

TONY GLAVIN SOCCER CLUB



SESSION 22 – 50 minutes

Focus: Keepy Uppy, Celtic Turns, Receiving, Finishing

HOMEWORK – SESSION 22



- 2 to 3 times per week
- 50 minute session

❖ Keepy Uppy – 10 minutes

❖ Celtic Turns – 10 minutes

- The Petrov
- Jinky Johnstone
- McGeady Spin

❖ Receiving – 15 minutes

- Movement to receive
- Receiving and finding the target
- Receiving – Create space, receive pass, dribble, and finish

❖ Finishing – 15 minutes

- Receive – Touch – Finish
- Quick movement to get open
- Fitness, movement, and finish on goal

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



We would like to challenge the players this session and ask them to try some new things with their Keepy Uppy training. We have brought back the Treble Treble Challenge and the Pele 7, but we would like for them to get creative with other ways to continue to learn the skill. Remember that we encourage the players to get uncomfortable and try something new, yet maybe mess up a few times, rather than continue to stay in their comfort zone and do the same things over and over. "Get uncomfortable now to get comfortable later."



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

- [Celtic Soccer Treble Treble Challenge](#)
- [Pele 7](#)
- [10 beginner tricks](#)
- Personal Record

CELTIC TURNS



Coaching Points:

- Body should be balanced and in control
- Head where you can see in front
- 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.
- Speed Variation – Fast, slow, fast
- Head on a swivel – sneak looks around



- **The Petrov** – Try to complete as many of these turns you can in 1 minute – complete 3 repetitions
- **Jinky Johnstone** – Try to complete as many of these turns you can in 1 minute – complete 3 repetitions
- **McGeady Spin** – Try to complete as many of these turns you can in 1 minute – complete 3 repetitions

Click on the move to see the link

The Petrov

Dribble with ball out in front of you – stop ball with sole of leading leg and roll ball back to you – use outside of same foot to push ball to the side, and away, from defender – use inside of same foot to push past

Jinky Johnstone

Plant non kicking foot beside the ball and fake to kick – use inside of your kicking foot to turn 180 degrees with the ball – as you spin, and before you plant your kicking foot, take a 2nd touch of the ball to change direction again

McGeady Spin

Place standing foot beside ball to protect – use inside of action foot to move ball back – quickly spin in opposite direction – catch the ball with second touch using outside of foot

RECEIVING



Coaching Points:

- Receive a ball from a partner
- Move away and show to create space – show hard to the ball
- Check your shoulders as you show for the ball
- Work on all the types to receive
- Speed Variation – Fast, slow, fast
- Head on a swivel – sneak looks around

- **Movements to Receive** – 25-30 seconds x 2 repetitions of each skill (inside foot volley, volley with laces, thigh/pass, thigh/volley, chest/pass, chest/volley, head ball, 1 touch pass). Movement from a cone to the ball to receive.
- **Receiving and Find the target** – 5-6 balls – Receive the ball and finish at the target – work on different types to receive (chest, thigh, volley, etc.)
- **Receiving – create space, receive pass, dribble and finish** – 3 finishes at each end x 3 repetitions

Click on the move to see the link

[Movements to Receive](#)

[Receiving and Find the target](#)

[Create space, receive pass, dribble, finish](#)

Start at a cone – quick movement away from cone to receive the ball in space
Receive the ball with different parts of the body – one touch to finish on target
Good 1st touch on receiving the ball – dribble with control around the cones – head up to finish on goal

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



Watch 2 of our TG Boys working on their finishing:

[Adric Clements \(09 boys\) and Duncan Ellis \(07 boys\)](#)

[Adric Clements \(09 boys\)](#)

- **Receive, Touch, Finish** – 8-10 repetitions from each side – Receive a pass from the side – create space away from cone/defender – one touch and finish
- **Quick movement to get open** – 3 shots each side x 3 repetitions each
- **Fitness, movement, and finish** – 6 shots x 3 repetitions

Click on the move to see the link

[Receive, Touch, Finish](#)

2-3 steps to create space from defender – receive a pass with a good 1st touch to allow a quick finish on goal

[Quick movement to get open](#)

2-3 steps to create space – receive a pass and complete a move to get around defender – finish on goal and be ready for the next ball

[Fitness, movement, finish](#)

Quick movement around the cone to receive a ball in space and finish – move back around the cone, with pace, to finish on the other side