

Ball Masters 1,000 Touches

1. TAPS (100 touches) - The foundation of all the Fast Footwork Exercises. Pass the ball back and forth between your feet. Make sure to keep your knees bent, stay on the balls of your feet. Try to not move forwards or backwards and see your surroundings.

2. ZIG-ZAG TAPS (100 touches) - Move in a ZIG-ZAG pattern while doing TAPS. Many small touches, not fewer big touches.

3. TAPS + 1/4 TURN - After a few TAPS, place your right foot on the ball and, as you turn 90 degrees to your right, drag the ball back with you and stop it with the inside of the right foot. TAP the ball a few more times and then execute the move again. You should now be facing 180 degrees from where you started. Keep going until you reach your starting orientation (4 x 1/4 turns) and then go the other way with your left foot.

4. STOP TAPS - TAP the ball a few times and then stop it with the bottom of your right foot. Start the TAPS with your other foot and then stop it with the bottom of your left foot. Get into a rhythm; right, left, right, left, stop. Left, right, left, right, stop...

5. OUTSIDE / INSIDE STEP ON (20 with each foot) - Place the sole of your right foot on the ball and "STEP" on the ball so that it moves out towards your right. Let your foot come down on the right side of the ball, and before your right foot hits the ground, touch the ball back towards your left foot. Repeat using your left foot.

6. CUT BEHIND (20 with each foot) - Place your right foot on the ball and pull the ball back under your body. With the same foot, CUT (using the BIG TOE of your right foot) the ball BEHIND the leg that you are standing on. Repeat with your left foot.

7. INSIDE TRIANGLES (20 with each foot) - Push the ball out in front of you with the inside of your right foot, then pull the ball back with the sole of your left foot. Repeat the process with your left foot.

8. STEP OVER (20 with each foot) - Place the ball in front of your body. With your right foot, STEP OVER the ball from the outside of your body towards the inside (counter-clockwise). Your left foot will follow the right foot, but pass behind the ball. When both feet are on the other side of the ball, turn towards the ball (clockwise) and take it away with the outside of your right foot. Repeat starting with your left foot (left foot steps clockwise, you turn counter-clockwise and take the ball with the outside of your left foot)

9. INSIDE V (20 with each foot) - Pull the ball back with the sole of your right foot. Turn your hips as you pull the ball back, and before your right foot touches the ground, push the ball away at a different angle with the INSIDE of your right foot. The path of the ball should make a letter "V". Repeat using your left foot.

10. OUTSIDE V (20 with each foot) - Same as the INSIDE V, but this time, after you pull the ball back, push the ball away with the OUTSIDE of your foot.

Important!

- 1) Get the proper technique down first!
- 2) Add the TAPS to the other exercises
- 3) Increase your speed
- 4) Global Vision! See your surroundings