

TONY GLAVIN SOCCER CLUB



SESSION 11 – 50 minutes

Focus: Keepy Uppy, Fast Footwork/Ball Mastery, Finishing, Speed/Agility

HOMWORK – SESSION 11



- 2 to 3 times per week
- 50 minute session
- ❖ **Keepy Uppy – 10 minutes**
- ❖ **Fast Footwork/Ball Mastery – 15 minutes**
 - Inside of Foot U
 - Outside of Foot U
 - Outside of Foot V Cut
 - Sole Square
- ❖ **Finishing – 15 minutes**
 - Cone straight on – Turns/Finish
 - Cone off to the right – Turns/Finish
 - Cone off to the left – Turns/Finish
- ❖ **Speed/Agility – 10 minutes**
 - Quick Feet – 1 Touch
 - High Knees – Receive outside of foot behind cone – Pass
 - In and Out – Receive inside of foot behind cone – Pass
 - Receive/Turn – Cruyff – Carioca – One touch pass

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.

**DON'T PRACTICE
UNTIL YOU GET IT
RIGHT. PRACTICE
UNTIL YOU CAN'T
GET IT WRONG.**

KEEPY UPPY



What you may not realize is keepy uppy will help you develop a relationship with the ball, as well as improve your timing, spatial understanding, touch, motor coordination, balance, body control, and leg strength. This will, in combination, build your confidence

When you go out and train by yourself, I am sure the last you think about is going to work on your juggling, because you probably say to yourself “how can this actually relate to the game of soccer?”

Perfecting the small details of how you control the ball, the way you strike and pass the ball, will all improve when you add juggling into your training.

I constantly hear the excuse that players can’t work on their touch or relationship with the ball because they don’t have a partner to train with them. The best part of keepy uppy is that you can work on it on your own.

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

- [Celtic Soccer Academy Treble Treble Challenge](#)
- Keep it up Team Challenge
 - [2008/2009 Girls](#)
 - [2010/2011 Girls](#)
- Set new Personal Best
 - [Dyllan Weicht – 2003 Boys](#)
- [11 Best Juggling Skills](#) – YouTube video



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
- **Inside of the Foot U** – 30 seconds x 6 repetitions – this is a ball mastery skill that works on balance and quick feet
 - **Outside of the Foot U** – 30 seconds x 6 repetitions – Similar to the first skill – using the outside of the foot
 - **Outside of the Foot V Cut** – 30 seconds x 6 repetitions – Using our V move to master the ball with quick feet
 - **Sole Square** – 30 seconds x 6 repetitions – this is a ball mastery skill that works on balance and quick feet

Click on the move to see the link

[Inside of the Foot U](#)

[Outside of the Foot U](#)

[Outside of the Foot V Cut](#)

[Sole Square](#)

Sole roll back to inside of foot – foundation to inside of opposite – push with inside
Sole roll back to outside of foot – use outside of same foot to push across cone –
use inside of same foot to push in front – Grab ball with opposite foot and repeat
Sole roll back – Outside of same foot V – Grab ball with opposite sole of foot
Using the sole of both feet – Sole roll back and to side with 1 foot – grab ball and do
same with the other – moving around the cone in a square

FINISHING



Set up / 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

- **Cone Straight on – Turns/Finish** – 10-15 repetitions – work on different turns – 1-2 touches before shot on goal
- **Cone off to the right – Turns/Finish** – 10-15 repetitions – same as above – finish far post
- **Cone off to the left – Turns/Finish** – 10-15 repetitions – same as above – finish far post



Click on the move to see the link

[Cone straight on](#)

[Cone off to the right](#)

[Cone off to the left](#)

Quick turn off the cone – preparation touch – finish in corners

Quick turn off the cone – preparation touch – finish far post

Quick turn off the cone – preparation touch – finish far post

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.

Movements 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.

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

[Quick feet – one touch](#)

[High knees – Receive outside foot behind cone – Pass](#)

[In and Out – Receive inside foot behind cone – Pass](#)

[Receive/turn – Cruyff – Carioca – Pass](#)

Speed and Agility

- [Quick feet – one touch](#) – 30 seconds x 4 repetitions
- [High knees – Receive outside foot behind cone – Pass](#) – 30 seconds x 4 repetitions
- [In and out – Receive inside of foot behind cone - Pass](#) – 30 seconds x 4 repetitions
- [Receive/turn – Cruyff – Carioca – Pass](#) – 30 seconds x 4 repetitions

[Speed/Agility Introduction](#) Listen to the setup of the session idea

Quick feet through middle cones – check around outside cone – Receive 1 touch pass

High knees through middle cones – Receive a pass with outside of foot – push behind cone – Pass

Same as last one but receive with inside of foot

Receive a pass in middle cones – turn – dribble at cone behind and cruyff to pass back – Carioca around cones – Receive a pass

