

1,000 Minutes to Better Soccer

by

Daniel Roudebush
and the
AYSO Education Department

Published by the
American Youth Soccer Organization
12501 S. Isis Ave.
Hawthorne, CA 90250
800-USA-AYSO

(c) 1999
All Rights Reserved.

CONTENTS

Introduction	1
Eye Position	3
Side-to-Side Juggling	4
Inside Chop	5
Screen	6
Pull-Back	7
Advanced Juggling	8
Controlling	9
Single Scissors Behind the Ball	10
Single Scissors Around the Ball	11
Double Scissors	12
Workout Gameplan	13
Practice Sheet	15
Patch Request Form	16

I,000 MINUTES TO BETTER SOCCER

WHY BOTHER TO GET BETTER?

Have you ever wanted to be really good at something, to excel and be admired by others, or to challenge yourself for your own satisfaction?

You're not alone. Many professional athletes have felt this way. They wanted to be really good at their sport, to be the best they could be. And eventually they got there by practicing the moves they used during their games.

You can be really good at your sport, too.

That's what *1,000 Minutes to Better Soccer* is all about. In this guidebook you'll learn how to control a soccer ball, how to keep it close to you and away from the opponent, how to make the ball do what you want it to—in short, you'll learn how to be good!

As your ball control skills get better, so will your whole game. You'll be better at setting up teammates, beating out opponents and scoring goals. And, best of all, you'll have more fun while you're doing it.

TIME OUT FOR 1,000 MINUTES

Of course, improving at anything doesn't just happen. It takes a commitment and it takes practice. And if you really want to be good at controlling a soccer ball, it's going to take 1,000 minutes a season.

Don't worry, it's easier than it might seem. 1,000 minutes works out to about 30 evenings in addition to the days you practice with your team. About 30-40 minutes a night, two or three nights a week is all it takes.

1,000 Minutes to Better Soccer makes it even easier for you to practice. It's packed with step-by-step instructions and illustrations so you can see exactly what you're supposed to do. It tells you which drills to practice in the beginning and how to progress through the exercises. And it shows you how to do it right.

Even the guidebook's design makes practicing easier. Use a paper clip or clothespin to hold your guidebook open to the page you're working on. It's sturdy enough to stand up so you can see

the moves while you practice. The chart in the back lets you record the minutes you've practiced and keep track on your total. Hang it on your door or refrigerator to remind you to do your workouts.

Remember, it only takes 1,000 minutes! And you can practice anywhere—in your yard or in your room, by yourself or with a friend. The exercises are based on those designed by internationally known Dutch trainer Wiel Coerver, and your national AYSO coaches. After about 200-300 minutes, you should begin to notice some improvements in your game. First, try out the skills you've learned in scrimmages. Then, when you feel confident, use them in games.

HINTS TO HELP YOU GET STARTED

1 Read through the whole book. Become familiar with the exercises so you know what to begin with and what's ahead of you.

2 Be sure to warm up with some stretches before doing any strenuous work with the ball.

3 Begin with the simplest exercises, then work up to the harder ones.

4 Once you've practiced several of the workouts listed in the guidebook, make up some of your own routines.

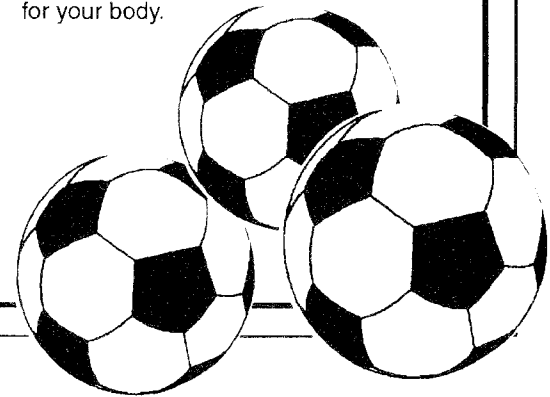
5 Don't get discouraged and quit early! Your real breakthrough may not come until you get into the 750- to 1,000-minute range.

