

BEASTMODE

S O C C E R

600 TOUCHES IN 6 MINUTES



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Make this series a part of your warm-up. It's only 6 minutes long and will get you 600 **QUALITY** touches. I have given you a month's worth of tick sheets so that you develop the habit!

WEEK 1	SUN	MON	TUE	WEDS	THU	FRI	SAT
TOE TAP PULL BACK							
SIDE SWIPES							
BELLS 180							
FULL PULL BACKS							
INSIDE OUTSIDE RIGHT							
INSIDE OUTSIDE LEFT							
BELL SCISSORS							
PULL BACK LACES PULL BACK INSTEP							
ROLL OUTSIDE TOUCH							
BELL BELL ROLL							



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WEEK 2	SUN	MON	TUE	WEDS	THU	FRI	SAT
TOE TAP PULL BACK							
SIDE SWIPES							
BELLS 180							
FULL PULL BACKS							
INSIDE OUTSIDE RIGHT							
INSIDE OUTSIDE LEFT							
BELL SCISSORS							
PULL BACK LACES PULL BACK INSTEP							
ROLL OUTSIDE TOUCH							
BELL BELL ROLL							



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WEEK 3	SUN	MON	TUE	WEDS	THU	FRI	SAT
TOE TAP PULL BACK							
SIDE SWIPES							
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FULL PULL BACKS							
INSIDE OUTSIDE RIGHT							
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SOCCER