10,000 TOUCH CHALLENGE

November 1-January 31

Want to keep those ball skills sharp during the offseason?
Join the New Ulm United 10,000 Touch Challenge!

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- Commit to 110 touches on the ball every day.
- For every 110 touches you complete, cross off a soccer ball on the chart.
- Earn "bonus balls" by completing 20 extra touches and crossing off balls on the bonus graphic.
- Everyone who gets 10,000 touches between Nov 1-Jan 31 will win a prize.
- Competitive players: give your finished sheets to your coach at practice on January 31.
- Rec players: your finished sheets can be dropped off at the MLC field house and given to any coach on January 31 from 5-8 PM.
- All completed sheets must be signed by a parent or guardian to count.
- If you can't make it to the field house on January 31, take a picture of your completed sheets with signatures and send them to nuusccoaching@gmail.com by midnight on January 31 to be eligible for prizes.

Need ideas to earn your touches? Check out the following list and videos. If a skill only uses one foot, make sure to do the skill with both feet (i.e. 10 touches right, 10 touches left/30s right, 30s left).

- Pull back turns
- Step over turns
- Scissor step
- Juggling (if parents allow)
  - How to Juggle a Soccer Ball for Beginners (Step-by-Step Guide!)
- 1-touch passing into a couch/wall
- 2-touch passing into a couch/wall
  - Soccer Training For Beginners: 10 Key Ball Mastery Drills
  - 10 EASY Ball Mastery Exercises For Beginners | Improve Your Ball Control
  - 50 BALL MASTERY SKILLS | Joner Football
- This one has progressions to make basic moves more complex
  - Improve Your Skills At Home | Technical Skills Mastery Exercises For Footballers
- MLC Touch Challenge
  - Ball Work

** Optional Social Media **

If you and your player would like to submit videos of them doing their touches, feel free to send the club a short video of your player, focusing on the ball work. These videos can be emailed to Kari Poulson, Director of Communications & Marketing at newulmunitedsoccer@gmail.com.