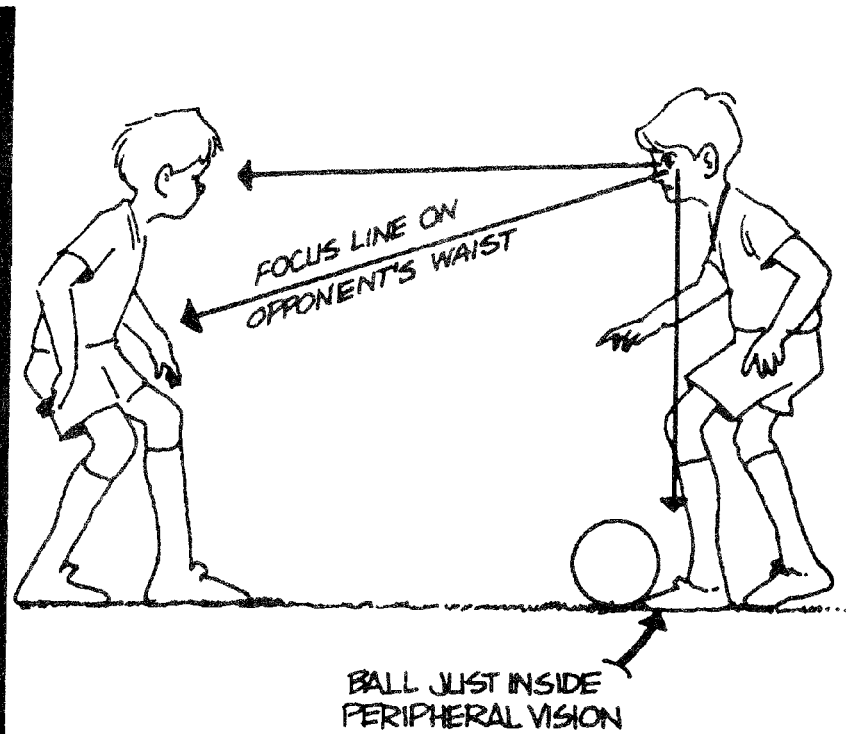
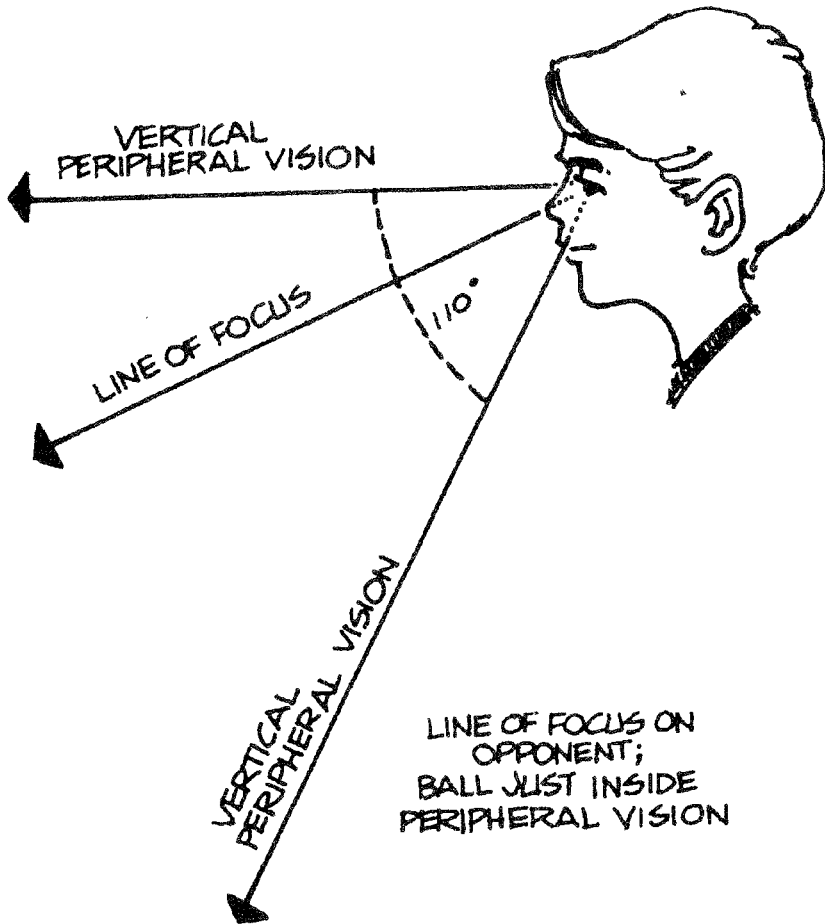
6 When you don't feel like practicing, get a friend to work out with you. It helps to have an "opponent."

You can set up goals, play one-on-one, or do anything you can think of to vary your routine and keep it fun and interesting.

7 Watch good players. Whether they're in an older AYSO age group, on a college or pro team, or on TV, it helps to see the moves done right.

8 Use a good hand-stitched ball. It will give you a better "feel" for the ball. Also, be sure your ball is the right size. Young players, 5-8, should start out with a size 3 ball. Players 8-12 usually feel comfortable with a size 4, and size 5 is good for players over 12. The most important thing is that the ball is the right size for your body.





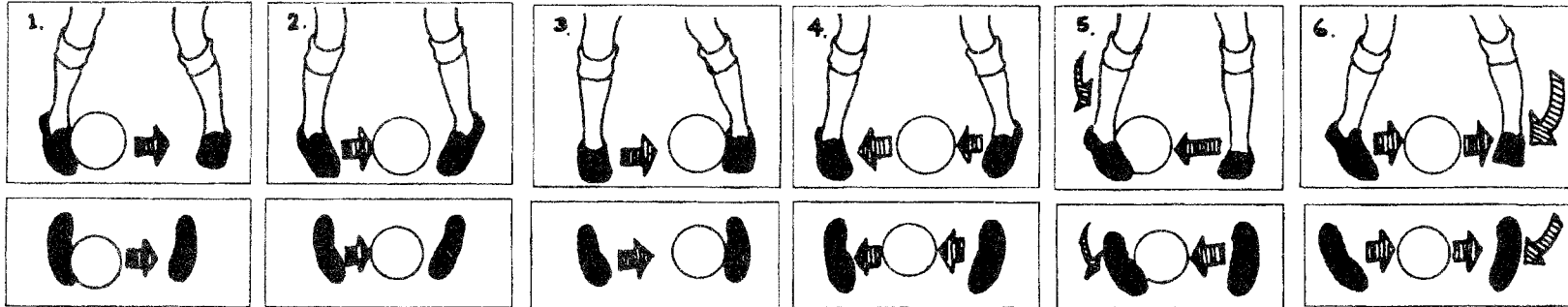
EYE POSITION

When you attack an opponent with a move, you should be able to see the player and the ball. Keep the ball just inside your peripheral vision. Don't let your eyes shift downward—keep your focus point ahead. Practice this first during your side-to-side juggle.

