

One Touch[®]

ROSS FAULKNER
www.rossfaulkner.com

As endorsed by AFL star and
Geelong Champion Joel Selwood

TRAIN ANYWHERE ANYTIME

**INTRODUCING ONE TOUCH, THE ULTIMATE TRAINING AID
FOR IMPROVING & DEVELOPING ALL ASPECTS OF YOUR GAME**



IMPROVES YOUR:

- Hand/Eye Co-ordination
- Reflexes
- Agility
- Speed
- Strength
- Confidence
- Fitness

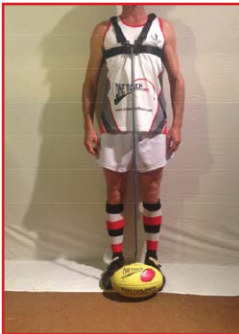


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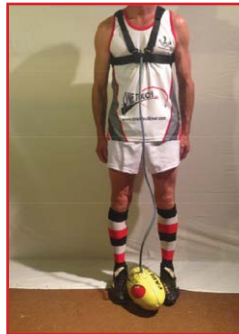
CUSTOMIZING YOUR PACK / ADJUSTING RUBBER TETHER FOR YOUR HEIGHT

The ball must be touching the ground when standing upright with your OneTouch pack on, if the ball is hanging freely or not touching ground, your rubber tether is too **SHORT**, if your ball is touching the ground and you have a lot of extra slack in the rubber tether, this means your rubber tether is too **LONG**.

When adjusting the rubber tether it must be straight and be line with your body, with your OneTouch pack on whilst the ball is touching the ground, minimal slack is required for best results in the rubber, the straighter the rubber the better it is. This is customizing your pack for your height.



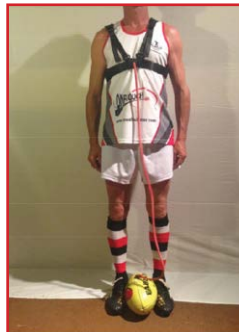
Perfect length,
rubber straight
down



Good length,
little slack in
rubber



Too short,
ball not
touching
ground



Too Long,
too much
slack in
rubber

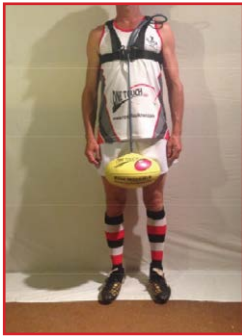
INSTRUCTIONS

FOR HEIGHT ADJUSTMENT & SHORTENING RUBBER FOR HANDBALL PRACTICE

2

SHORTENING RUBBER FOR HANDBALL PRACTICE

Shortening the rubber tether for handball practice is done at the back of the buckle clip on your OneTouch pack, after kicking with a customize length rubber, you can shorten the rubber, by pulling the rubber tether from the back of the buckle connection.



Standard
Handpass



Extreme
Handpass

1. Undo your chest pack clip, then grabbing the rubber from the back of the buckle clip and pull the rubber lifting the ball up off the ground so the ball is free hanging at waist or at arm's length from the body, for a standard handball length.

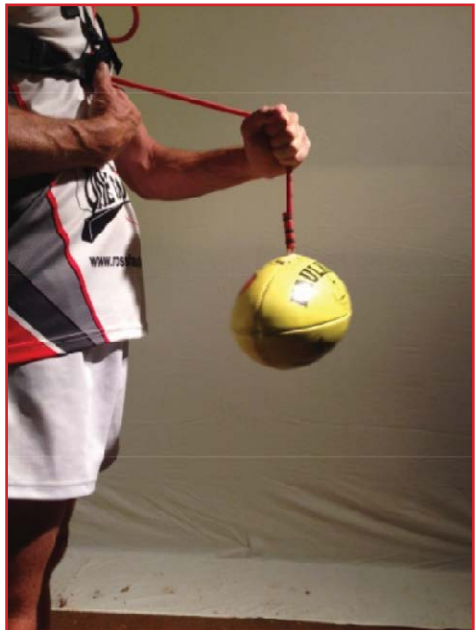


Can be shortened even closer to the body for faster and more extreme in close handball skills

2. When you have the desired length, the end piece of the rubber tether which should be in your hand has a wedge inside it; this wedge is used to lock your rubber tether into place. By pushing the end of the rubber back into the back of the buckle where the main rubber slides in and out, it's a tight fit push hard, need to lock rubber into place so it doesn't slide back and forth whilst in play.



