



TONY GLAVIN SOCCER CLUB

SESSION 3 – 35 minutes

Focus: Keepy Uppy, Foundations, Dribbling, Speed/Agility – Quick Feet

HOMEWORK – SESSION 3



- 2 to 3 times per week
- 35 minute session

- ❖ **Keepy Uppy – 5 minutes**

- ❖ **Foundations – 10 minutes**
 - Introduction to Foundations
 - Foundations with a Quarter turn
 - Foundation Sole Roll
 - Foundation Shuffle

- ❖ **Dribbling – 10 minutes**
 - Dribbling
 - Inside of one foot / outside of the other
 - Dribbling with ball control
 - Dribbling with ball control and working to a finish

- ❖ **Speed/Agility – Quick Feet – 10 minutes**
 - Quick Feet – 4 passes – One touch
 - Quick Feet – 4 passes – Two touch
 - Quick Feet – First Time Finish – Both Feet

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



We have been very happy to see all of our players' videos as they continue to work on their Keepy Uppy. However, 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.

We would also like to continue to see our players attempt, and succeed, with the Celtic Soccer Academy Treble Treble Keepy Uppy Challenge. This challenge is in honor of Celtic FC winning the Scottish Cup, Scottish Premiership, and Scottish League Cup (treble) 3 years in a row (treble). It consists of 3 keepy ups with the foot, 3 with the thigh and 3 with the head, 3 times in a row. We would like to see more of our players' videos.

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](#)
- Juggle inside a square grid – Try to stay in the grid
- [Alternating Feet](#)
- [All Right Thigh / All Left Thigh](#)
- Alternating Thigh
- Freestyle
- [How many can you get without dropping?](#) A shout out to 2005 Girls player – Hailey Morgan – 834



FOUNDATIONS



Coaching Points:

- Stand over the top of the ball – legs on both sides of the ball – on toes
 - Slide the ball across your body switching it from one foot to the other.
 - Knees slightly bent – arms bent at side, and slightly out
 - Body should be balanced
 - Head where you can see in front (not facing down).
 - Head on a swivel – sneak looks around
- **Foundations** – 30 seconds x 4 repetitions
 - **Foundations with a Quarter turn** – 30 seconds x 4 repetitions
 - **Foundation Sole Roll** – 30 seconds x 4 repetitions
 - **Foundation Shuffle** – 30 seconds x 4 repetitions

Click on the move to see the link

[Foundations](#)

Move ball from inside of one foot to inside of other – back and forth

[Foundations w/ a Quarter Turn](#)

A couple foundations – use inside of foot to knock ball between legs – quarter turn and continue foundations

[Foundation Sole Roll](#)

A couple foundations – step on ball – roll out to side – turn it over – back to foundations

[Foundation Shuffle](#)

Foundations and hop sideways to slide ball to a new area – continue foundations

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

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

[Dribbling](#)

[Dribbling – Inside of foot/outside of other](#)

[Dribbling with ball control](#)

[Dribbling with a finish](#)

- **Dribbling** – 3-4 repetitions with each foot – dribble around a set of cones 10-12 yards – use right foot around and then left foot the next time
- **Dribbling – Inside of one foot / outside of other** – 4-5 repetitions – set up 4-5 cones/objects 2-3 feet apart (closer = more challenging) – dribble through using inside of one foot and outside of the other
- **Dribbling with ball control** – 4-5 repetitions – same set up as above – dribble in and out of the cones/objects using right foot on way down and left foot on way back
- **Dribbling with ball control and finish on goal** – 4-5 repetitions – same set up with the cones/objects – dribble in and out and work to get a finish on a goal

Soft touches on the ball – touch the ball with every step
Dribble in and around cones/objects – use the inside of one foot and take the ball with the outside of the other
Dribble in and around cones/objects – use the right foot on the way down – left foot on way back – keep ball close
Dribble in and around cones/objects – finish on a goal

SPEED/AGILITY



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

Equipment: Cone, soccer ball, 2 goals (cones, trash cans, shoes, etc.)

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.

Partner plays a ball before your heels hit the ground – so on toes while making contact.

Speed and Agility

- **Quick feet – one touch – 4 passes** – 4-5 repetitions – series of four passes (one touch) and a finish on goal – will reset and then 4 passes to finish with opposite foot.
- **Quick feet – two touch – 4 passes** – 4-5 repetitions – same set up as above, however 2 touch passes – roll ball behind cone before playing back – finish on goal with both feet after 4 passes
- **Quick feet – first time finish** – 4-5 repetitions – shuffle across the cone – first time finish on goal – reset and then do the same for opposite foot

Click on the move to see the link

[Quick feet – one touch](#)

Receive 4 passes (one touch) and finish on goal – same for other foot

[Quick feet – two touch](#)

Receive 4 passes (two touch) – receive ball and roll ball behind cone before playing back – same for other foot

[Quick feet – first time finish](#)

Shuffle across the cone – first time finish on goal – same for other foot