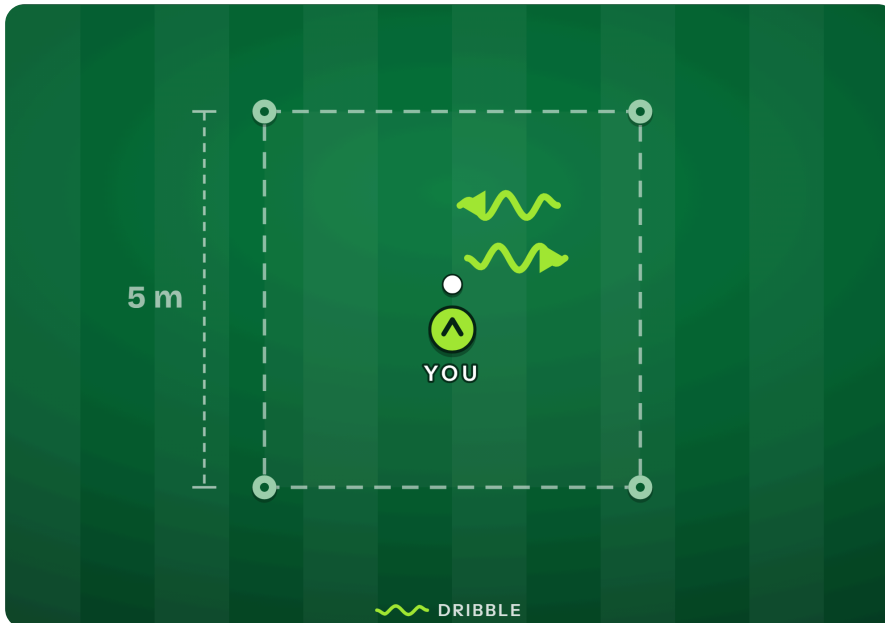




Set up

● A ball

📍 4 cones

📏 A box on flat grass

📏 5 m each side

Dose

🕒 1 min each move, 2 rounds

🎯 Our target: 100+ a day

100+ touches every day in about 10 minutes is the Football Reach plan target, not an FA or FIFA rule. The 5 x 5 m box and the 30 s rest between moves are our choices too: no source sets them for home practice. The tempo idea (find your tempo first, then at least 1 minute at a higher tempo) comes from a FIFA technical activation circuit.

What it trains

The daily touch habit, played as a game: lots of touches with the soles, the insides and the outsides of both feet, on the move inside a small box, with your eyes up. In its guidance for 5-11s, the FA calls ball mastery "the starting point for everything that follows".

How it works

- 1 Mark a 5 x 5 m box with 4 cones on flat grass and start in the middle with the ball. Use a size 4 ball at U12-U13 and a size 5 from U14 (size 3 up to U11).
- 2 Do each move while travelling around inside the box, with small touches that keep the ball inside the cones.
- 3 Sole rolls: roll the ball across in front of you with one sole, stop it with the other sole and roll it back.
- 4 Tick-tock: tap the ball from the inside of one foot to the inside of the other.
- 5 Pull-push: pull the ball back with your sole, then push it wide with the outside of the same foot.
- 6 Start each move with a few seconds at an easy tempo, then 1 minute at a good tempo. Rest 30 s between moves and keep count of your touches. Round 2: the same three moves with your other foot leading.

Coaching points

- 1 **Every touch in the box**
Small, soft touches as you travel, so the ball never leaves the box. If it does roll out, bring it back in and keep counting.
- 2 **Eyes on the far cone**
Between touches, lift your eyes to a far cone ahead of you, then back to the ball. FIFA's ball-mastery practice asks players to keep their heads up and eyes forward, so they can see the space to move into.

✗ **Not this:** Big touches that run out of the box as you travel, and staring down at the ball the whole time.

➤ HARDER

Raise the tempo while every touch stays in the box, and lift your eyes to a different cone each time. Then try to beat last week's total in the same time. With friends, share a bigger box, each with a ball (FIFA's group version uses 15 x 15 m).

➤ EASIER

Stand still in the middle and do two moves only (sole rolls and tick-tock), slower. Take a full 30 s to find your tempo, and look up only when the ball is still.

🛡️ Safety

- Flat, dry grass or a non-slip surface, never a road or a polished floor. Keep the box clear of walls and windows.
- The ball can roll under your foot during sole work, so start slowly until the tempo feels steady.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/the-100-touch-box

Then take the free test at footballreach.com