Individual Training Regimen

Grid set up: -8 cones -1 “trainer” ball or regulation-sized ball

-Cones are to be set up in two columns, four rows

-Rows are approximately three feet apart

-Columns are approximately five feet apart

\*Before completing any of the regimen, be sure to be adequately warmed-up and stretched.

\*\*With drills 1-4, rotation is “Side then forward.”

\*\*\*Remaining drills use cone identification as:

H G

F E

D C

B A

Start

1. 20 ball tops at each cone = at starting cone, complete 20 ball tops then light dribble to next cone.
2. “In-betweens” = Getting as many light touches as possible, body is square while facing grid, feet are in narrow position, moving side then forward through grid.
3. Roll-in with stop = body is still square facing grid, feet in narrow position, when moving left player will use right foot to roll the ball left then stop the ball with left foot, repeat until player is at the end of the row, in-between movement forward to next column, when moving right player will use left foot to roll the ball then stop the ball with the right foot, repeat until player is at the end of the row, repeat through entire grid.
4. Outside chops = body is still square facing grid, player uses outside of the foot in a chopping motion to move through grid, moving left with left foot and right with right foot, forward in-between movement.
5. Zig-Zag sprints = Using “tight” dribbling technique player moves left and right through grid in this order: A-D-E-H-G-F-C-B-A. Repeat once for full circuit.
6. Up-Back-Up sprints [Up two back one] = Again, using “tight” dribbling technique, player will dribble forward with 180̊ turn [using either a swivel or stop-and-roll-back], cone progression is: A-E-C-G-E-H-D-F-B-D-A. Repeat once for full circuit.
7. Weave Sprints = “Tight” dribbling technique all out sprint weaving in and out of cones in a down then back motion. Start left of A, then right of C, left of E, right of G, tight spin around G, return through that row . . . then switch rows with left of B, right of D, left of F, right of H, tight spin around H, return through the row, finish left of B.
8. Juggling = like circuit #1, 20 touches at each cone, rotate between feet, thighs, and head. Make a special effort to use both feet and thighs. Advanced players should maintain juggles during forward movement and side movements between cones. Traveling juggles DO NOT count towards the 20 per cone.
9. Tight dribbling with changes-of-direction = Using cones as an outside border to the grid, player continues with “tight” dribbling technique and attempts as many changes-of-direction as possible in a one minute time period. Players should attempt: Cruyff, scissors, step-over, roll-back, outside cut, inside cut, twist, side-step, and double shuffle. Players should attempt to master three of these change-of-direction skills.

Number of touches = completing circuits 1-8 will give players approximately 620 touches. Adding circuit #9 will allow a total of 800 touches.

Time requirement = ENTIRE circuit will take approximately 15 minutes, including rest and transitioning between circuits.

Imagine completing each circuit ***four*** times for a full one-hour workout. A player could complete 3200 touches on the ball.

One hour a day / five days a week / six weeks = 96,000 touches.

Is it unrealistic to ask for 100,000 touches before the season starts? I don’t think so. Actually, let’s develop a T-shirt as a reward for the effort.

100,000 Touch Challenge – Accountability Sheet for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Session # | Drill 1 | Drill 2 | Drill 3 | Drill 4 | Drill 5 | Drill 6 | Drill 7 | Drill 8 | Drill 9 | Est. touches |
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