

In any language,



Instepper Challenges are designed to test players' complete set of soccer skills. These include: the first-touch (receiving), passing, 2-touch soccer dribbling, shooting (with accuracy), athleticism/conditioning, use of both feet, communication, and thinking ahead (tactical).

The first-touch is the most important fundamental skill in soccer. An Instepper Mentoring Program is a unique and fun way to introduce and reinforce the first-touch with guaranteed results.

To learn more about the first-touch, the Instepper Mentoring Program and Instepper Challenges, visit www.instepper.com.

The Tutti T2 Challenge is all about stringing together successful 2-touch cycles. 1 cycle consists of 4 steps

2-Touch (2T) soccer is a mindset, philosophy, and strategy adopted by successful players and teams around the world. It is easy to understand why.

A good first-touch sets up players for successful 2nd-touch passes, shots, or the start of longer possessions.

Often, a players' first-touch is poor due to poor technique and/or a lack of confidence, resulting in less-than-ideal outcomes.

If everybody played with a 2-touch mindset ...

Tutti 2T

... the outcome will be:

Good Footie

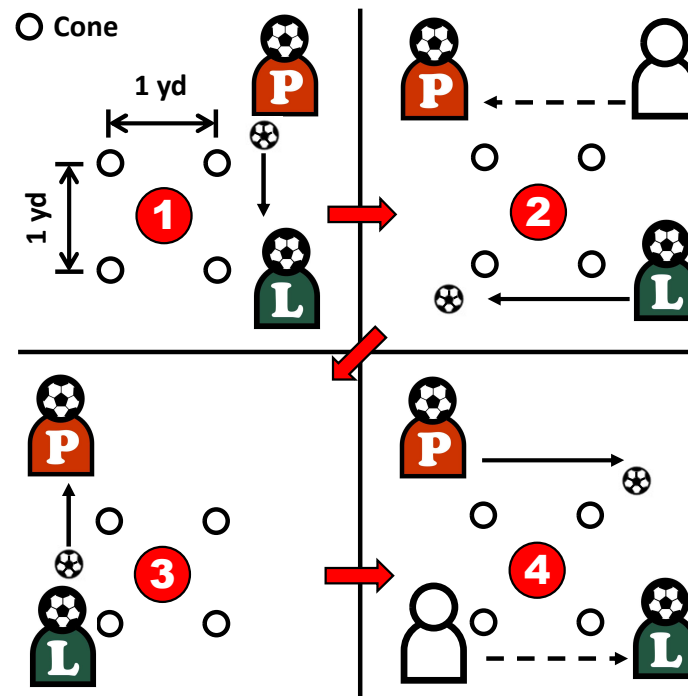
Tutti 2T



Footie



4-Step 'Tutti 2T' Cycle



'Tutti 2Ts' reinforce the use and development of the most important body parts in soccer: the **inside-of-the-feet!** Tutti 2T works both the right **and** left foot.!

Instepper Challenge

Tutti: Italian for "Everybody"

2T: Short for "2-touch"

Footie: Slang for "Football"

- 1 **Step 1:** Player P passes to Player L with their left foot.
- 2 **Step 2:** Player L's first-touch, with their right foot, places the ball toward the cone to their left. Player L follows the ball. Player P move to the cone to their right.
- 3 **Step 3:** Player L passes to Player P with their left foot.
- 4 **Step 4:** Player P's first touch, with their right foot, places the ball toward the cone to their left. Player P follows the ball. Player L moves back to the cone to their right.

Rules

- Each possession *must* only be 2-touches.
- 1st and 2nd must always be outside the cones.
- Switch directions to work the other feet.
- Increase the distance between cones or add more cones to make Tutti 2T more challenging.

Equipment

- Cones (4+)
- Balls (1)
- Teammates (2)

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