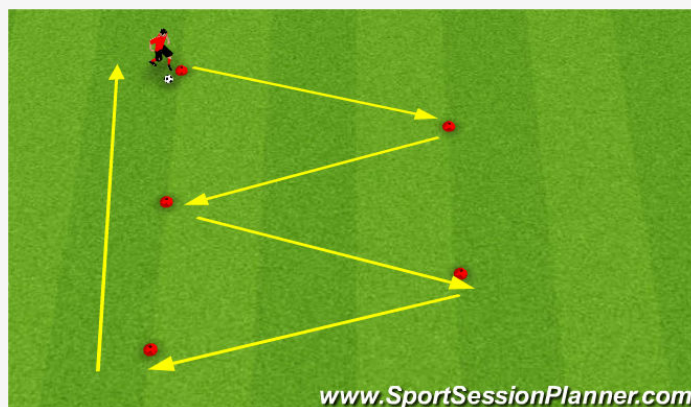
Round 1: no restriction

Round 2: perform L Pull at each cone (left, right, left, right)

Round 3: perform V Pull at each cone (open hips toward next cone to dribble to)

**Key Points:**

- \* tight touches
- \* sell fake at each cone - put whole body into move
- \* dribble home at speed - point foot down, use pinky toe to pop or push ball forward



## Juggle Challenge (15 mins)

**Objective: improve touches and control**

**Duration: 15 minutes**

**Description (rules, number of players, grid size, etc.):**

Challenge 1 - Level 1: ball starts in hand, juggle with one thigh, then with opposite foot, then catch the ball. Repeat with the opposite thigh/foot combination

Challenge 1 - Level 2: ball starts in hand, juggle with one thigh, then with opposite foot, then thigh, then opposite foot, then catch (example: left thigh, right foot, right thigh, left foot, catch)

Challenge 2 - Mini Ball juggle: use a small ball (e.g. tennis ball, mini soccer ball) and practice juggling for 5 minutes

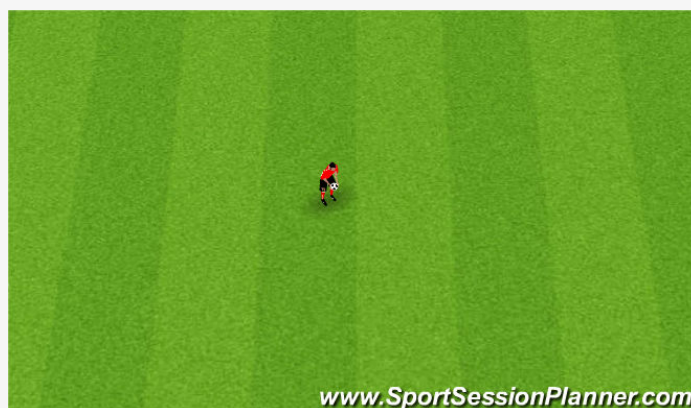
Challenge 3: 11 juggle surfaces: use as many surfaces as possible to keep ball in air. Record how many different surfaces used, then try to break that record. 5 minutes

Surfaces:

- top of each foot (2 surfaces)
- inside of each foot
- outside of each foot
- left thigh
- right thigh
- left shoulder
- right shoulder
- chest

**Key Points:**

- \* positive self-talk - this will be a challenge but we love challenges!



## Daily Juggles (10 mins)

**Objective: improve touches and control**

**Duration: 10 minutes**

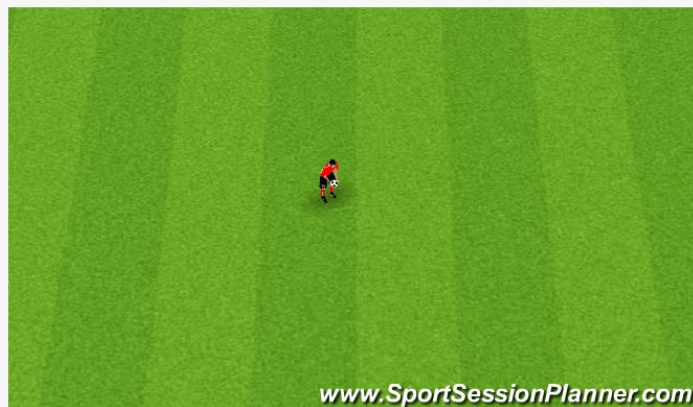
**Description (rules, number of players, grid size, etc.):**

5 attempts at consecutive (in a row) juggles. Record your highest score

1 attempt of speed juggling: 5 minutes, total juggles counted

**Key Points:**

- \* juggling should be primarily with feet
- \* start from ground when possible; otherwise start from your hand
- \* use of both feet - alternate feet when juggling to improve control and score
- \* speed juggling: urgency in play



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