JUGGLING

SIDE-TO-SIDE JUGGLE

The **Side-to-Side Juggle** and the **Box-the-Ball Juggle** will improve your feel and touch for the ball, as well as your flexibility. As you gain control of the ball, begin to move around, keeping your head up as much as possible. Look at the chart on eye focusing. You should be able to see the ball while focusing on a spot 6-8 feet ahead of you.



Start with the ball on the side of your right foot.

Tap it to the left foot.

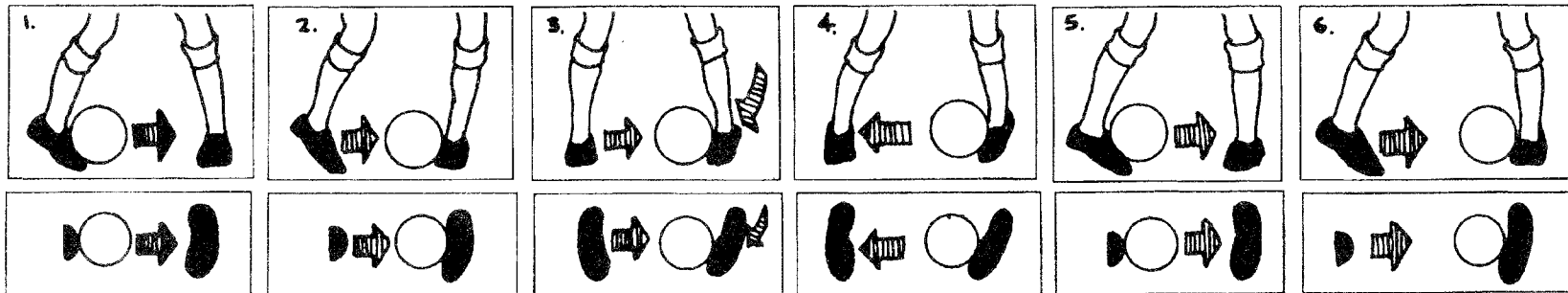
As it approaches the left foot...

...one-touch tap it back to the right.

Tap it back and forth.

Go fast, then slow down, speed up, move around.

BOX-THE-BALL JUGGLE



Tap the ball again, but this time turn your right foot...

...so the laces hit the ball.

Then tap the ball back with the side of your left foot...

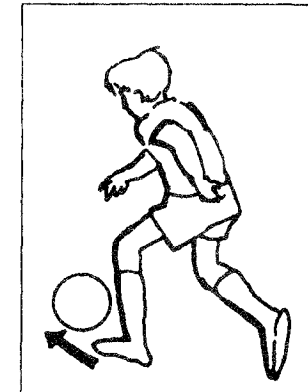
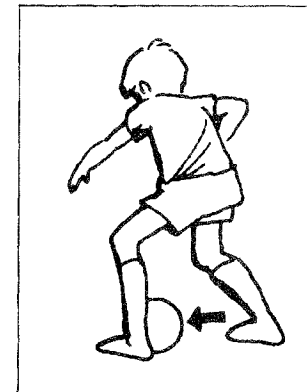
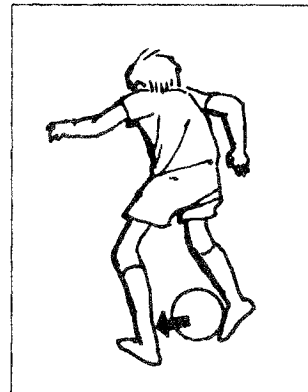
...as you did in the side-to-side juggle.

Next, tap it back with the laces of the right foot...

...and repeat. Then box the ball with the laces of your left foot.

INSIDE CHOP

When you're dribbling forward, this is a move you can use to pull the ball under your body, away from an opponent. It's almost like boxing the ball. Once the ball is under you, push the ball past the opponent with the opposite foot as you explode forward. Keep the ball close. Do the drill five times beginning with your right foot, then repeat with your left foot.



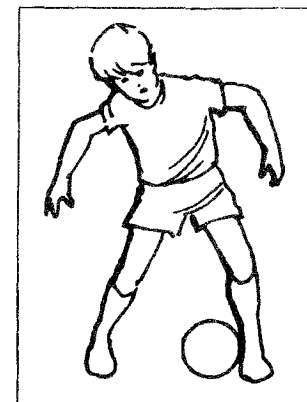
Dribbling the ball forward...

...swing your right foot to the outside of the ball.

Then chop is with a quick motion under your body...

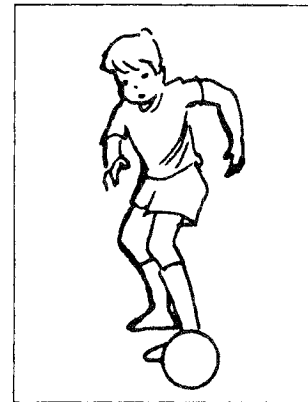
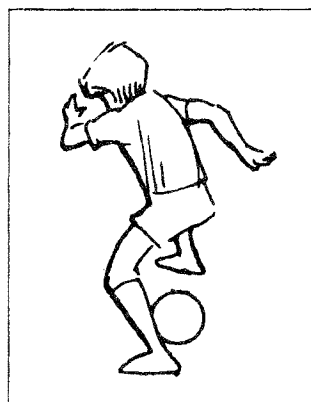
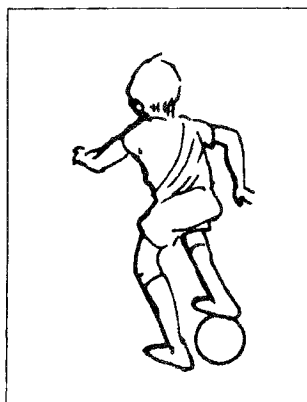
to the left foot...

