

Ideas for Touchwork

Coerver- These are footwork specific and will help you master the feel of the soccer ball. Here are a few that you should be familiar with. **ALWAYS USE BOTH FEET!** (Minimum of 1000 per day)

- By yourself, set up 2 cones 10 yards apart. Work on dribbling the ball to the cone and back with specific turns.
 - Cruyff Turn
 - Inside Turn
 - Outside Turn
 - Pull Back
 - Step Over Inside Turn
- Adjust the cone distance slightly down to 8 yards. Now with your first touch/push pass, play the ball out as close to the cone, do your turn and dribble the ball back. Repeat 10X. Remember this is all about ball control so your main focus is to keep it under control and as close to your body as possible.
- Toe taps- Alternating your feet making sure the soles of your feet touch the top of the ball.
- Side taps- Very lightly tap both sides of the soccer ball side to side.
- Pull back and push- Try and stay in the same spot, using your right foot drag the ball back and push it back out in one movement. Alternate and use your left.
- Inside/Outside- Tap the ball across your body with the inside of your right foot and then touch it a little further with the outside of your left then touch it across your body with the inside of your left and then slightly to the outside with your right. The quicker and tighter the ball is to your body the better.
- Inside/Inside/Sole role- Tap the ball inside with your left and the inside with your right and then a sole role with your left. Inside with your right and the inside with your left and then a sole role with your right. Again the quicker you can do this with the ball very close to your body the better your touch will be.
- <http://www.youtube.com/watch?v=6hr4SwdkrFA>
- <http://www.youtube.com/watch?v=kbOeaS10Yhk>
- <http://www.youtube.com/watch?v=ILsCOnAvVYw>
- <http://www.youtube.com/watch?v=aaTSIUyl6sg&feature=endscreen&NR=1>

Workout plans

Sprint Plan (To be done once a week)

Rest bw reps	Week 1	Week 2	Week 3	Week 4
20 sec. Per	15reps @ 20yd	17reps @ 20yd	20reps @ 20yd	22reps @ 20yd
30 sec. Per	10reps @ 40yd	12reps @ 40yd	15reps @ 40yd	18reps @ 40yd
45 sec. Per	10reps @ 60yd	12reps @ 60yd	15reps @ 60yd	18reps @ 60yd
60 sec. Per	7reps @ 80yd	10reps @ 80yd	15reps @ 80yd	18reps @ 80yd

The Manchester United Run (to be done once a week)

Use the length of the soccer field (100-120 yards). This run consists of 20 full field length sprints, timed. The first 10 runs you need to make down in 25 seconds and then use the remainder of the minute to get back to the start. When the minute is up you immediately go again. After the 10th run each run will drop a second so #11 is 24 seconds down, #12 is 23 seconds down etc. So #20 will be 15 seconds down and 45 seconds to return to the start.

Circuit Training

1 minute duration – 3 sets with a 15 second rest

Jumping Jacks

Regular crunches

Push-ups

Russian twists

Squats

Reverse crunches

Plank

Side plank switching on the 30 second mark

Demo: <http://www.youtube.com/watch?v=lhRX0csC5Zs&feature=youtu.be>

45 second duration- 3 sets with a 15 second rest

Split lunges

Bicycle crunches

Mountain climbers

Superman crunches

High knees

Plank

Burpees

Star fish crunches

Demo: http://www.youtube.com/watch?v=E72fkW_On8s&feature=youtu.be

1 minute duration with a 15 second rest

Dips on a bench

Toe touches (crunches)

Wall sits

Oblique side crunches (switch half way through)

Quick boxing punches on the spot

Hands to elbows planks

Squat and reach

Scissor abs

Demo: <http://www.youtube.com/watch?v=Kl3uioHk4zg&feature=youtu.be>

TO GET TO THE LEVEL OF THE TOP TEAMS THE WORK HAS TO BE DONE WHEN YOU ARE NOT WITH YOUR COACHES. HOW ACCOUNTABLE ARE YOU? HOW DRIVEN ARE YOU TO BE SUCCESSFUL?