



# TONY GLAVIN SOCCER CLUB

## SESSION 13 – 55 minutes

Focus: Keepy Uppy, Fast Footwork / Ball Mastery, Dribbling, Finishing

# HOMEWORK – SESSION 13



- 2 to 3 times per week
- 55 minute session
- ❖ **Keepy Uppy – 10 minutes**
- ❖ **Fast Footwork / Ball Mastery – 15 minutes**
  - Ball Mastery – Single Leg Sole Roll
  - Ball Mastery – Sole Roll Figure 8
  - Ball Mastery – Foundation Figure 8
  - Fast Foot Grids – V's, Foundations, Toe Taps
- ❖ **Dribbling – 15 minutes**
  - Sole Roll
  - Sole Roll – Forward / Backward
  - V Move
  - Sole Roll – Inside of the Foot
- ❖ **Finishing – 15 minutes**
  - Agility – Movement off the ball, Far post finish
  - Agility – Movement off the ball, First time finish
  - Agility – One touch passing, First 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

## **HOW WILL JUGGLING MAKE YOU A BETTER SOCCER PLAYER?**

**FIRST TOUCH** - in my opinion this is the most important skill in soccer today. Without a quality First Touch the rest of the game falls apart at the higher levels

### **RECEIVING THE BALL IN THE AIR OR ON A**

**BOUNCE** - in soccer we always talk about control and speed of play. This point includes both as the faster you can gain control the faster you can do something with it

**PASS A BOUNCING BALL** - this is the combination of the two above points in that it is the ability to 'one touch' a bouncing ball (or poor pass) and be able to redirect it to a teammate in a usable fashion.

**VOLLEY SHOTS** - players who juggle have trained their leg muscles to adjust the touch to control different angles and speeds so that the foot-to-ball contact has good timing

**CONFIDENCE** - when you can juggle to consistent numbers you have feels of pride and confidence from the accomplishments



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

- [Pele 7](#)
- [Celtic Soccer Academy Treble Treble](#)
- [How To Juggle a Soccer Ball – From 5 to 500 – YouTube Video](#)
- [Personal Record](#)

# 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
- Head where you can see in front (not facing down)
- Head on a swivel – sneak looks around

- **Ball Mastery – Single Leg Sole Roll** – 30 seconds x 3 repetitions with each leg– this is a ball mastery skill that works on balance and control of the ball in tight space
- **Ball Mastery – Sole Roll Figure 8** – 30 seconds x 5 repetitions – Similar to the first skill – using both feet in a figure 8 pattern
- **Ball Mastery – Foundation Figure 8** – 30 seconds x 5 repetitions – Using our foundations in a figure 8 pattern
- **Fast Footwork Grid** – 4 repetitions (15-30 seconds in each grid) – this is a ball mastery skill that works on balance and quick feet – V's, Foundations, Toe Taps

***Click on the move to see the link***

[Single Leg Sole Roll](#)  
[Sole Roll Figure 8](#)  
[Foundation Figure 8](#)  
[Fast Footwork Grids](#)

Sole roll with right foot then left – Using the sole of the foot go in a figure 8 pattern  
Sole roll with both feet – Using both feet sole roll – Forward then backward  
Foundations in a figure 8 pattern – Inside of one foot to inside of the other  
V's in first grid – Foundations in 2<sup>nd</sup> – Toe Taps in 3<sup>rd</sup> grid



# DRIBBLING



## Coaching Points:

- Toe down – shoe laces – firm ankle
- Speed variation (fast-slow-fast)
- Head up – vision
- Soft touches on the ball
- Body is balanced and under control

- **Sole Roll** – 4 repetitions – go through 8-10 cones – keep ball close and under control
- **Sole Roll – Forward / Backward** – 2 repetitions forward / 2 repetitions backward – Use sole of foot to keep ball close going through the cones
- **V Move** – 4 repetitions – same set up as above – using the V move to get through the cones
- **Sole Roll / Inside of the Foot** – 4 repetitions – Facing sideways – Sole roll to inside of opposite foot – ball control

*Click on the move to see the link*

[Sole Roll](#)

[Sole Roll – Forward/Backward](#)

[V Move](#)

[Sole Roll / Inside of Foot](#)

Use sole of the foot to roll ball sideways – stop with inside of opposite foot – continue with that foot to get through the cones

Use sole of both feet to go through the cones under control

V move to get through cones – Sole of one foot to inside of same – catch ball with opposite foot and continue with v moves

Sole roll to inside of same foot – push to inside of the opposite – grab ball with sole of first foot

# FINISHING



## Coaching Points:

- Keep ball close off the turn
- Positive first touch – preparation touch out of feet towards the net
- Plant foot slightly in front of the ball
- Relaxed body (upper body over the ball)
- Knees slightly bent – Arms bent at side and slightly out to help keep balance
- Follow through the ball

***Click on the move to see the link***

[Movement off the ball, Far post finish](#)

[Movement off the ball, 1<sup>st</sup> time Finish](#)

[One touch passing, 1<sup>st</sup> time Finish](#)

- **Agility – Movement off the ball, far post finish** – 8-10 repetitions – Sprint, backpedal, and move into space to receive the ball
- **Agility – Movement off the ball, 1<sup>st</sup> time finish** – 8-10 repetitions – same as above – finish 1<sup>st</sup> touch
- **Agility – One touch passing – 1<sup>st</sup> time finish** – 8-10 repetitions – One touch passing in between agility poles – movement off the ball for a 1<sup>st</sup> time finish



Sprint/backpedal – movement into space – prep touch – finish far post  
Same as above – finish far post off the 1<sup>st</sup> touch  
One touch passing – on your toes – good pace – finish 1<sup>st</sup> time