

## 10,000 Touches

The following another variation of the workout mentioned in the article featured in [www.thesefootballtimes.net](http://www.thesefootballtimes.net) and on [The Guardian](http://TheGuardian.com). This workout along with numerous other variations were workouts I developed, modified, and executed on a regular basis as part of my supplemental development.

These workouts were performed year-round and became part of my repertoire.

A few things you should keep in mind as you implement this type of methodology in your training.

### What you need:

1. A target objective – Identify the tangible need to adopt this training approach. It's difficult at first and it's time-consuming.
2. Identify your weaknesses – Recognize ways you can convert these weaknesses into strengths that transfer to match play.
3. It's not fancy. These are technique-building, foundational movements. Later workouts are far more intricate and elaborate. These are simple, touch-building exercises.
4. Training speed vs. Match speed – Start slow. Rehearse the each movement/skill then convert each movement to a *match speed instance*.
5. Time Demands to complete workout (approx.)
  - a. Advanced –70-90 minutes
  - b. Intermediate – 90-110
  - c. Beginner –110-130+
6. Space – nothing fancy, small plot of land ideally with a wall or rebounding surface (if you don't have a partner). I've done this in my basement, garage, and backyard. The surface doesn't matter either. Just find a safe place to train (grass/turf or pavement)
7. Equipment – ball, cones (optional), watch, pen/paper
  - a. Plan your workout, tally the reps/rounds/sets
8. Be accountable. If it's too much at first, stop and rest. Break up the workout into smaller chunks. For example, do half the workout early in the day, finish the rest later on.
9. Modify it for the conditions – don't focus on what you're already proficient at
10. Take breaks – this is as much a fitness workout as it is a technical workout
11. Progression – combine skills to double/triple the touches per round. For example, 10 pendulums + 10 V-Turns = approx. 40 touches.

### Remember:

Build a foundation of technique/skills ☐ Be consistent/accountable ☐ Increase proficiency and confidence

This workout is **supplemental training. It does not replace match play or regular group training sessions.**

## **10,000 Touches --Workout 2**

**Stationary pendulums** (knock ball between feet); sets of 10X100; **1,000 touches**

Rotate 180, 360-degrees as you improve

Adv. Perform pendulums forward, backward, laterally if possible

**Step-touches** – Essentially a light/fast jog with ball, touch ball every step. Ideally, 1,500 steps = **1,000 touches**

**Juggle** – sets of 10x100 = 1,000 (advanced); 20x50 =1,000 (intermediate); **1,000 touches**

**V-turns** – For this move, the path of the ball follows a V shape. This starts by doing a fake kick, then doing a drag-back of the ball stopping in front of your body, then pushing the ball forward on the opposite side of your body. 500 each foot = **2,000 touches**

**Cruyff Turns** – sets of 4x25 (2 with right foot, 2 with left foot). Repeat circuit 5 times.; **500 touches**

**Wall/partner passes** – 1-touch vs. wall or with partner (8 yards); Sets: 10X100 alternate L/R = **1,000 touches**

2-touch (receive + pass): 10X200; **2,000 touches**

**Sole touches** – roll ball using bottom of foot. 250 each foot; **500 touches**

**180-degree turn** – **500 touches** (250 each foot)

**Juggle; 500 touches**

**10,000 touches**

**Record Date/Time:**

**Training Notes/Comments:**