



TONY GLAVIN SOCCER CLUB

SESSION 20 – 45 minutes

Focus: Keepy Uppy, Foundations, Change of Speed/Direction
Dribbling, Speed/Agility

HOMEWORK – SESSION 20



- 2 to 3 times per week
- 45 minute session
- ❖ **Keepy Uppy – 10 minutes**
- ❖ **Foundations – 10 minutes**
 - Foundation Triangles
 - Foundation with a Quarter Turn
 - Foundation Sole Roll
 - Foundations Shuffle

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.

- ❖ **Change of Speed/Direction Dribbling – 15 minutes**
 - Sole Stop / Hesitation
 - Cruyff / Jinky Turn
 - Step Over Turn / Inside of Foot Turn
 - Outside of Foot Turn / Sole of Foot
- ❖ **Speed/Agility – 10 minutes**
 - Hurdle Agility – Volley
 - Shuffle through cones – 1 Foot Dribble
 - Side Shuffle through cones – Inside to Outside



KEEPY UPPY



This session we are dedicating the time to spend on getting a new personal record. We want to see our players working on the skill and improving by 1 each time.

We would like to see more of our players' videos as they celebrate the success of achieving a new high score. These highlights will continue to grow the confidence of the player as they continue to develop other skills in the game.

Part of improving as a player is being willing to get uncomfortable in order to get comfortable later.



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

- Set new Personal Best
 - [Hailey Morgan – 05 girls](#)
 - [Gabbie Francis – 11 girls](#)
 - [Dyllan Weicht – 03 boys](#)
 - [Ashley Miller – 05 girls](#)
 - [Owen Komoroski – 11 boys](#)
 - [Sophia Tepen – 10 girls](#)

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



- **Foundation Triangles** – 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

[Foundation Triangles](#)

Move ball from inside of one foot to inside of other – push ball out with inside of one foot – grab ball with sole of opposite and continue

[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

CHANGE OF SPEED/DIRECTION DRIBBLING



Coaching Points:

- Toe down – shoe laces – firm ankle
- Speed variation (fast-slow-fast)
- Touch the ball with every step
- Limit steps between turns
- Head up – vision
- Soft touches on the ball
- Body is balanced and under control

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

[Sole Stop / Hesitation](#)

[Cruyff / Jinky Turn](#)

[Step over turn / Inside foot turn](#)

[Outside foot turn / Sole of foot turn](#)

- **Change of Speed – Sole Stop / Hesitation** – Complete each move 8-10 times – Take 3 touches on the ball – execute the move – explode away – complete the move with both feet
- **Change of Direction – Cruyff / Jinky Turn** – 5-6 repetitions – take 3-4 touches – complete the sequence of moves – explode away
- **Change of Direction – Step over turn / Inside foot turn** – 5-6 repetitions – same set up as above
- **Change of Direction – Outside of foot turn / Sole of foot turn** – 5-6 repetitions – same set up as above

Sole stop – pull ball back – push with inside of foot; Hesitation – fake to step on top of ball - explode away

Cruyff – fake shot – pull ball back between legs with inside of foot; Jinky Turn – step over ball – take the ball away with the outside of same foot

Step over turn – step over ball – take ball away with inside of opposite foot; Inside foot turn – chop ball across your body with inside of foot

Outside foot turn – turn ball with outside of foot – keeping ball close; Sole of foot turn – sole roll behind back – take ball with outside of foot

SPEED/AGILITY



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

Equipment: Cones, soccer ball

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.

Keep ball close while working through the cones.

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

[2 Foot Hop](#)

[Shuffle – One foot dribble](#)

[Shuffle – inside of foot / outside of other](#)

- **2 foot hop over the hurdle** – 4x – 2 repetitions – inside foot volley at the end
- **Shuffle – One foot dribble** – 4-5 repetitions with both feet – shuffle through cones – dribble back in and out of cones with right/left foot
- **Shuffle – Inside of one foot / outside of other** – 4-5 repetitions – same set up as above – dribble back in and out of cones with inside of one foot to outside of other



Devin Christopher – 2008 boys

2 feet over hurdle, light landing, quick explosion, inside of foot volley at the end
Shuffle through cones – bring ball back with right/left foot – dribble back to end
Shuffle through cones – bring ball back using inside of one foot to outside of other – dribble back to end