

Individual Training Ideas

- **First Touch Exercises**

- [1,000 Touch Workout](#)

- Videos to show some of these types of touches [HERE](#) and [HERE](#)

- [Yael Averbuch's YouTube channel has TONS of great videos!](#)

- Here are some favorites to start with:

- [Touches against Wall Progression](#)
 - [Six Fast-Footwork Wall Drills](#)

- **Juggling Exercises & Challenges**

- [1,000 Juggle Workout](#) (Set a summer goal to double your record!)
 - [1-2 Catch Challenge](#)

- **Shooting/Finishing Exercises**

- [5 Essential Shooting Exercises](#)

- **Skill Challenges**

- [Dribbling Time Trial](#) (Make it your goal to cut 5-10 seconds off your first attempt's time)

Drills for Working in Pairs

- [3 Passing Drills](#)

- [Pelé Series Squares](#)

- [Buddy Passing Exercise 1](#)

- [Buddy Passing Exercise 2](#)