



AVERAGE NUMBER OF TRAINING TOUCHES

Training touches create muscle memory to increase execute of skills. If it's passing, WHERE we strike a ball, HOW we strike a ball and the WEIGHT we strike the ball with are all elements of mastering that skill. Training these skills repeatedly increases the chance our skills become "reflexive". Reflexive technical skills, different than tactical skills, become skills we can eventually "master."

The goal for the Blast is to get between 900 - 1,200 touches per session. We have a training grid we live by posted below. The number of touches per session is based on the number of "player to ball ratio" and the number of minutes spent in that arrangement. However, the most critical factor to determining touches is what is being done in the training block. For example, spending 15 minutes working on a passing skill versus 15 minutes playing 11 v. 11 will yield very different development results.

Complicating the number of touches is the actual execution rate. If the execution rate is low (under 75%) the actual number of "usable" touches drops significantly. "Usable" is defined as receiving a ball somewhat on target, in a position to control and continue possession. The Blast goal is to always hit a 75% or higher execution rate in every session. It is why we must ALL work to increase our technical skills. If everyone is at or above 75%, everyone's will improve.

BLAST TRAINING BLOCK	Players in Block	Typical BLAST Session		Typical "other club" session			
		MINS	EST. TOUCHES	MINS	EST. TOUCHES		
Technical #1	1-2 players	15 minutes	600	5 minutes	200		
Technical #2	1-3 players	15 minutes	300	10 minutes	120		
Tech/Tact #1	3-5 players	15 minutes	180	10 minutes	120		
Tech/Tact #2	4-8 players	15 minutes	30	15 minutes	30		
Interplay	10-20 players	20 minutes	25	20 minutes	25		
*Game Play	20+ Players	10 minutes	20	30 minutes	25		
* Blast will be 3-4X touches more than other clubs	TOTAL MINS	90 minutes		90 minutes			
	PER PLAYER	EST. TOUCHES/SESSION	1,155	EST. TOUCHES/SESSION	520		
		EST. TOUCHES/WEEK	3,470	EST. TOUCHES/WEEK	1,560		
		EST. TOUCHES/SEASON	111,040	EST. TOUCHES/SEASON	49,920		
				TRAINING MINUTES:			
Training Block	Player/Ball Ratio	TECHNICAL/TACTICAL %	Est. Touches/Second	5:00	10:00	15:00	20:00
Technical #1	1 player: 1 ball	TECH - 100% / TACT - 0%	1 touch every 1.5 seconds	200	400	600	795
Technical #1	2 players: 1 ball	TECH - 100% / TACT - 0%	1 touch every 2.5 seconds	120	240	360	475
Technical #1	3 players: 1 ball	TECH - 100% / TACT - 0%	1 touch every 3 seconds	100	200	300	395
Technical #2	4 players: 1 ball	TECH - 90% / TACT - 10%	1 touch every 5 seconds	60	120	180	235
Technical #2	5 players: 1 ball	TECH - 90% / TACT - 10%	1 touch every 8 seconds	40	80	110	145
Technical #2	6 players: 1 ball	TECH - 80% / TACT - 20%	1 touch every 15 seconds	30	50	80	95
Tech/Tact #1	7 players: 1 ball	TECH - 50% / TACT - 50%	1 touch every 18 seconds	20	30	50	65
Tech/Tact #1	8 players: 1 ball	TECH - 50% / TACT - 50%	1 touch every 22 seconds	20	30	40	48
Tech/Tact #2	9 players: 1 ball	TECH - 30% / TACT - 70%	1 touch every 28 seconds	20	20	30	40
Tech/Tact #2	10 players: 1 ball	TECH - 30% / TACT - 70%	1 touch every 36 seconds	10	20	30	35
Tech/Tact #2	11 players: 1 ball	TECH - 30% / TACT - 70%	1 touch every 48 seconds	10	10	20	25
Interplay (small)	12 players: 1 ball	TECH - 20% / TACT - 80%	1 touch every 58 seconds	10	10	20	25
Interplay (small)	14 players: 1 ball	TECH - 20% / TACT - 80%	1 touch every 70 seconds	10	10	20	15
Interplay (large)	16 players: 1 ball	TECH - 20% / TACT - 80%	1 touch every 82 seconds	n/a	10	20	15
Interplay (large)	18 players: 1 ball	TECH - 20% / TACT - 80%	1 touch every 95 seconds	n/a	10	10	15
Game Play	20 players: 1 ball	TECH - 10% / TACT - 90%	1 touch every 115 seconds	n/a	n/a	10	15
Game Play	22 players: 1 ball	TECH - 10% / TACT - 90%	1 touch every 140 seconds	n/a	n/a	10	5