Benchmarks - Surfaces

Laces Touches		
Date	30 Sec	Comment

Inside - Outside		
Date	30 Sec	Comment

Push Cuts		
Date	30 Sec	Comment

Box - Box - Roll		
Date	30 Sec	Comment

Squeezies		
Date	30 Sec	Comment

Roll -Roll - Switch		
Date	30 Sec	Comment

Inside - Outside - Pull		
Date	30 Sec	Comment

Slide Box		
Date	30 Sec	Comment

Push-Pull (foot up)		
Date	30 Sec	Comment

Benchmarks - The V's

V		
Date	30 Sec	Comment

Reverse V		
Date	30 Sec	Comment

L		
Date	30 Sec	Comment

V - Reverse V		
Date	30 Sec	Comment

V - L		
Date	30 Sec	Comment

Reverse V - L		
Date	30 Sec	Comment

V - Reverse V - L		
Date	30 Sec	Comment

3 Boxes- L - Outside Roll		
Date	30 Sec	Comment

4 boxes - Pull		
Date	30 Sec	Comment

Benchmarks - Moves

Touch - Touch - Scissors		
Date	30 Sec	Comment

Touch - Touch - Stepovers		
Date	30 Sec	Comment

Touch - Touch - Side Step		
Date	30 Sec	Comment

Touch - Touch - Henry		
Date	30 Sec	Comment

Touch-Touch-Scissors-Stepover		
Date	30 Sec	Comment

Double Scissors - Side Step		
Date	30 Sec	Comment

Double Scissors - Stepover		
Date	30 Sec	Comment

Hop - Stepover		
Date	30 Sec	Comment

Scissors/Stepover - Stepover		
Date	30 Sec	Comment

Benchmarks - Turns

Pull-Back		
Date	30 Sec	Comment

Outside Cut		
Date	30 Sec	Comment

Inside Cut		
Date	30 Sec	Comment

Cruyff		
Date	30 Sec	Comment

Stepover Turn		
Date	30 Sec	Comment

Hook		
Date	30 Sec	Comment

Maradona		
Date	30 Sec	Comment

Scissors - Reverse V		
Date	30 Sec	Comment

Stepover - Reverse V		
Date	30 Sec	Comment

Benchmarks - Passing & Receiving

2-touch Inside		
Date	1 min	Comment

1-touch Inside		
Date	1 min	Comment

2-touch Open Up		
Date	1 min	Comment

2-touch outside - around cone		
Date	10 Hits	Comment

2-touch inside - around cone		
Date	10 Hits	Comment

Bending (right)		
Date	10 Hits	Comment

Bending (left)		
Date	10 Hits	Comment

Smother Pass (Right)		
Date	10 Hits	Comment

Smother Pass (Left)		
Date	10 Hits	Comment

Benchmarks - Brazilian Touches

Inside		
Date	30 Sec	Comment

Laces		
Date	30 Sec	Comment

Thigh-Laces		
Date	30 Sec	Comment

Thigh - Opposite inside		
Date	30 Sec	Comment

Chest Laces		
Date	30 Sec	Comment

Two-touch Laces (foot up)		
Date	30 Sec	Comment

Inside - Opposite Laces		
Date	30 Sec	Comment

Laces - Head		
Date	30 Sec	Comment

Side Volley		
Date	30 Sec	Comment

Benchmarks - Smother Touches

Inside		
Date	30 Sec	Comment

Outside		
Date	30 Sec	Comment

Thigh - Inside (same leg)		
Date	30 Sec	Comment

Thigh - Outside (same leg)		
Date	30 Sec	Comment

Chest - inside		
Date	30 Sec	Comment

Chest - Outside		
Date	30 Sec	Comment

Inside Turn		
Date	30 Sec	Comment

Outside Turn		
Date	30 Sec	Comment

Cruyff Turn		
Date	30 Sec	Comment

Benchmarks - Ball Striking

3-touch (Right) - no spin		
Date	10 Hits	Comment

3-touch (left) - no spin		
Date	10 Hits	Comment

1-touch (Right) - no spin		
Date	10 Hits	Comment

1-touch (left) - no spin		
Date	10 Hits	Comment

Driven Ball (Right)		
Date	10 Hits	Comment

Driven Ball (Left)		
Date	10 Hits	Comment

Bending Ball (Outside Right)		
Date	10 Hits	Comment

Bending Ball (Outside Left)		
Date	10 Hits	Comment

Chipped Ball		
Date	10 Hits	Comment

Benchmarks - Juggling

Single foot (resetting)		
Date	1 min	Comment

Single Foot (up)		
Date	1 min	Comment

Alternating Feet		
Date	1 min	Comment

Thight - Foot		
Date	1 min	Comment

Chest - Foot		
Date	1 min	Comment

Head - Foot		
Date	1 min	Comment

Irish Juggling		
Date	1 min	Comment

"Cups"		
Date	1 min	Comment

Head		
Date	1 min	Comment