

TONY GLAVIN SOCCER CLUB



SESSION 23 – 45 minutes

Focus: Keepy Uppy, Ball Mastery, Dribbling, Wall Ball Passing

HOMework – SESSION 23



- 2 to 3 times per week
- 45 minute session
- ❖ **Keepy Uppy – 10 minutes**

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.

- ❖ **Ball Mastery – 10 minutes**

- Sole Roll – Push Outside – Push Inside
- Sole Roll – Push Inside – Push Outside
- Sole Roll – Outside – Tap – Outside

- ❖ **Dribbling – 15 minutes**

- Outside of foot weave
- Outside to inside of foot
- V move

- ❖ **Wall Ball Passing – 10 minutes**

- Straight pass – Inside of foot behind – Straight pass
- 2 straight passes – Inside of foot behind – 2 straight passes
- Straight pass – Angle pass

**DON'T PRACTICE
UNTIL YOU GET IT
RIGHT. PRACTICE
UNTIL YOU CAN'T
GET IT WRONG.**

KEEPY UPPY



The last few weeks we have heard many stories, and seen some videos, of our players achieving new personal records with their Keepy Uppy.

We would like to dedicate this session to working on something different with this skill and achieving new records.



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

- [10 Easy Juggling Exercises to Improve your Ball Control](#)
- Personal Record
 - [Elizabeth Shaw \(05 Girls\) - 503](#)

BALL MASTERY



Coaching Points:

- Minimal movement of the body – quick feet in a small area
- Knees bent – on your toes – Arms bent at side and slightly out to help keep balance
- Eyes up
- Body is under control
- Keep a good rhythm to maximize ball control
- Head where you can see in front (not facing down)



Click on the move to see the link

[Sole Roll – Push Outside – Push Inside](#)

[Sole Roll – Push Inside – Push Outside](#)

[Sole Roll – Outside – Tap – Outside](#)

- **Sole Roll – Push Outside – Push Inside** – 30 seconds x 4 repetitions
- **Sole Roll – Push Inside – Push Outside** – 30 seconds x 4 repetitions
- **Sole Roll – Outside – Tap - Outside** – 30 seconds x 4 repetitions

Right foot 1st – Sole roll with right – use the outside of the foot to push past 1st cone – then use inside of same foot to bring ball back – push forward back to starting position

Same as above but use the inside of the foot first

Sole roll with right – outside of foot push – tap with right foot when ball gets to middle – outside of foot push – Inside of right above the cone – then do same with left foot

DRIBBLING



Coaching Points:

- Toe down – shoe laces – firm ankle
- Speed variation (fast-slow-fast)
- Touch the ball with every step
- Head up – vision
- Soft touches on the ball
- Body is balanced and under control

- **Outside of foot weave** – 4-5 repetitions – dribble around a set of 8-10 cones 10-12 yards – using the outside of both feet
- **Outside to inside of the foot** – 4-5 repetitions with both feet – same set up as above – 2 touches with outside of one foot – cut with inside of the same
- **V Move** – 4 repetitions – same set up as above – using the V move to get through the cones

Click on the move to see the link

[Outside of foot weave](#)

Soft touches – 2 touches with outside of one foot – grab ball with outside of other for two touch to get around the cone

[Outside to inside of the foot](#)

Soft touches – 2 touches with outside of one foot – cut ball with inside of the other across the cone

[V Move](#)

V move to get through cones – Sole of one foot to inside of same – catch ball with opposite foot and continue with v moves

WALL BALL PASSING



Set up / Coaching Points:

- Pass to a wall / kick board / partner
- Show at an angle if possible
- Receive the pass / use different turns and/or touches
- Inside of foot pass – ankle locked
- Good pace on the pass

- **Straight pass, Inside of foot touch behind cone, Straight pass** – 30 seconds x 4 repetitions – pass off the wall/kickboard/partner – take a touch with the inside of the foot behind the cone – make a pass on the other side
- **2 Straight passes – Inside of foot behind cone – 2 straight passes** – 30 seconds x 4 repetitions – Make 2 passes against the wall – receive the ball with the inside of the same foot – push behind the cone – make 2 passes with opposite foot
- **Straight pass, Angle pass** – 30 seconds x 4 repetitions – Straight pass off the wall – angle pass to other side

Click on the move to see the link

[Straight pass, Inside of foot touch behind cone, Straight pass](#)
[2 straight passes – Inside of foot behind cone – 2 straight passes](#)
[Straight pass, Angle pass](#)

Good pace on pass – stay on toes – quick feet
Good pace of pass – quality 1st touch – quick feet
Same as above