...then explode forward!



SCREEN

Use the **Screen** to keep youR body between the ball and the opponent. Be sure to step way over the ball as far as you can reach. Use the same foot that you use to stop the ball. Look at the last picture. Can you guess how to get the ball past an opponent on your back from this position?



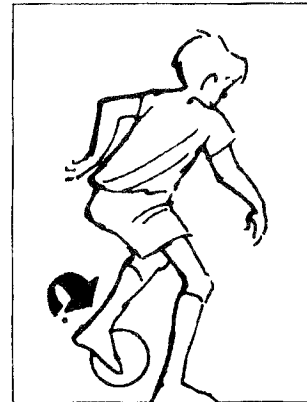
As you approach the ball, stop it lightly with your right foot.

Almost at the same time, let your right foot continue moving over the ball...

...and stretch out the right leg toward the opponent, as far as you can.

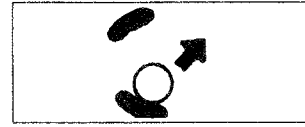
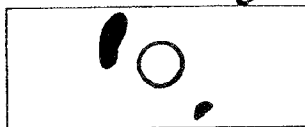
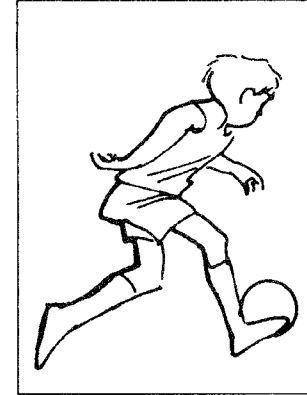
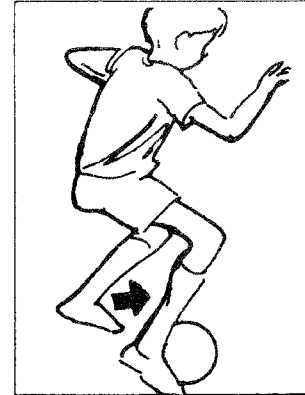
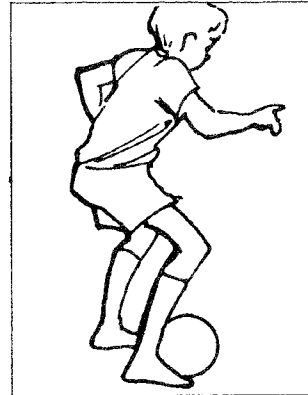
Turning sideways to the opponent, bend left knee to get low...

in sprinter's position, ready to explode away or pass the ball to a teammate.



PULL-BACK

You'll use this move to change direction away from an opponent. This is a basic move, and it's important to master the action of pulling the ball back. You can increase your speed by tapping the ball back and forth quickly, then doing the Pull-back. Practice with both feet. There are many other moves that can be started from this one.



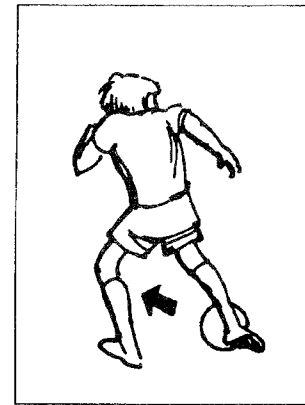
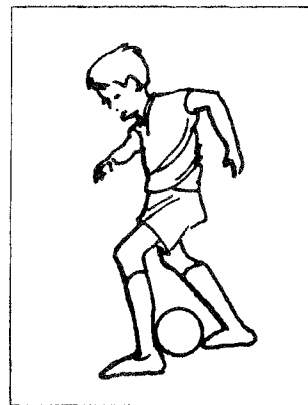
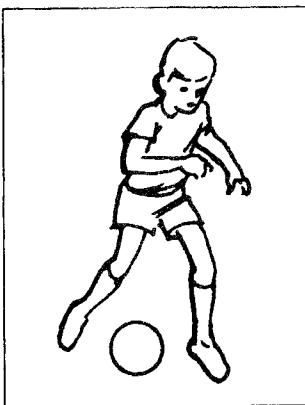
Attack your opponent (real or imaginary) with the ball in front and close.

Stop it with the sole of right foot, and pull it back, pivoting on ball of left foot.

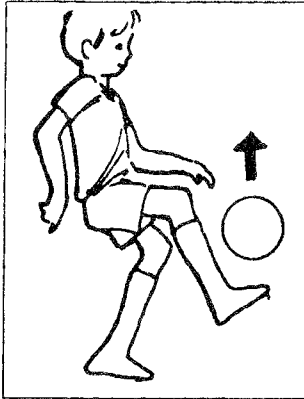
Move your left foot forward, placing your left leg between you and your opponent.

Now push the ball forward with the inside of your right foot...

...and explode away from your opponent.



