



TONY GLAVIN SOCCER CLUB

SESSION 2 – 30 minutes

Focus: Keepy Uppy, Speed/Agility, Moves to Beat a Defender, First Touch – Receiving ball from the air

HOMework – SESSION 2



- 2 to 3 times per week
- 30 minute session
- ❖ **Keepy Uppy – 5 minutes**
- ❖ **Speed/Agility – 5 minutes**
 - Hurdle Agility – 2 Foot Hop – Inside Volley
 - Hurdle Agility – 2 Foot Hop – Head (11 yrs. and older, Chest, Thigh, Volley)
- ❖ **Moves to beat a defender – 10 minutes**
 - L Move
 - Single and Double Step overs
 - Matthews
- ❖ **First Touch – Receiving from the air – 10 minutes**
 - Receiving from the air
 - Receiving from the air and a finish on goal

The homework routine is for a period of time when you are not team training.

Inspire others with your training videos by posting to Facebook or Twitter and tagging us with **@TonyGlavin_SC** using the hashtag **"#TGSCtraining"** on social media.

INTRODUCTION



The training sessions that we are putting together are to help “guide” our players with training ideas while they are away from our team training at the club. However, we encourage the player to be creative with these ideas and begin to use them as they need to increase their own training.

We want to provide ideas that are in line with our training philosophy, however, we want our players to have the freedom to create their own training environment that will benefit their development.

Please click on the link to watch the video from our Club Director, Tony Glavin.

<https://www.youtube.com/watch?v=ALMgZ9gG8rE>

- Player Development is the main focus of the club. Touches on the ball with emphasis on technical training and repetition is the training method, along with teaching each player how to integrate individual skill within the team concept.
- Our goals and objectives are to produce players with good technical skills and, good tactical awareness by creating a teaching environment where players will learn and advance in the game. The focus will always be on developing the individual players skill set.
- We want to see our players showing creativity and having the ability to take players on in the attacking third of the field, to create goal scoring opportunities.

KEEPY UPPY



Even if juggling isn't a necessary skill when the games start, it directly spills over to other game-used skills. Juggling develops your foot and eye coordination. When your feet and eyes work in sync then the timing of your entire skill set improves. If you're comfortable on the ball, it's because you have confidence with the ball at your feet. This comfort will dramatically improve a players' first touch. Without a quality first touch the rest of the game falls apart at the higher levels.

Coaching Points:

- Toes pointed out – shoelace meets ball – foot raises to waist level to meet ball – ball rises to eye level. Beginners let it bounce.
- Ankle locked
- Thigh Juggling - raise knee high so your thigh is parallel to the ground.

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

- All Right Foot / [All Left Foot](#)
- Alternating Feet
- All Right Thigh / All Left Thigh
- [Alternating Thigh](#)
- How many can you get without dropping?



SPEED/AGILITY



Good for: Multidirectional Speed – Agility, Balance, Quickness, Change of Direction, Lower Body Strength, Overall Fitness

Equipment: Hurdles (Cones, Shoes, Bricks, or other if no hurdles available), soccer ball

Speed & Agility Instruction:

Stay in an athletic position and on the ball of the foot. Use your arms to help explode off the ground.

Jumping helps the explosive movements in sprinting and change of direction.

Speed and Agility

- 2 foot hop over the hurdle – 4x – 2 repetitions – inside foot volley at the end
- 2 foot hop over the hurdle – 4x – 2 repetitions – different skill at the end
- Side shuffle over the hurdle – 2x facing each side – 2 repetitions

Click on the move to see the link

[2 Foot Hop](#)

[2 Foot Hop](#)

Side Shuffle

2 feet over hurdle, light landing, quick explosion, inside of foot volley at the end
2 feet over hurdle, light landing, quick explosion, Head (11 yrs. and up), chest, thigh, volley at the end

Not filmed – Facing sideways - left foot then right foot over hurdle before moving to the next – Then switch sides once completed

MOVES TO BEAT A DEFENDER



Coaching Points:

- Set up move
 - Execute a move in front of the cone/object (don't get too close) and explode away
 - Inside foot, outside foot, shoelace, or sole of foot set up
 - Speed Variation (fast-slow-fast)
 - Touch the ball with every step
 - Explode on final touch
 - Head up - vision
 - Body is balanced and under control
- **L Move** – 10-15 repetitions – dribble at a cone/object, complete the move and then explode away.
 - **Single/Double Stepover** – 10-15 repetitions of each – dribble at a cone/object, complete the move and then explode away.
 - **Matthews** – 10-12 repetitions each foot – dribble at a cone/object, complete the move and then explode away.

Click on the move to see the link

[L Move](#)

Sole of the foot to roll across your body – take the ball with the inside of the opposite foot

[Single/Double Stepover](#)

Step over the ball with one foot – take the ball with laces of the other, going the other direction

[Matthews](#)

Body fake – quick footwork – touch ball with inside of the foot – take away with outside of same foot

1st TOUCH RECEIVING – FROM THE AIR



Coaching Points:

- Be on balls of feet and get body behind ball
 - Choose appropriate surface to receive based on flight of the ball
 - Knees slightly bent. Arms bent at side, and slightly out, to help keep balance and maintain positioning from a defender.
 - Importance of cushioning - upon contact with the ball players should quickly retract the body part directing the ball to the ground
 - Try to drop ball in front of body so it is in your control but not under you
 - Relax body part at impact. Take first touch away from where pressure is coming from
- **Receiving from the air** – 5-10 repetitions of each – Toss ball up and then work on different types of receiving – (Inside of foot, Outside of foot, Inside of foot through the legs, Thigh/Inside of foot, Thigh/Outside of the foot, Thigh/Inside of foot through the legs, Chest/Thigh/Inside of the foot.
 - **Receiving from the air and finish on goal** – 5-10 repetitions of each – Toss ball up and then work on different types of receiving to a finish on goal – (Inside of foot, Outside of foot, Inside of foot through the legs, Thigh/Inside of foot, Thigh/Outside of the foot, Thigh/Inside of foot through the legs, Chest/Thigh/Inside of the foot.

Click on the move to see the link

[Receiving from the air](#)

[Receiving from the air and finish](#)

Toss ball up, good 1st touch – keep ball close, move with the ball

Toss ball up, good 1st touch – keep ball close, move with the ball, 1-2 touches and finish on goal