



# TONY GLAVIN SOCCER CLUB

## SESSION 4 – 40 minutes

Focus: Keepy Uppy, V's, Change of Speed/Direction Dribbling, Speed/Agility – Sprinting/Changing Directions, Ball Control

# HOMEWORK – SESSION 3



- 2 to 3 times per week
- 40 minute session

## ❖ **Keepy Uppy – 10 minutes**

### ❖ **V's – 10 minutes**

- 1 Footed V moves
- 1 Footed V move behind the back
- 2 Footed V move

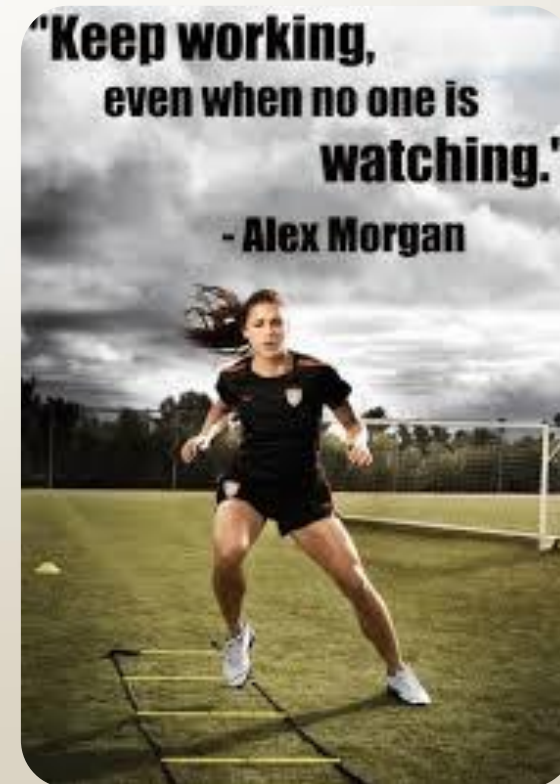
### ❖ **Change of Speed/Direction Dribbling – 10 minutes**

- Change of Speed – Sole Stop / Hesitation
- Change of Direction – Cruyff / Jinky Turn
- Change of Direction – Step over turn / Inside of the foot turn
- Change of Direction – Outside of the foot turn / Sole of the foot turn

### ❖ **Speed/Agility – Quick Feet – 10 minutes**

- Introduction
- Cones – Shuffle – One foot dribbling (ball control)
- Cones – Shuffle – Inside of one foot to outside of other (ball control)
- Sprinting – Change Directions
- Sprinting – Change Directions – Core Exercises

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 hashtag **"#TGSCtraining"** on social media.



# KEEPY UPPY



In addition to the Treble Treble Challenge, we have added a couple new challenges with our Keepy Uppy training. As always we are encouraging this to be a big part of your individual training.

Continue to challenge yourself with different ways to bring the ball up, use other parts of the body, combinations of keepy ups, etc.

I do want to highlight one player who has achieved a new personal best with the Keepy Uppy. Ashley Miller, 2005 girl, is now at 2,162. Check out the [video here](#). Great job Ashley, who is next?



## 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*):

- [Celtic Soccer Academy Treble Treble Challenge](#)
- Up and down ladder challenge – foot, thigh, head, thigh, foot, repeat
- Start the ball from the ground
- Aerial Receives – Juggle it up twice as high as your body, then let ball bounce and work to receive ([Inside of foot, outside, etc.](#))
- Set new Personal Best

# V's



## Coaching Points:

- Look to make a V pattern with the ball
  - Knees slightly bent – arms bent at side, and slightly out
  - Body should be balanced - under control
  - Head where you can see in front (not facing down).
  - Head on a swivel – sneak looks around
- **1 Footed V moves** – Complete both move 8-10 times each – Practice the move using both feet – Dribble at a cone/defender – use the move and then explode away
  - **1 Footed V move behind the back** – Complete the move 8-10 times – Practice using both feet – Dribble at a cone/defender – use the move and then explode away
  - **2 Footed V move** – 30 seconds x 5 repetitions – Stay stationary – use cone – complete move using both feet in both directions

*Click on the move to see the link*

[1 Footed V moves](#)

[1 Footed V move behind the back](#)

[2 Footed V move](#)

Dribble at cone – pull ball back – push away with inside/outside of foot  
Pull ball back – touch behind plant foot – take away with outside of foot  
Use both feet – Pull ball back with one foot – push away with outside of the other foot

# CHANGE OF SPEED/DIRECTION DRIBBLING



## Coaching Points:

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

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

[Sole Stop / Hesitation](#)

[Cruyff / Jinky Turn](#)

[Step over turn / Inside foot turn](#)

[Outside foot turn / Sole of foot turn](#)

- **Change of Speed – Sole Stop / Hesitation** – Complete each move 8-10 times – Take 3 touches on the ball – execute the move – explode away – complete the move with both feet
- **Change of Direction – Cruyff / Jinky Turn** – 5-6 repetitions – take 3-4 touches – complete the sequence of moves – explode away
- **Change of Direction – Step over turn / Inside foot turn** – 5-6 repetitions – same set up as above
- **Change of Direction – Outside of foot turn / Sole of foot turn** – 5-6 repetitions – same set up as above

Sole stop – pull ball back – push with inside of foot; Hesitation – fake to step on top of ball - explode away

Cruyff – fake shot – pull ball back between legs with inside of foot; Jinky Turn – step over ball – take the ball away with the outside of same foot

Step over turn – step over ball – take ball away with inside of opposite foot; Inside foot turn – chop ball across your body with inside of foot

Outside foot turn – turn ball with outside of foot – keeping ball close; Sole of foot turn – sole roll behind back – take ball with outside of foot

# SPEED/AGILITY

**Good for:** Quick feet, Agility, Balance, Quickness, Change of Direction, Good touch on the ball, Overall Fitness

**Equipment:** Cones, soccer ball

## Speed & Agility Instruction:

Stay in an athletic position and on the ball of the foot.

Movement around the cone to the ball should be quick.

Keep ball close while working through the cones.

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

[Introduction – Quick feet – Ball control](#)

[Shuffle – One foot dribble](#)

[Shuffle – inside of foot / outside of other](#)

[Sprinting – Change Directions](#)

[Sprinting – Change Directions – Core](#)

## Speed and Agility

- **Shuffle – One foot dribble** – 4-5 repetitions with both feet – shuffle through cones – dribble back in and out of cones with right/left foot
- **Shuffle – Inside of one foot / outside of other** – 4-5 repetitions – same set up as above – dribble back in and out of cones with inside of one foot to outside of other
- **Sprinting – Change directions** – 4-5 repetitions – sprint up two cones – back pedal 1
- **Sprinting – Change directions – core exercise** – 4-5 repetitions – same set up as previous – core exercise at each stop

Shuffle through cones – bring ball back with right/left foot – dribble back to end

Shuffle through cones – bring ball back using inside of one foot to outside of other – dribble back to end

Sprint up 2 cones – back pedal 1

Sprint up 2 cones – complete a body weight/core exercise – back pedal 1 cone