ADVANCED JUGGLING



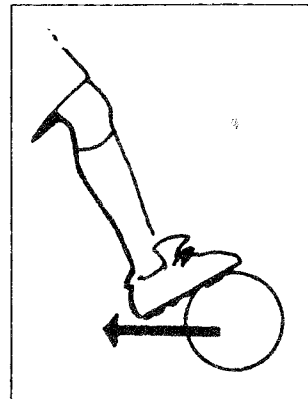
Bounce Juggle

Throw the ball up and let it bounce once. Then tap it back up with the top of your foot. Again, let it bounce once, tap it up and repeat for as long as you can without dropping the ball.



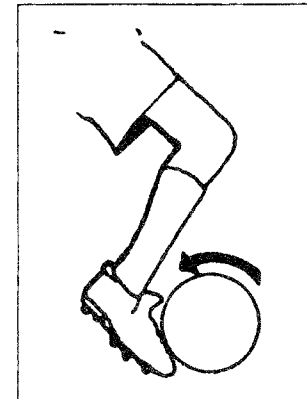
Juggle

After warming up with the bounce juggle, work at keeping the ball in the air any way you can. Keep working at it until you can do it 20 times with each foot.



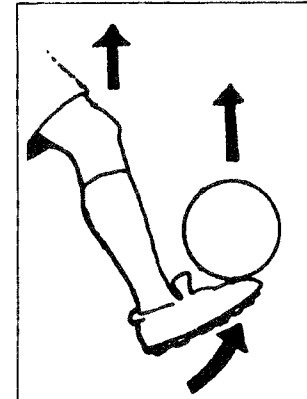
Lifting the Ball Up

Place your foot on the ball and pull it back up...



Lifting (cont.)

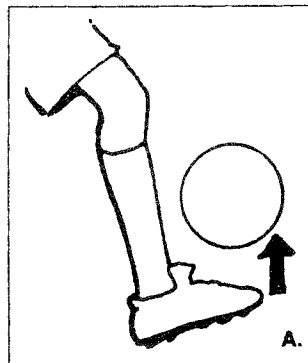
Then quickly put the same foot behind the ball with your toe pointed slightly downward.



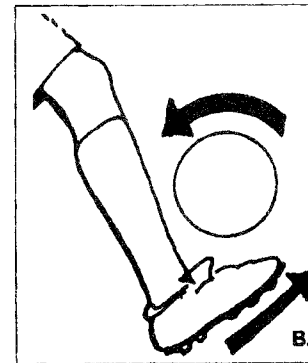
Lifting (cont.)

Next, lift your foot and at the same time, flick it upward using your ankle. The ball will come up and you can start juggling.

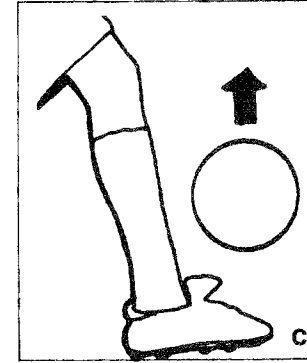
More Juggling Tips: These types of juggling will give you a better feel for the ball and let you control it in the air. **A.** Juggle, keeping the ball as low as you can. **B.** Point toe up and make the ball spin inward. **C.** Keep toe level, and take the spin off. **D.** A toughie—point toe down, lift, and spin ball away from your body.



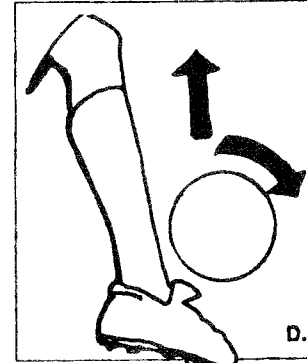
A.



B.



C.

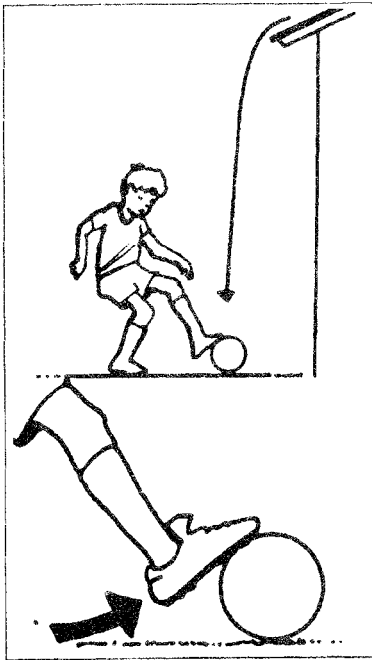


D.

CONTROLLING

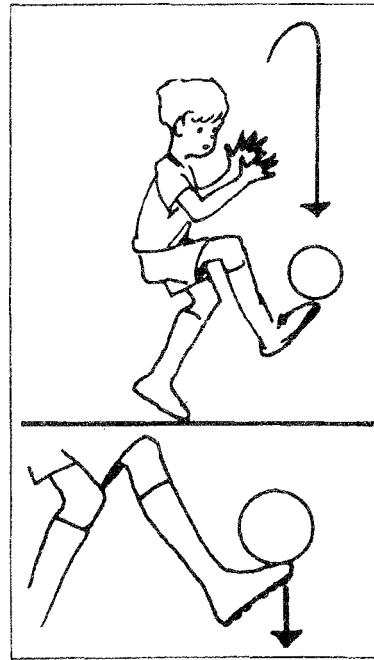
Mastering the basic moves in soccer is important. You also need to practice controlling the ball when it comes to you. Several methods are shown here, but you can also make up your own. Some hints to remember: Stay relaxed, keeping your supporting leg bent, and watch the ball all the way to the contact point. Once you feel confident in controlling the ball, practice

turning it one way or the other. This will save time. Another hint: Learn to look up as soon as the ball has dropped under control. This way, you learn to see what's happened on the field while you were concentrating on watching the ball come into your body.



