



TONY GLAVIN SOCCER CLUB

SESSION 18 – 50 minutes

Focus: Keepy Uppy, Passing, Fast Footwork/Ball Mastery,
Core Strength, Speed/Agility

HOMEWORK – SESSION 18



- 2 to 3 times per week
- 50 minute session
- ❖ **Keepy Uppy – 10 minutes**
- ❖ **Passing – 10 minutes**
 - Passing Technique
 - Passing, Receiving, Moving
 - Passing, Turning, and a Shot
- ❖ **Fast Footwork / Ball Mastery – 10 minutes**
 - Ball Mastery – 5 Touches
 - Ball Mastery – 6 Touches
 - Sole Roll / Outside of Foot
 - Toe Taps / Sole Roll
- ❖ **Core Strength – 10 minutes**
- ❖ **Speed/Agility – Change of Direction – 15 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.



KEEPY UPPY



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.

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

We also want to see the players continue to challenge themselves and try new things with this skill. Part of improving as a player is being willing to get uncomfortable in order to get comfortable. Therefore, if you are always using a certain part of your body for your Keepy Uppy skills, then try something else.

Our TGSC coaches have put together our own Keep it Up video for the players to see. Click on the link to see the video put together by our coaches.



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
- [Team #keepitupchallenge](#) – TGSC Coaches
- Set new Personal Best

PASSING



Set up / Coaching Points:

- Pass to a wall / kick board / partner
- Receive the pass / use different turns
- Inside of foot pass – ankle locked
- Head up – vision – scan before receiving
- Good pace on the pass
- Body is balanced and under control



- **Passing Technique** – 1 minute each skill (passing accuracy, passing with movement, passing with pace) x 5 repetitions
- **Passing, Receiving, Moving** – 1 minute x 5 repetitions – each repetition use a different turn
- **Passing, Turning, and a Shot on goal** – 5 minutes – work on different turns – cruyff, inside of the foot, jinky turn, outside of the foot, etc.

Click on the move to see the link

[Passing Technique](#)

[Passing, Receiving, Moving](#)

[Passing, Turning, and a Shot](#)

Use wall / kick board / partner – work on accuracy and good technique
Pass – work on turns – pass again (good pace of the passes – inside of the foot)
Pass – turn (different turns) – finish on goal

FAST FOOTWORK / 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



Click on the move to see the link

[Ball Mastery – 5 Touches](#)
[Ball Mastery – 6 Touches](#)
[Sole Roll / Outside of Foot](#)
[Toe Taps / Sole Roll](#)

- **Ball Mastery – 5 Touches** – 30 seconds x 4 repetitions
- **Ball Mastery – 6 Touches** – 30 seconds x 4 repetitions
- **Ball Mastery with Hurdle – Sole Roll / Outside of Foot** – 30 seconds x 4 repetitions – Sole roll to outside of same foot under hurdle to opposite foot
- **Ball Mastery with Hurdle – Toe Taps / Sole Roll** – 30 seconds x 4 repetitions – 2-3 toe taps on ball – sole roll under hurdle to opposite foot

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
Sole roll – Outside of foot touch with same foot – under hurdle to opposite
Knees slightly bent – 2-3 toe taps – sole roll under hurdle – maintain balance

CORE STRENGTH



Good for: Abdominal strength, Upper body strength, Overall fitness

Equipment: Soccer ball

Core Strength Instruction:
Focus on good technique and then you may increase your time



Core Strength

- **Abs – Quick Toss** – 30 seconds x 4 repetitions
- **Abs – Headball** – 30 seconds x 4 repetitions
- **Abs – Overhead Toss** – 30 seconds x 4 repetitions
- **Push ups** – 30 seconds x 4 repetitions

Click on the move to see the link

[Abs – Quick Toss](#)

Shoulders off the ground – feet 6-8 inches off the ground – ball is tossed to hands and tossed back

[Abs – Headball](#)

Same as above – ball is tossed to head and headed back

[Abs – Overhead Toss](#)

Same as above – ball is tossed slightly overhead – tossed back like a throw in

[Push ups](#)

Keep back straight – arms shoulder width – chin just touches ground

Speed/Agility



Good for:

Speed and Agility, Balance, and Quickness

Equipment: Ladder, Cones work if no ladder, or chalk, soccer ball

Speed & Agility Instruction:

Organize each foot inside of the ladder, DO NOT step on the ladder. Stay in an athletic position and on the ball of the foot. Focus on quick feet AND quick arms.

Maintain good arm action throughout the movement.

If you have a partner – partner passes a ball once you get through the last rung.

Speed and Agility

- 2 foot hop in each square – 4x – 2 repetitions
- 1 foot hop – 1 foot in each square – 2x with right/2x with left – 2 repetitions
- Jumping jacks – 2 feet in each square, feet outside of square – 4x – 2 repetitions

Click on the move to see the link

[2 Foot Hop](#)

[1 Foot Hop](#)

[Jumping Jacks](#)

2 feet in each square, light landing, quick explosion, receive a pass on the end
1 foot in each square, light landing, good balance, quick explosion, receive a pass
2 feet in each square, feet to the side, good balance, quick explosion, receive a pass