

200 Touches





The quality of ball control in a game is directly related to the quantity of ball control at training.

Just Like Riding a Bike

The secret of juggling is just like cycling. You can keep it up longer if you learn to alternate your feet.

Controlling a Soccer ball is similar to controlling a bike. You need to use both feet and you can't learn properly while you're standing still. You need the momentum to develop balance, coordination, timing and rhythm. You need constant repetition to develop a natural feel for it.

Ball control is a simple motor skill, just like walking or riding a bike. We develop motor skills at three levels. At the cognitive level we have to think about it. At the associative level, we get a feel for it. At the autonomous level, we can do it naturally without stopping to think.



Think

You have a mind and body of your own and you need to exercise them to reach your full potential.

How many ball touches do you think players need before they're ready to play a game of Soccer? Will players have perfect control as soon as they pick up a ball or do they have to warm up to get a feel for the ball? How many ball touches does it take for mistakes to disappear? Are all kids the same? Think for yourself.

Do you really think that perfect touch stays with kids permanently without regular maintenance or practice? We can make everybody play the same, but it's the top players who always stay back after training so they can get the extra ball touches that make them different.



Listen

We all listen but we don't always hear what we're told.

It takes 200 repetitive ball touches for Soccer kids to reach the intuitive level where control is second nature. Most kids only need 5 minutes to get 200 ball touches.

Has anyone ever told you how many touches of the ball you need before you're ready to play a game of Soccer? Have you ever thought about it? Has anyone ever told you what to look at when you strike the ball or where to move and what to call when you want the ball? When you play a sport, do you think for yourself or do you just wait to be told what to think and where to move?



Look

Look at what we don't know and wonder why. Look at what we don't want to know and wonder why not.

The average Soccer kid gets ten touches of the ball before kickoff. Before each game, the average Soccer team stand around in a circle sharing one ball.

At training, kids who stand dead still in a line, to kick a dead ball to the coach every two minutes, forget what their last kick was like. It's easy to select any player before a game and count how many ball touches they get in the 30 minutes before kickoff. Without 200 ball touches, the average Soccer kid will spend the first 20 minutes of each game making unforced errors.



Ask

The most effective way to stimulate intelligence is to ask questions.

Ask players how many ball touches they think they need before they're ready to play a game. You'll be surprised at the variety of answers. Ask them if anyone has told them or if they've ever thought about it.

Ask coaches how many ball touches they think players need before the start of a game. The average answer is usually between 5 and 10. Ask coaches for the most effective and quickest way to develop intuitive control.



Imagine

Perfect doesn't make perfect. Practice makes perfect.

Imagine learning to walk by taking one perfect step every two minutes. That's how some players learn to kick a ball and then they return to the back of the line. We learn to walk by walking. Imagine how stiff and awkward we would look if we all walked the same way.

Imagine if any Soccer kid could improve their skills in 5 minutes by getting 200 touches of the ball. Imagine how easy it would be for any kid to find out. If a Soccer kid juggles the ball 30 times, and writes down their juggling figures, the last 10 numbers will add up to far more than the first 10 numbers. It takes about 5 minutes for the mind and body to synchronise technical control.



200 Touches

Anyone can discover how long it takes for eye/foot coordination and muscle memory to kick in.

It takes 200 repetitive touches of the Soccer ball for kids to reach the intuitive level where control becomes second nature. Control is a matter of balance. The first touches will be too hard or too soft, too high or too low, too early or too late, too fast or too slow, too left or too right. After 200 touches, control becomes automatic.

Freestyle Soccer kids can get 200 ball touches in 5 minutes just by juggling on their own, striking a ball against a wall or close repetition ballwork in pairs.