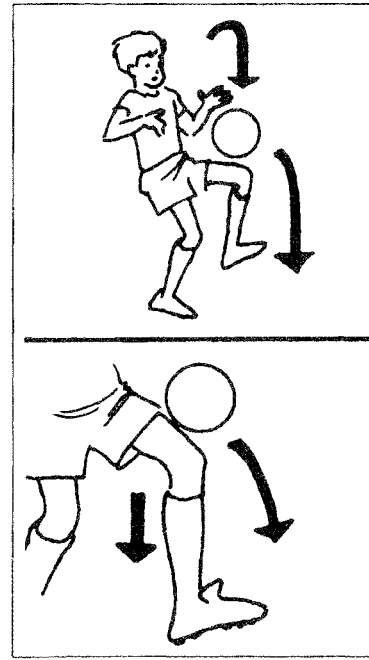
The V Control

Let the ball roll off your garage roof, or let Mom or Dad throw it to you. Point your toe up, and keep your heel close to the ground so your foot and the ground form a "V" (on its side) to control the ball.



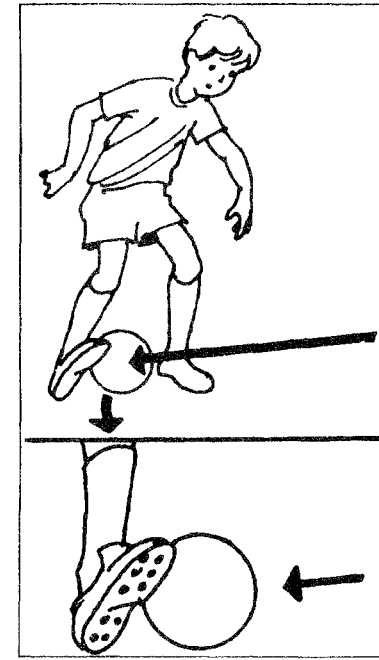
Control with Foot

Throw the ball up in the air. As it comes down, catch it on top of your foot (near toes), and lower it to the ground.



Control with Thigh

Throw the ball up in the air. As it comes down, let your thigh catch it. Hint: Have your knee bent so the thigh creates a surface for the ball to land. When the ball makes contact, lower the leg.

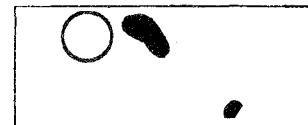
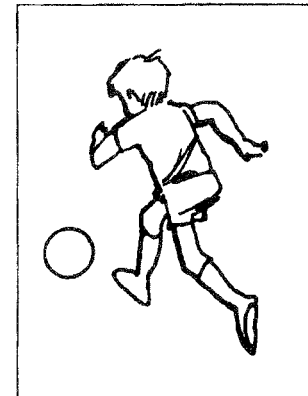
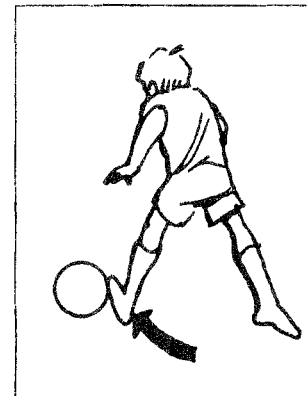
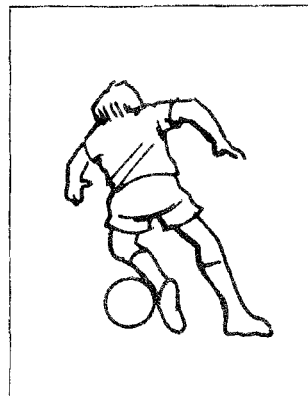
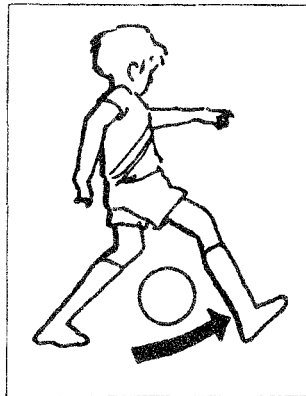


Control with Side of Foot

Throw or kick the ball at a wall so it comes back low. Catch it on the side of your foot, keeping your toe up, and let your foot "give" so the ball drops down.

SINGLE SCISSORS BEHIND THE BALL

Use this move to attack defenders. You can fool them with your first sudden move to the right. Even though your foot goes behind the ball, the suddenness of your motion will throw the defender off balance so you can go the other way. Focus your eyes on your opponent's waist, as shown in the diagram on page 3.



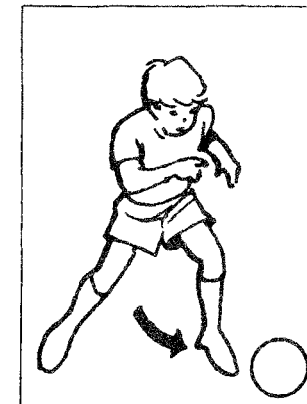
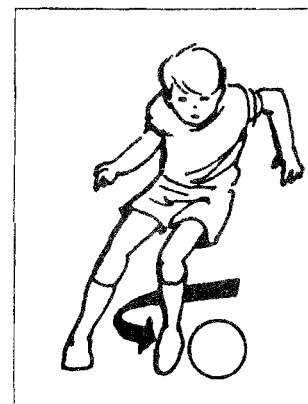
Attack the defender (or use a garbage can or bucket). Keep the ball close.

