



TONY GLAVIN SOCCER CLUB

SESSION 9 – 45 minutes

Focus: Keepy Uppy, Finishing / Volleys / Half Volleys, Fast Footwork / Ball Mastery, Speed/Agility

HOMWORK – SESSION 9



Inspire others with your training videos by posting to our Facebook page (**Tony Glavin Soccer Club**) and/or Twitter and tag us with **@TonyGlavin_SC** using the **#TGSCtraining** on social media.

- 2 to 3 times per week
- 45 minute session
- ❖ **Keepy Uppy – 10 minutes**
- ❖ **Finishing / Volleys / Half Volleys – 10 minutes**
 - Explanation of Shooting Technique
 - Moves with a Shot on Goal
 - Volleys and Half Volleys
- ❖ **Fast Footwork / Ball Mastery – 15 minutes**
 - Pele Hops Dribbling
 - Foundations / Sole Roll
 - Ball Control – Right Foot / Left Foot Weave
- ❖ **Speed/Agility – 10 minutes**
 - Sprinting – Changing Directions
 - Sprinting – Changing Directions / Core Exercises



KEEPY UPPY



Keepy Uppy continues to be an important beginning to our training sessions. The skills associated with your touch on the ball will allow each player to continue to advance their development in the game.

For this session we have added a new skill for everyone to try and then send us your videos. This is the Around The World challenge. Take a look at the clip that we posted.

We also want to highlight a few players who sent us their videos of new personal records. We love to see these accomplishments

Keep training and we are looking forward to your videos.

Session Goals (*click on highlighted links to see video*):

- [Around The World](#) – YouTube video
- [Celtic Soccer Academy Treble Treble Challenge](#)
- [Team #keepitupchallenge](#) – 2003 Boys keep it up
- [Feet Only](#) – Carson Nuernberg – 2003 Boys
- Set new Personal Best
 - [Sophia Teppen](#) – 2010 Girls
 - [Gabbie Francis](#) – 2011 Girls
 - [Owen Komoroski](#) – 2011 Boys



FINISHING / VOLLEYS / HALF VOLLEYS



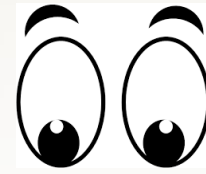
Coaching Points:

- Positive first touch – preparation touch out of feet towards the net
- Plant foot slightly in front of the ball
- Relaxed body (upper body over the ball)
- Knees slightly bent – Arms bent at side and slightly out to help keep balance
- Follow through the ball

[*Click on the move to see the link*](#)

[Explanation of Shooting Technique](#)
[Moves with a Shot on Goal](#)

[Volleys / Half Volleys](#)



- **Watch our Club Director, Tony Glavin, as he uses great technique to finish on goal.**
[1980 Philadelphia Fury – NASL](#) - highlight at 13 seconds of video

- **Moves with a Shot on Goal** – 1-2 minutes per move (Single step over, V move, Roll/Push, Cut) – Dribble at a cone/defender – Execute the move – Explode into space to get the shot off
- **Volleys / Half Volleys** – 2-3 minutes for each skill – can work on this skill against a wall or at a goal, if available – Stand 15-20 feet from the targeted area

Listen to our Club Director, Tony Glavin, discuss proper technique Keep ball close while dribbling (slow – fast – slow), execute the move, finish on goal

Volley – strike ball from the air – center of ball; Half Volley – striking ball just off the bounce – make contact with ball on its way down

FAST FOOTWORK / BALL MASTERY



Set up / Coaching Points:

- Minimal movement of the body – quick feet in a small area
 - Knees bent – on your toes
 - Eyes up
 - Body is balanced and under control
 - Keep a good rhythm to maximize ball control
- **Pele Hops – Dribbling** – 2 times with right foot, 2 times with left foot, 2 times with both feet – complete this cycle 2-3 times
 - **Foundations / Sole Roll** – 5 repetitions
 - **Ball Mastery – Right Foot / Left Foot Weave** – Right Foot 25 seconds, Left Foot 25 seconds – 4 repetitions

Click on the move to see the link

[Pele Hops Dribbling](#)

[Foundations / Sole Roll](#)

[Right Foot / Left Foot Weave](#)

Small/Quick touches on the ball – Inside to outside of same foot
3-4 foundations (inside of one foot to inside of other – Sole roll dribbling
Using the inside and outside of the foot to dribble in a figure 8 pattern

SPEED/AGILITY



Good for: Quick feet –
Agility – Balance – Change of
Direction – Overall Fitness

Equipment: Cones

Speed/Agility Instruction:
Complete the movement
with great technique –
Change speeds

Click on the move to see the link

[Sprinting – Changing Directions](#)

[Sprinting – Changing Directions / Core Exercises](#)



Sprint up 2 cones – Back pedal 1 cone

Sprint up 2 cones – Complete body weight/core
exercise – Back pedal 1 cone