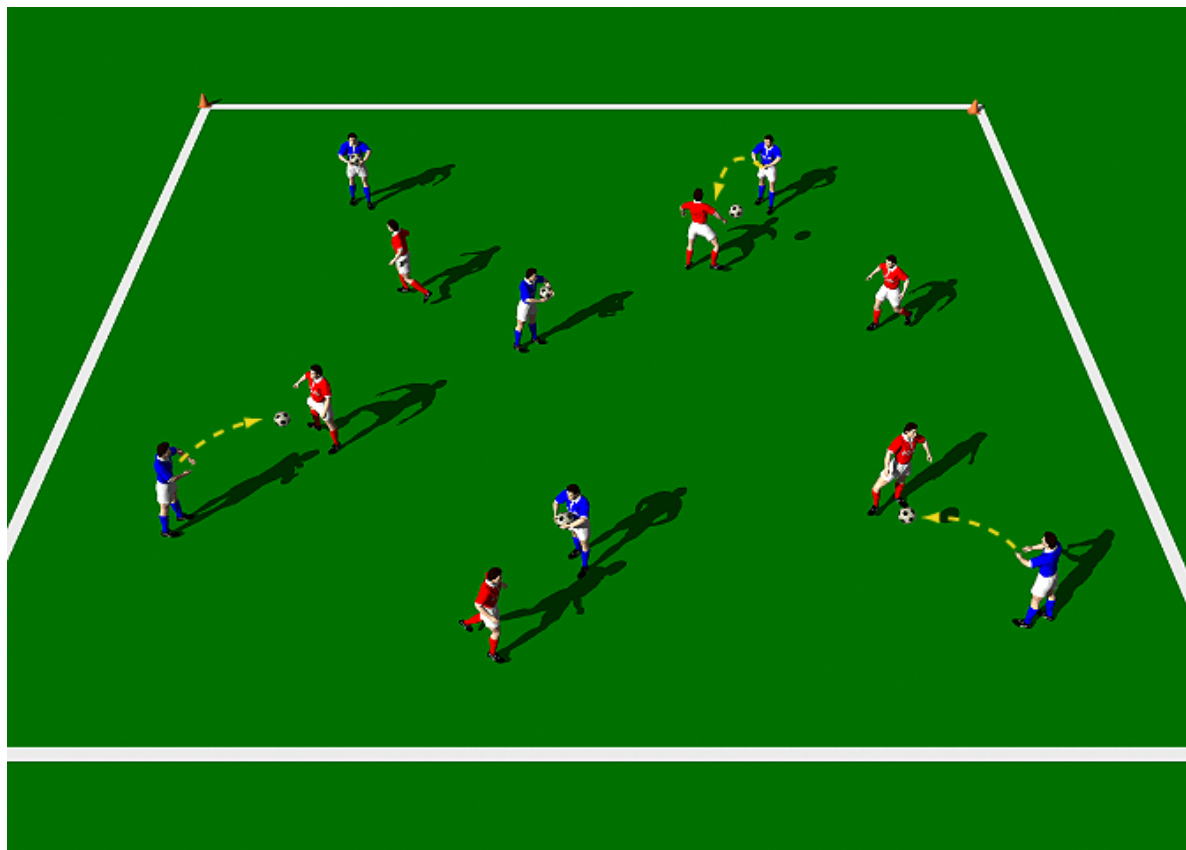


Million Touches Drill



Exercise Objectives:

This is a great warm up exercise that allows a lot of contact and ball work while using a variety of techniques.

Field Preparation

- ☆ Entire Group
- ☆ 30 x 30 Yards
- ☆ Large Supply of Balls
- ☆ Cones
- ☆ Colored Bibs

Coaching Pointers:

Divide group into 2 teams. One team has a ball and jogs around the grid with the ball in their hands. The working players must move quickly around the grid receiving the ball from the servers. Servers throw ball for the player to control using the head, chest, thighs and feet. Alternate roles every 60 seconds.

Make a competition by seeing who can get the most touches in 60 seconds. Players may not receive the ball consecutively from the same player. Only award a point if the player controls the ball and plays it back without the ball hitting the ground. Develop to passing "one touch".