Then, suddenly move your right foot behind and past the ball to the right!

Now quickly move left foot so the ball is on the outside (little toe side) of the foot...

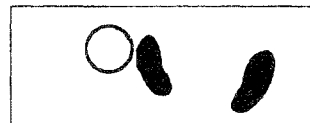
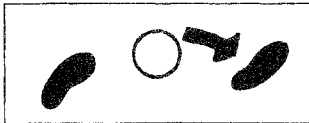
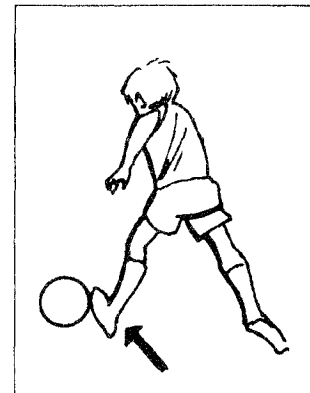
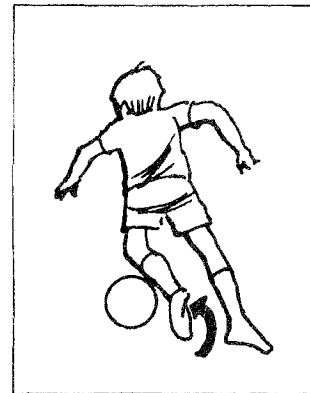
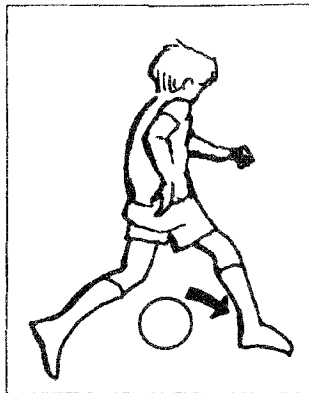
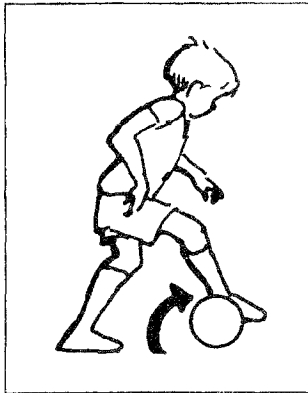
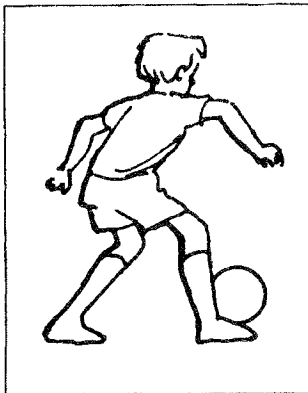
...tapping the ball away with the left, but keeping it close...

...as you explode!



SINGLE SCISSORS AROUND THE BALL

This is almost the same move as Behind the Ball, but look at the front view—very deceptive. The opponent loses sight of the ball for a blink, and often thinks you are making an outside-of-foot pass. The ball must be close, and if too large a size, the move may be too hard to do. If this is true, keep trying as you grow taller.



Attack the defender (or use a friend, or a tree) keeping the ball close.

Then, suddenly move your right foot completely around the ball.

Keeping your toe pointed downward, reach out as far as you can.

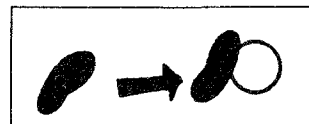
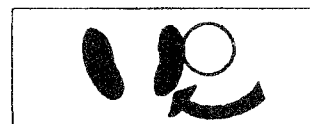
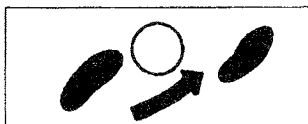
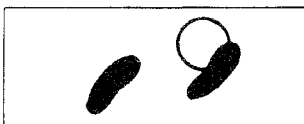
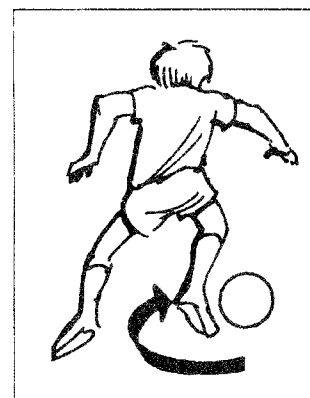
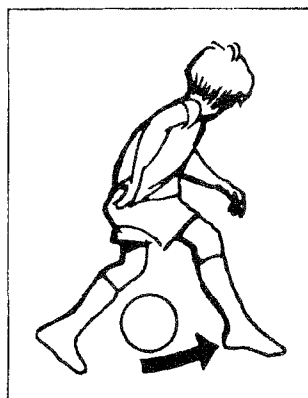
Then, quickly move the outside of your left foot to the ball.

As you tap it away, explode forward!



DOUBLE SCISSORS

This is a difficult move. Try the **Single Scissors** first. When you've mastered it, try the **Double Scissors**. Practice without a ball to get your moves down quickly, and with smoothness. Then add a stationary ball, then a moving ball. Hint: Keep knees bent, and lean over ball.



