



TONY GLAVIN SOCCER CLUB

SESSION 1 – 35 minutes

Focus: Keepy Uppy, Fast Footwork, TG Turns, Speed/Agility

HOMWORK – SESSION 1



- 2 to 3 times per week
- 35 minute session

- ❖ **Keepy Uppy – 5 minutes**

- ❖ **Fast Footwork – 10 minutes**
 - One foot hop
 - One foot hop with inside of the foot touch
 - Toe Touches

- ❖ **TG Turns – 10 minutes**
 - Cruyff
 - Revilino
 - Step Over Turn
 - Inside of the foot turn
 - Freestyle

- ❖ **Speed/Agility – 10 minutes**
 - Agility Ladder – 2 Foot Hop
 - Agility Ladder – 1 Foot Hop
 - Agility Ladder – Jumping Jacks

The homework routine is for a period of time when you are not team training.

Inspire others with your training videos by posting to Facebook and/or Twitter and tagging us with @TonyGlavin_SC using the hashtag "#TGSCtraining" on social media.

KEEPY UPPY



Even if juggling isn't a necessary skill when the games start, it directly spills over to other game-used skills. Juggling develops your foot and eye coordination. When your feet and eyes work in sync then the timing of your entire skill set improves. If you're comfortable on the ball, it's because you have confidence with the ball at your feet. This comfort will dramatically improve a players' first touch. Without a quality first touch the rest of the game falls apart at the higher levels.

Learning to control the ball when it is in the air is the hard part. Juggling abilities are used in games to take a ball out of the air from a chip or goal kick, in the coordination to handle a bouncing ball and in the overall touch you have on the ball. Good jugglers can control the ball with ease when the ball comes to them in the air, thus making their first touch effective no matter how the ball comes to them.

Click on bulleted items to watch the video

- ❖ [TGSC Age Group Goals](#)
- ❖ [Keepy Uppy Progressions](#)

Each age group is encouraged to achieve bench marks with Keepy Uppy
Tony explains different ways to teach yourself this skill

FAST FOOTWORK



Coaching Points:

- ❖ Stay stationary in one spot
 - ❖ 30 seconds fast / 15 seconds of rest
 - ❖ Knees slightly bent, ankles locked
 - ❖ Eyes up
 - ❖ Body is balanced and under control
 - ❖ Head on swivel / don't stare at the ball
 - ❖ Inside bottom of big toe on top of ball is best
- **1 Foot Hop** – 30 seconds each foot / 15 seconds rest x 2 repetitions
 - **1 Foot Hop with inside of the foot touch** – 30 seconds each foot / 15 seconds rest x 2 repetitions
 - **Toe Touches** – 25-50 touches each foot x 4 repetitions

Click on the move to see the link

[1 Foot Hop](#)

[1 Foot Hop with inside of the foot touch](#)

[Toe Touches](#)

Sole of the foot gently touches top of ball

Sole of the foot rolls ball back, inside of foot pushes forward

Sole of foot gently touches ball, alternating feet

TG Turns



Coaching Points:

- ❖ Body should always be balanced and in control
 - ❖ Head where you can see in front (not facing down or up)
 - ❖ Head on swivel / scan
 - ❖ 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.
- **Cruyff** – 30 sec. x 4 repetitions – dribble at a cone/object, cruyff and then explode away.
 - **Jinky Turn** – 30 sec. x 4 repetitions – dribble at a cone/object, turn and then explode away.
 - **Jinky Turn – Step Over Turn** – 30 sec. x 4 repetitions – dribble at a cone/object, turn and then explode away.
 - **Inside of the Foot Turn** – 30 sec. x 4 repetitions – dribble at a cone/object, turn and then explode away.
 - **Freestyle** – 30 sec. x 2 repetitions – Dribble back and forth with minimal steps in between doing the 4 turns in order.

Click on the move to see the link

[Cruyff](#)

[Jinky Turn](#)

[Step Over Turn](#)

[Inside of the Foot Turn](#)

[Freestyle](#)

Fake shot, bring ball back w/ inside of foot, take ball w/ outside of opposite foot
Step over the ball, take ball with outside of the same foot
Step over the ball, take ball with inside of opposite foot
3 touches (with laces), turn with inside of opposite foot
30 seconds doing as many turns as you can

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