



TONY GLAVIN SOCCER CLUB

SESSION 10 – 45 minutes

Focus: Keepy Uppy, Ball Mastery, Wall Ball Passing, Speed/Agility

HOMEWORK – SESSION 10



- 2 to 3 times per week
- 45 minute session

❖ **Keepy Uppy – 10 minutes**

❖ **Ball Mastery – 10 minutes**

- Rocking Sole Roll
- Sole Roll
- Ball Mastery with Hurdle – Sole Roll / Outside of Foot
- Ball Mastery with Hurdle – Toe Taps / Sole Roll

❖ **Wall Ball Passing – 10 minutes**

- 1 Touch Angle Passing
- Single Foot Straight, Single Foot Angle, Single Foot Roll
- Straight Pass – Sole Roll – Straight Pass

❖ **Speed/Agility – 15 minutes**

- Quick Feet – 4 passes – Touch Finish
- Quick Feet – 4 passes – One Touch Finish
- Quick Feet – 1st Time Finish

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



For this session we want all of our players to focus on a new personal record for Keepy Uppy. We continue to encourage all the players to spend 10 minutes a session with this skill and work towards new scores.



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

- [Celtic Soccer Academy Treble Treble Challenge](#)
- Set new Personal Best

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](#)

[Rocking Sole Roll](#)

Maintain good balance – use bottom of single foot to roll ball inside to outside of sole

[Sole Roll](#)

Use sole of one foot to roll ball to sole of other – maintain balance – knees bent

[Sole Roll / Outside of Foot](#)

Sole roll – Outside of foot touch with same foot – under hurdle to opposite

[Toe Taps / Sole Roll](#)

Knees slightly bent – 2-3 toe taps – sole roll under hurdle – maintain balance

- **Rocking Sole Roll** – 25 seconds each foot x 4 repetitions – this is a ball mastery skill that works on balance and quick feet
- **Sole Roll** – 30 seconds x 4 repetitions – Similar to our foundations – roll ball from right foot to left foot using the sole of the foot
- **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

WALL BALL PASSING



Set up / Coaching Points:

- Pass to a wall / kick board / partner
- Show at an angle if possible
- Receive the pass / use different touches
- Body is balanced and under control
- Inside of foot pass – ankle locked
- Keep a good rhythm to maximize ball control
- Good pace on the pass

Click on the move to see the link

[1 Touch Angle Passing](#)

[Straight pass – Angle pass – Outside of foot touch](#)

[Straight pass – Sole Roll – Straight pass](#)

- **1 Touch Angle Passing** – 30 seconds x 4 repetitions – Pass at an angle in front of cone – 1 touch each pass
- **Straight Pass – Angle Pass – Outside of foot touch** – 30 seconds each foot x 4 repetitions – Start with right foot – Straight pass, angle pass, receive with outside of right foot and touch behind cone.
- **Straight Pass – Sole Roll – Straight Pass** – 30 seconds x 4 repetitions – Straight pass off the wall – Use sole of same foot to roll behind cone – straight pass with other foot

Good pace of pass – inside of foot – quick feet to get to other side

Good pace of pass – inside of foot – maintain balance

Good pace of pass – on your toes – sole roll of same foot

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