



TONY GLAVIN SOCCER CLUB

SESSION 6 – 45 minutes

Focus: Keepy Uppy – Moves to Beat a Defender / Moves to a Shot on goal
– Passing, Receiving, Moving – Speed/Agility

HOMWORK – SESSION 6



- 2 to 3 times per week
- 45 minute session
- ❖ **Keepy Uppy – 10 minutes**
- ❖ **Moves to Beat a Defender / Moves to a Shot on Goal – 10 minutes**
 - Revilino Step / Revilino Roll
 - Matthews
 - Moves to a Shot on Goal – Single Step over, V move, Roll/Push, Cut
- ❖ **Passing, Receiving, Moving – 10 minutes**
 - Arsenal Turn
 - Scholes Turn
 - Inside of the Foot Turn
- ❖ **Speed/Agility – Change of Direction – 15 minutes**

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 want to make sure that “all” of our players continue to work on their Keepy Uppy skills. Therefore, we have included some of the basic ideas for the beginning player to get the comfort and confidence to start the skill. We have also included some of our other challenges for the more advanced player to allow them to challenge themselves with a new skill. Some of these challenges might also be for the player to begin using other parts of their body within the Keepy Uppy. This will help your touch out tremendously once you overcome your fear, or frustration, of messing up.

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

- [Keepy Uppy Progressions](#)
- Beginner – Let ball bounce between touches
- [Celtic Soccer Academy Treble Treble Challenge](#)
- [Pele 7 Soccer Challenge](#) – Foot, Foot, Thigh, Thigh, Shoulder, Shoulder, Head
- Try different body part – If always use thighs, try feet, try combination of all
- Set new Personal Best

As always we are encouraging this to be a big part of your individual training and we would like to see more videos of players working on the next high score.



MOVES TO BEAT A DEFENDER / SHOT ON GOAL



Coaching Points:

- Dribble at the cone – defender
- Execute the move in front of the cone – Don't get too close – Explode away
- Dribble with shoe laces
- Speed Variation – Fast, slow, fast
- Head where you can see in front (not facing down).
- Head on a swivel – sneak looks around

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

[Revilino Step / Revilino Roll](#)

[Matthews](#)

[Moves with a shot on goal](#)

- **Revilino Step / Revilino Roll** – 8-10 repetitions of each move – use both feet, switch right to left foot after each repetition. Dribble at a cone/object, execute the move and explode away.
- **Matthews** – 10-12 repetitions – use both feet, switch right to left after each repetition. Dribble at a cone/object, execute the move and explode away.
- **Moves to a shot on goal** – Switch moves every 1-2 minutes (Single step over, V move, Roll/Push, Cut)

R Step – Fake/Step over – take with outside of foot; R Roll – Roll with one foot through legs of opposite – take ball with outside of opposite foot
Body fake – quick footwork – touch ball with inside of foot – take away with outside of same foot
Dribble at the cone (defender) – execute the move and finish

PASSING, RECEIVING, MOVING



Set up / Coaching Points:

- Pass to a wall / kick board / partner
 - Lose defender, then show hard to the ball, check your shoulders on way to the ball
 - One touch turn away from defender and add the turns
 - Receive the pass / use different turns
 - Inside of foot pass – ankle locked
 - Good pace on the pass
- **Arsenal Turn** – 3-4 minutes – work through the progressions of the turn
 - **Scholes Turn** – 3-4 minutes – work through the progressions
 - **Inside of the Foot Turn** – 3-4 minutes – work through the progressions

Click on the move to see the link

[Arsenal Turn](#)

Turn body halfway as ball is coming in – back is to the defender – receive with the back foot – take ball with opposite foot

[Scholes Turn](#)

Same as above – this time receive with back foot – take ball with same

[Inside of the Foot Turn](#)

Receive ball in front of cone/defender – take ball with inside of foot and go opposite direction

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: Complete a movement, complete a skill with the ball, 1-2 turns, then work back to starting position.



[Introduction to the session](#) Click on the link for the introduction

Click on the move to see the link

- [#1](#) Sprint – One Foot Dribbling – Cruyff – One Foot Dribbling – Sprint
- [#2](#) Hurdle Hop – Pele Hop Dribbling – Jinky Turn – Pele Hop Dribbling – Hurdle Hop
- [#3](#) Hurdle Hop – Sole Roll – Turn – Sole Roll – Hurdle Hop
- [#4](#) Ladders – Inside to outside of foot Dribble – Turn – Inside to outside of foot Dribble – Ladders
- [#5](#) Start in Push up position – Ladders – Dribble – Complete 3 turns – Dribble - Ladders