



TONY GLAVIN SOCCER CLUB

SESSION 8 – 45 minutes

Focus: Keepy Uppy, Turns, Fast Footwork / Ball Mastery, Speed/Agility

HOMEWORK – SESSION 8



- 2 to 3 times per week
- 45 minute session

❖ **Keepy Uppy – 10 minutes**

❖ **Turns – 10 minutes**

- Sole of the Foot Turn
- Sole of the Foot/Inside of opposite
- Sole of the Foot/Outside of same

❖ **Fast Footwork / Ball Mastery – 10 minutes**

- Ball Mastery – 5 Touches
- Ball Mastery – 6 Touches
- Ball Mastery – Inside/Outside of Foot Touch

❖ **Speed/Agility – 15 minutes**

- T Drill
 1. Sprinting, Shuffling, Backpedal
 2. Side Shuffle, Backpedal, Sprinting
 3. Core Exercises, Sprinting, Backpedal
 4. Bounds for Height, Carioca, Sprinting
- Hurdle Agility, Balance, Explosion

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.



KEEPY UPPY

Keepy Uppy stays with us for Training Session #8. We are hoping that everyone has enjoyed some of the challenges and taken at least 10 minutes a day to work on some of these skills.

For this session we will continue to challenge our players with the Celtic Soccer Academy Treble Treble, the Pele 7, and we are hoping that several have achieved personal bests.

We are also challenging teams to put together a keep it up challenge and send us your videos. Click on the link to see the video put together by the 2003 boys.

Keep training and we are looking forward to your videos.

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

- [Age Group Goals](#) - Coach Tony explains the goals for each age group
- [Right Thigh / Left Thigh / Alternating Thigh](#) - Check out our 2009 girls with these skills
- [Celtic Soccer Academy Treble Treble Challenge](#)
- [Pele 7 Soccer Challenge](#) – Foot, Foot, Thigh, Thigh, Shoulder, Shoulder, Head
- [5 Easy Beginner Juggling/Freestyle Skills](#) – YouTube video
- [Team #keepitupchallenge](#) – 2003 Boys keep it up
- Set new Personal Best



URNS



Coaching Points:

- Body should be balanced and in control
- Head where you can see in front
- Knees slightly bent – Arms bent at side and slightly out to help keep balance and maintain positioning from the defender
- Dribble on the side, or at, a cone. Cone represents a defender.
- Speed Variation – Fast, slow, fast
- Head on a swivel – sneak looks around



- **Sole of the Foot turn** – 8-10 repetitions – dribble at a cone – execute the turn – explode into space
- **Sole of the Foot / Inside of the Opposite** – 8-10 repetitions – dribble at a cone – execute the turn – explode into space
- **Sole of the Foot / Outside of the Same** – Heading off of a wall

Click on the move to see the link

[Sole of the Foot Turn](#)

[Sole of the Foot / Inside of Opposite](#)

[Sole of the Foot / Outside of Same](#)

Dribble with laces – Sole of foot behind – take ball with other foot

Sole of foot roll – take ball with inside of opposite foot

Sole of foot roll behind – take ball with outside of same foot

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

- **Ball Mastery – 5 Touches** – 30 seconds x 4 repetitions
- **Ball Mastery – 6 Touches** – 30 seconds x 4 repetitions
- **Ball Mastery – Inside / Outside of the Foot Touch** – 30 seconds x 4 repetitions

Click on the move to see the link

[Ball Mastery – 5 Touches](#)

[Ball Mastery – 6 Touches](#)

[Ball Mastery – Inside / Outside Foot Touch](#)

Sole roll – Outside of foot touch – Foundation – Inside of foot touch
Sole roll – Outside of foot touch – Step on it – Foundation – Inside of foot touch

Similar to foundations – Inside of one foot to outside of other

SPEED/AGILITY



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

Equipment: Hurdles, Cones

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



Click on the move to see the link

[T Drill Explanation](#)

[T Drill](#)

[Hurdle Agility, Balance, Explosion](#)

Complete each progression 3 times
Complete each side 3 times