

Seven Minute 1000-Touch Workout

1. 50 BALL TAPS (Toe touches)
2. BASIC ROLLS (10 each foot)
 - a. Inside Roll
 - b. Outside roll
3. BELL TOUCHES (50 touches)
4. FOUNDATION SKILLS (10 each)
 - a. Inside-Outside
 - b. Triangles
 - c. Vee
5. PULL-BACK SKILLS (*Do sequence with one foot then switch, 4 times each foot*)
 - a. Pull, Instep Push
 - b. Pull a Vee
 - c. Pull & Take with Outside of foot
 - d. Pull & Roll Behind
6. TURNS: (*from moderate speed, turn 180 degrees and explode/accelerate for 3 touches. Then bring it back down to moderate pace for the next turn, 4 times each foot*)
 - a. Pull Turn
 - b. Drag-Back
 - c. Inside Chop
 - d. Outside-Cut
 - e. Cruyff
 - f. Steptover Turn
 - g. Step-On Shield & Turn
7. TAKE-ON MOVES (*Explode/accelerate after the move for 3 touches. Then bring it back down to moderate pace for the next move, 4 times each foot*)
 - a. Hip Swivel
 - b. Roll-Touch
 - c. Roll-Push
 - d. Inside-Outside (Mathews)
 - e. Steptover
 - f. Rivolino
 - g. Body Swerve (Scissor Behind the ball)
 - h. Scissor
 - i. Double Scissor
 - j. Dink (Cap)