



## 5000 TOUCHES-A-WEEK PROGRAM

"I don't believe skill is or ever will be, the result of coaches.  
It is a result of a love affair between the child and the ball."

**Manfred Schellscheidt**

U.S. National Team Staff

Seton Hall University Head Coach

The 500 touches a week is more than just juggling, but ball mastery.  
A commitment to mastering the ball with all the different surfaces that  
can be used to manipulate the ball is crucial to your  
success and enjoyment as a player.

### The 6 Building Blocks to Ball Mastery

<u>1.) RECEIVING &amp; CONTROLLING</u> Inside of Foot Outside of Foot Sole of Foot Tops of Thighs Chest Wedging	<u>4.) MOVES &amp; TURNS</u> Shifting Ball foot to foot Changing Direction Feints & Deception with ball
<u>2.) TURNING</u> Inside of Foot Outside of Foot Shielding Coerver Cuts	<u>5.) PASSING</u> Inside of Foot Outside of Foot Instep
<u>3.) DRIBBLING (change of pace)</u> Inside of Foot Laces Outside of Foot	<u>6.) SHOOTING</u> Laces Instep Bending Ball w/ inside or outside of foot

Tracking your progress will show you what you have worked on and what  
you need to work on. It will also show your improvement as you go along.