3. Reconnect your buckle, and give the rubber tether a pull from the front of the buckle just to make sure wedge has locked into place.



3

ADJUSTING THE RUBBERS LENGTH FOR A PERSON'S HEIGHT IS DONE AT THE FOOTBALL END OF THE RUBBER TETHER.



1. Slide 3 x small rubbers up the rubber tether to the height position you desire.



2. Slide the end of the rubber tether further through the footballs attachments loop, and double over at desired height.

3. Replace 3 x small rubber clamps'; making sure this is done correctly.



If your rubber is too short you'll need a new rubber, if it is too long you need to shorten your rubber tether.

CORRECT 5CM TO 10CM OF FOLDED RUBBER



WRONG



PERFECT

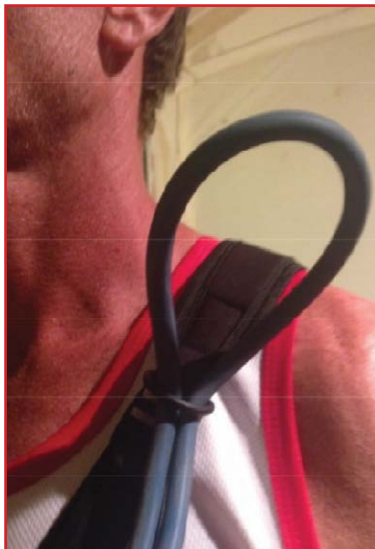


GOOD



WRONG

- 4.** Excess rubber after shortening can be then placed and folded into the D clip provided on the left shoulder strap.



IMPORTANT INFORMATION BEFORE USING THE **ONE TOUCH**

When starting to use the **ONE TOUCH**, always start at low impact for both kicking or handpassing.

- This determines the speed the football returns back to you.
- Allow a 5 minute warm up to assist with eye and hand coordination.
- Always train within your ability level and at the level that makes you feel comfortable.

Another factor determining the speed of the return of the football is the length of the cord.

- The shorter the cord, the quicker the return speed of the football.

NEVER train with the **ONE TOUCH** wearing glasses.

DO NOT attempt training drills beyond your football skills or capacity.

SIZE	CORD LENGTH	PLAYER HEIGHT
Mini	95cm	Ages 3-7
Youth	110cm	140cm - 159cm
	115cm	160cm - 179cm
Adult	130cm	180cm - 193cm
Womens	140cm	194cm - 200cm
	150cm	140cm - 159cm

Junior/Adult Training: Levels 1-4

Adult Intermediate Training: Levels 5-7

High Skills Training: Levels 8-10

LEVEL	TRAINING DRILL	MATCH SKILLS	TRAINING INTENSITY
1	Kicking... the ball softly enough to make the ball come back so you can easily take a mark, slowly increasing the speed/strength of kick to satisfy the player's ability left/right, also kicking the ball at different heights, high/low kick which in turn makes the ball come back at different levels.	Hand/Eye co-ordination	Basic - Normal
2	Handball... shorten rubber cord and lock into place at arm's length from the body. Practice handballing left/right, slowly increasing speed, teaching you to take the ball at the furthest point.	Arms stretched out	Basic - Normal
3	Kicking... once confidence has been gained with kicking & marking (Level 1), try moving forward into the ball by running and kicking/marking. Seniors can add to the drill by quickly stepping back 3 or 4 paces and repeating continuously.	Good hands required	Normal - Hard
4	Handball... with full length rubber cord, handball the ball hard and let the ball return past you, as you also turn your body you attack the loose ball, then repeat.	Good preparation for senior levels 8, 9, 10	Normal - Hard
5	Kicking... the ball across your body on both left/right foot, making you move far left and far right to mark the ball.	Good hands required	Normal - Hard
6	Kicking... continuously on both feet every step, must mark the ball.	Good reflexes and hands	Hard
7	Handball... shorten the rubber cord and lock into place at a very close distance which is satisfying for the user and practice handballing at a very fast pace.	Good reflexes	Hard
8	Kicking... the ball HIGH then turn (let the ball return past you), the ball will hit the ground at all different angles. Be ready to receive.	Strong hands and reflexes	Very Hard
9	Kicking... the ball LOW then turn (let the ball return past you), and attack the ball to trap and pick up.	Hand/Eye co-ordination Strong hands and reflexes	Very Hard
10	Game style... run, bounce, kick, mark, handball, receive. Repeat on both left and right hands and feet.	All round skills	Full Intensity

