



# Mount Si High School Soccer

## 2020 'SOLO TOUCHES'

### INDIVIDUAL SKILLS SESSIONS



These workouts are designed to provide the player with over 1,000 touches on the ball in the three skills categories in around 30 minutes. Refer to the 'Solo Touches' handout for a description of each exercise. It is recommended that players warm-up before beginning, start with the 'Dribbling + Turning' activities, then proceed to 'Striking + Receiving' and finish with 'Juggling.' The 'suggested rep(s)' is the number or time allotted for each activity and the standards for each age provide a challenging target. Have fun! Keith Bleyer

### INDIVIDUAL SKILLS SESSION #1 (BASIC)

<u>Dribbling + Turning</u>	<u>Striking + Receiving</u>	<u>Juggling</u>
Foundations (1)	1 Touch at 3 Yards (1)	Any Surface (1)
Toe Taps (2)	2 Touch at 5 Yards (2)	Bouce Touch (2)
Rollovers (3)	1 Touch at 5 Yards (3)	Alternating Feet (3)
Drag Backs (4)	2 Touch Weak Side Pass at 5 Yards (4)	Non-Preferred Side (4)
Side Drags (5)	1 Touch at 10 Yards (5)	Head (5)
	2 Touch at 10 Yards (6)	

### INDIVIDUAL SKILLS SESSION #2 (BASIC/INTERMEDIATE)

<u>Dribbling + Turning</u>	<u>Striking + Receiving</u>	<u>Juggling</u>
Inside-Outside (6)	2 Touch Weak Side Pass at 10 Yards (7)	Countdown from Ten (6)
Outside Two-Inside Two (7)	2 Touch Alternate at 19 Yards (8)	Around the World (7)
Outside-Inside/Outside-Inside (8)	1 Touch Move In-Out (9)	Lift it Seven Ways (8)
Change of Pace (9)	2 Touch at 20 Yards (10)	Freeze It (9)
Start-Stop (10)	2 Touch Alternate at 20 Yards (11)	Cinco Cinco (10)
	1 Touch at 20 Yards (12)	

### INDIVIDUAL SKILLS SESSION #3 (INTERMEDIATE/ADVANCED)

<u>Dribbling + Turning</u>	<u>Striking + Receiving</u>	<u>Juggling</u>
Around the Box (11)	Loft/Control at 25 Yards (13)	Ladder (11)
Turns on Dribble (12)	2 Touches 1 Bounce (14)	High Five (12)
Figure 8s (13)	1 Touch 1 Bounce (15)	Pop-N-Spin on 3 (13)
M Drill (14)	Illinois Test (16)	Have a Seat (14)
Slalom (15)	Staircase (17)	Fantastic 14 (15)
	Track it Down (18)	
	Chest it Down (19)	

### INDIVIDUAL SKILLS SESSION #4 (ADVANCED)

<u>Dribbling + Turning</u>	<u>Striking + Receiving</u>	<u>Juggling</u>
Illinois Test (16)	1 Touch and Spin (20)	Around the Galaxy (16)
Staircase (17)	Turn Left + Return (21)	On the Move (17)
Five Feints (18)	Turn Right + Return (22)	Out and Back (18)
Fifteen Yard Loops (19)	Off at 90 Degrees (23)	Slalom (19)
	Wall Pass at 180 (24)	
	Strikes and Balls (25)	