

## 500 Touch Ball Dance

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Below is a foot skills exercise (“The Dance”) that you should do everyday. It should take less than 10 minutes and requires very little space. There are 500 touches on the ball for 1 complete cycle through “The Dance”. If you do “The Dance” once a day for a week you will have done 3,500 touches.

First learn how to perform each step correctly and with your head up. Then develop a rhythm as you do “The Dance”. Then challenge yourself to see how quickly you can complete the whole “Dance” without losing control of the ball. Then see how many “Dances” you can do without stopping or making a mistake. Finally, add your own steps to “The Dance”

### The Dance

1. 20 Ball Taps on top of ball – ball is stationary
2. 20 touches using the inside of your feet – ball is stationary
3. 20 Ball Taps on top of ball – ball is moving forward
4. 20 Ball Taps on top of ball – ball is moving backwards
5. 20 touches using the inside of your feet – ball is moving forward (Do not stop ball to go backwards!)
6. 20 touches using the inside of your feet – ball is moving backwards
7. 20 Ball Taps on top of ball – ball is moving right
8. 20 Ball Taps on top of ball – ball is moving left
9. 10 Pull-Pushes – right foot (Use the sole of your foot to pull ball towards you and your laces to push the ball away.)
10. 10 Pull-Pushes – left foot
11. 20 Pull-Pushes – alternating feet
12. 10 Inside-Outsides – right foot (Using one foot push the ball back and forth across your body using the inside or outside of your foot.)
13. 10 Inside-Outsides – left foot
14. 20 Pull-Back Turns – alternating feet (Use the sole of your foot to pull the ball under your body as you turn. Turn to the side of the foot you used to pull the ball back with.)
15. 10 touches using laces to go forward – right foot
16. 10 touches using laces to go forward – left foot
17. 10 “Figure 8’s” using only the outside of your foot – 3 touches for each circle of the “8”
18. 20 Cruyff Turns – alternating feet (Pull ball underbody with sole of foot and push it out to other side behind the leg you are standing on. Can be done with 1 or 2 touches. Stop ball with sole of other leg.)
19. 20 Roll Acrosses – alternating feet (Using the sole of your foot roll the ball across your body, then take 3 steps and repeat with the other foot in the other direction.)
20. 20 Inside-Inside-Outsides (Dribble the ball using the inside of one foot then the inside of the other then the outside of the first. Repeat the pattern by having your next touch be the inside of the second foot. Try to go in a straight line.)

# Move Mania

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- Dribble forward using the inside of the right foot (5 Touches)
- After 5<sup>th</sup> touch do a **Pull Back** with the right foot and then with the left foot.
  
- Dribble forward with the outside of the right foot (5 Touches)
- After 5<sup>th</sup> touch do a Cryuff with the right foot and then with the left foot.
  
- Dribble forward with the Inside of the right foot (5 Touches)
- After 5<sup>th</sup> touch do a Step Over Cut with the right foot and then with the left foot.
  
- Dribble forward with the outside of the right foot (5 Touches)
- After 5<sup>th</sup> touch do a Scissors with the right foot and then with the left foot.
  
- Dribble forward with the inside of the right foot (5 Touches)
- After 5<sup>th</sup> touch do a **Chop** with the right foot and then with the left foot.
  
- Dribble forward with the outside of the right foot (5 Touches)
- After 5<sup>th</sup> touch do a **Cut** with the right foot and then with the left foot.
  
- Dribble forward with the inside of the right foot (5 Touches)
- After 5<sup>th</sup> touch do a **Side Step** to the left and take the ball to the right then go right to left.
  
- Dribble forward with the outside of the right foot (5 Touches)
- After 5<sup>th</sup> touch change direction with a **Reverse Cut** with the right foot and then the left.
  
  
- Dribble forward with the inside of the left foot (5 Touches)
- After 5<sup>th</sup> touch change direction with a **Pull Spin** with the right foot and then with the left
  
- Dribble forward with the outside of the left foot (5 Touches)
- After 5<sup>th</sup> touch Reverse direction with a **Step Over Reverse Cut** with the right foot then with the left foot.
  
- Dribble forward with the Inside of the right foot (5 Touches)
- After 5<sup>th</sup> touch do a **Stop-Start** with the right foot then with left foot.

**Move Mania** is designed to give players a warm up to perform using many parts of the foot and many different soccer moves. **Move Mania** provides 140 touches on the ball while practicing 22 different moves all of which can be completed in a small space and in just 10 minutes once the skills are perfected. Anyone who has an interest in playing the game of soccer can surely find 10 minutes a day to vastly improve their level of skill. 10 minutes while watching TV, 10 minutes in the basement, 10 minutes outside, 10 small minutes out of a 1440 minute day. Who has 10 minutes to spare? You do!!!!