



TONY GLAVIN SOCCER CLUB

SESSION 16 – 55 minutes

Focus: Keepy Uppy, Dribbling, Receiving, Speed/Agility

HOMework – SESSION 16



- 2 to 3 times per week
- 55 minute session

❖ **Keepy Uppy – 10 minutes**

❖ **Dribbling – 15 minutes**

- Dribbling with Ball Control – Placement Finish
- Dribbling with Ball Control – 2 Shots on goal
- Dribbling with Ball Control – 3 Shots on goal

❖ **Receiving – 15 minutes**

- Quick Movement – Inside Foot Volley
- Quick Movement – Volley with the Laces
- Quick Movement – Thigh / Volley
- Quick Movement – One Touch Passing

❖ **Speed/Agility – 15 minutes**

- Quick Feet – 1 Touch Pass
- High Knees – Receive outside of the foot behind cone - Pass
- In and Out – Receive inside of the foot behind cone - Pass
- Receive/Turn – Cruyff – Carioca – 1 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.



KEEPY UPPY



Keep on with Keepy Uppy

If you've ever seen a professional soccer team warm up before the game, moving the ball between players in a circle with balls flighted via contact with the head, thighs or top of the boot, you have witnessed juggling in the soccer sense. Juggling can be difficult. Don't be surprised if you can only manage a half-dozen or fewer touches at first. Contact the ball with the laces of your shoe enough to keep the ball bouncing up but not too hard. Soften your foot to cushion the ball as it makes contact with the laces. Perform the kicking action a foot or two above the ground.

Begin by practicing five minutes a day and increase to 15 minutes a day. As time goes on, involve your thighs, chest and head in the juggling exercise.



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

- [Keepy Uppy Progressions](#)
- [The 1,000 Juggle Workout Plan](#) – YouTube video
- [5 Beginner Juggling/Freestyle Skills](#) – YouTube video
- [Pele 7](#)
- [Personal Record](#)

DRIBBLING



Coaching Points:

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

Click on the move to see the link

[Dribbling with Ball Control – Placement finish](#)

[Dribbling with Ball Control – 2 Shots on Goal](#)

[Dribbling with ball control – 3 Shots on Goal](#)

- **Dribbling with Ball control – Placement finish** – Series of 5 shots x 3 repetitions – Setup 4 cones in a 5x5 box about 12-15 yards from the target – Dribble around the box in an “X” pattern – Finish on goal (in the corners)
- **Dribbling with Ball control – 2 shots on goal** – 5 repetitions – Receive a pass – dribble around 5-6 cones – make a move around a cone/defender and finish – Check away (into space) to receive a 2nd ball – Make a move into space and finish
- **Dribbling with ball control – 3 shots on goal** – 5 repetitions – Similar set up as above – After 1st shot – complete a 1-2 with your partner for another shot in the middle of the defenders – Then check away to receive a 3rd ball for a finish

Keep ball close while moving around cones – Keep ball close to cones (but not over) on the turns – Head up to find the target – Finish in the corners
Check away from cones to create space to receive – Keep ball close to cones but don't go over them – Inside of the foot dribble – Quick move before finishing
Same objectives as the 2nd activity

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
- **Quick movement – Inside of foot volley** – 5 repetitions – Partner calls out a cone (could be different colors/numbers) – Player in middle works to get to that cone before getting back to middle for the volley
 - **Quick movement – Volley with laces** – 5 repetitions – same as above – this time player in middle uses laces
 - **Quick movement – Thigh / Volley** – 5 repetitions – same as above
 - **Quick movement – One touch passing** – 5 repetitions – same as above

Click on the move to see the link

[Inside of foot volley](#)

Quick movement to the cone and back to middle – step towards your target with plant foot – lock your ankle and make contact with ball

[Volley with laces](#)

Same as above – make contact with the laces – follow through to your target

[Thigh / Volley](#)

Receive ball with the thigh – drive it back to your partner with a volley

[One touch passing](#)

Same as above – pass back to partner – inside of the foot pass – stay on your toes – good pace

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



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

