

1000 TOUCHES CHART		WEEK ONE			WEEK TWO			WEEK THREE		
ACTION	GOAL REPS	MON	WED	FRI	MON	WED	FRI	MON	WED	FRI
JUGGLING COMFORT										
RIGHT FOOT JUGGLE	50									
LEFT FOOT JUGGLE	50									
ALTERNATING FOOT JUGGLE	100									
ALTERNATING THIGH JUGGLE	50									
HEAD JUGGLES (U11 AND OLDER)	20									
LOW-HIGH RIGHT FT	10									
LOW-HIGH LEFT FT	10									
INSIDE FOOT JUGGLE RIGHTT	25									
INSIDE FOOT JUGGLE LEFT	25									
BONUS-OUTSIDE FOOT JUGGLES RIGHT	10									
BONUS-OUTSIDE FOOT JUGGLES LEFT	10									
CHEST CONTROL JUGGLE BOTH FT	20									
INSIDE DIRECTIONAL TOUCH ALT FT	20									
OUTSIDE DIRECTIONAL TOUCH ALT FT	20									
LACES VERTICAL TOUCH ALT FT	20									
BALL CONTROL-DRIBBLING										
FOUNDATIONS-INSIDE TOUCHES	50									
FOUNDATIONS-SOLE TOUCHES	50									
INSIDE/OUTSIDE TOUCH ALT FT	40									
SOLE ROLLS ALT FT	20									
CRUYFF TURNS ALT FT	20									
INSIDE CUTS ALT FT	20									
OUTSIDE CUTS ALT FT	20									
BONUS MOVE-L DRAGS ALT FT	20									

TOTAL REPS

640 (40 BONUS)

PLAYERS SHOULD PERFORM ALL MOVEMENTS (OTHER THAN BONUS) IN ORDER, WORKING FOR 90 SEC ON EACH ACTION

THE OBJECTIVE IS TO ACHEIVE THE GOAL REPS FOR EACH ACTION WITHIN 90 SEC BY THE END OF WEEK 3

PLEASE NOTE-1000 REFERS TO THE NUMBER OF EXPECTED TOUCHES, NOT THE NUMBER OF REPS

BONUS ITEMS REPRESENT ACTIONS THAT MAY NOT BE ABLE TO BE PERFORMED AT THE BEGINNING LEVEL

VIDEO LINK:

<https://www.youtube.com/watch?v=5g7ZuQD--6o&list=PLSYLQBf8yu6cRef5YVcKeh--wzcfmARqd&index=2&t=0s>