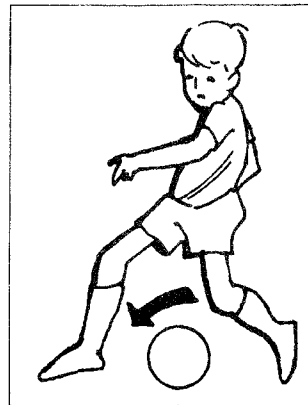
Keeping the ball close, attack the opponent.

Suddenly, move to your right. (Try the foot behind the ball the first time you do this.)

The opponent will think "single scissor," but you move your left leg past the ball!

Then, you move the outside of your right foot to the ball...

...and *explode right*, leaving your opponent in the dust!



I,000 MINUTES GAME PLAN

Remember, 1,000 Minutes to Better Soccer should be fun! If you begin to get bored, it's time to redesign and vary your workouts. If you need help, ask your coach. Always do a number of repetitions with each foot before going on to the next exercise.

The following schedule will make it easy to plan your workouts. Once you've got the hang of it, you can chart your own schedule.

WEEK 1

- Warm up with a few easy stretches.
- Bounce Juggle—10 times each foot.
- Juggle—try to reach 10 touches.
- Side-to-Side Juggle—10 seconds of juggling, 10 seconds of rest, and repeat.

Juggling Tips

Here's a trick that will help make sure you're doing each juggling exercise correctly:

Look at the ball, then slowly raise your head and eyes and focus ahead about five feet. Keep the ball in your peripheral vision as shown on page 3. Look at the picture and copy the steps. If you can, have someone watch to make sure you're doing it right. Now close your eyes and try the steps slowly. Be sure you're doing it right. Now repeat with your eyes open. Then close your eyes again, but do not do the move. Instead, pretend you are doing it. See yourself making the move doing the steps correctly. We call this visualization. You can do it anywhere, anytime, even when riding the bus to school.

- The Screen—whenever you want to reverse the ball, use the Screen.

Tips for the Screen

Try the Screen with the ball still, starting the move by stepping slightly on the ball with the right foot, and turn to your left. Repeat five times. Push the ball ahead so it moves slowly and try the Screen again. Repeat five times.

With the ball stopped, try the Screen with the left foot stopping the ball, and your body turning to the right.

- Side-to-Side Juggle—10 seconds of juggling, 10 seconds of rest, and repeat.
- Box the Ball—10 seconds using the right foot.
- Inside Chop—Refer to page 5. Try it with the ball stationary.

Tips for the Inside Chop

Again, close your eyes, but do not do the move. Instead, pretend you are doing it. "See" yourself making the move, doing the steps correctly.

With eyes open, push the ball forward, and do the Inside Chop. Do it five times with the right foot, then repeat with the left foot.

Get a chair or a garbage can. Dribble toward the can, keeping your eyes focused on it, and the ball in your peripheral vision. When you get close, do the Inside Chop, and go around the can again. Repeat the sequence five times starting your attack with the Inside Chop move.

- Try some of the traps on page 9.

Controlling Tips

Attack the garbage can or a tree. Just before you get there, do the Screen. Dribble away two yards. Attack using the Inside Chop. Repeat several times.

Look at your watch. How much time have you spent?

STOP HERE...

...if you have reached the 30-minute mark, or proceed as follows:

- Try the Pull-back on page 7.

Controlling Tips

Do it with the ball stationary until you get the hang of it. Now try it with the ball moving away from you. Do it five or 10 times with each foot. Visualize it.

Now attack an object. Just as you get there, pull back the ball. Repeat five times.

WEEK 2-3

Basically the same as Week 1. Be sure you add the Pull-back. Also, try all of the traps shown on page 9.

General Tips

If it's during your soccer season, try some of the moves at practice against your teammates. When you feel confident, try them in a game.

You can increase the speed of the move by doing the Side-to-Side Juggle, then doing the move. For example, do a Side-to-Side Juggle real fast. Then, right before the ball comes to your right foot, pull it back!

WEEK 4

Start adding the Scissors. First the Scissors Behind the Ball. Do it just as you did the other moves: first slowly, then with your eyes closed, then visualize, then do the actual move.

General Tips

Mix up your moves, and their sequence. Once you can do the Scissors Behind the Ball, try the Scissors Around the Ball. As you get better and better, you can do the double Scissors.

SKILLS ON VIDEOTAPE

Videotapes of these moves, produced by Wiel Coerver, are available for purchase.

You can order them through AYSO by calling the AYSO Supply Center at 888-243-AYSO.

Player Practice Sheet 1,000 Minutes Skills Program

Home Practice Session	1	2	3	4	5	6	7	8	9	10	11	12	13
Date													
Practice Time													
Total Time*													

*Cumulative

Directions

1. Practice soccer skills at home, working out 30 to 40 minutes a day.

2. Practice can include ball juggling, but emphasis should be placed on basic soccer movements. Those outlined by this book are recommended.

3. The moves require a small space. They even can be done in your bedroom before going to sleep. Practice to music (something with rhythm like the Globetrotters' "Sweet Georgia Brown").

Home Practice Session	14	15	16	17	18	19	20	21	22	23	24	25	26
Date													
Practice Time													
Total Time*													

Home Practice Session	27	28	29	30	31	32	33	34	35	36	37	38	39
Date													
Practice Time													
Total Time*													