



# TONY GLAVIN SOCCER CLUB

## SESSION 15 – 50 minutes

Focus: Keepy Uppy, Wall Ball Passing, Finishing, Speed/Agility

# HOMework – SESSION 15



- 2 to 3 times per week
- 55 minute session

## ❖ **Keepy Uppy – 10 minutes**

## ❖ **Wall Ball Passing – 10 minutes**

- Straight Pass – Hop Chop – Straight Pass
- Straight Pass – Sole Roll – Straight Pass
- Two touch passing drill

## ❖ **Finishing – 15 minutes**

- One touch passing, Movement off the ball, Finish
- One touch passing, Hurdle hop, Finish
- Movement to create space, Receive, Finish

## ❖ **Speed/Agility – 15 minutes**

- Change of Direction – Sprint, One foot dribbling, Cruyff
- Change of Direction – Hurdle hop, Pele hop, Jinky Turn
- Change of Direction – Hurdle hop, Side roll, 2 Turns
- Change of Direction – Ladders, Inside/Outside of foot, Turn(s)

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



## Effect Keepy Uppy has on Dribbling Speed

Keepy Uppy has a strong effect on the capacities with running or dribbling with a ball.

First of all, it improves your touch with the ball.

This is going to make you faster with the ball and also have a better control of it.

It will improve your speed with the ball. Even if you are not fast sprinting, or in long distance, you will have a better speed with the ball than before because you will also have better control of it.

Lastly, the control of the ball is key in soccer.

Whether you play forward, midfielder, defender, or goalkeeper, the control of the ball is the most important thing in this sport and, if you have a good touch or control of it, it will really help you play well or even improve yourself for this sport.

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

- [Juggling a Soccer Ball for Beginners](#) – YouTube video
- [15 Juggling/Freestyle Skills](#) – YouTube video
- [Celtic Soccer Academy – Treble Treble Challenge](#)
- [Personal Record](#)



# WALL BALL PASSING



## Set up / Coaching Points:

- Pass to a wall / kick board / partner
- Show at an angle if possible
- Receive the pass / use different touches
- Body is balanced and under control
- Inside of foot pass – ankle locked
- Keep a good rhythm to maximize ball control
- Good pace on the pass



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

[Straight pass – Hop Chop – Straight pass](#)

[Straight pass – Sole Roll – Straight pass](#)

[Two touch passing drill](#)

- **Straight pass – Hop Chop – Straight pass** – 30 seconds x 5 repetitions – Straight pass off the wall/box – Hop Chop; take ball with inside of foot behind plant leg – Straight pass on opposite side of cone
- **Straight pass – Sole roll – Straight pass** – 30 seconds x 5 repetitions – Straight pass off the wall/box – Sole roll with same foot behind cone – Straight pass with opposite foot
- **Two touch Passing drill** – 5 repetitions – Start 18-20 yards away from wall/box – Pass ball off the target, receive and pass – Move forward with the ball after each pass – Once you get 2-3 yards from target; do the same and move backward

Good pace of pass (inside of foot) – Receive ball with same foot and “chop” ball behind leg of plant foot to other side – Pass ball off wall with opposite foot  
Good pace of pass (inside of foot) – Receive ball with sole of same foot; roll the ball behind cone to other side – Pass ball off wall/box with opposite foot  
Good pace of pass (inside of foot) – Travel with the ball after each pass – Receive the ball with inside of the foot and pass with the opposite

# 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



- **One touch passing, Movement off the ball, Finish** – 8-10 repetitions from each side/foot – One touch pass – get around cone/defender into space – Receive a pass and finish on goal
- **One touch passing, Hurdle hop, Finish** – 8-10 repetitions from each side/foot – One touch passing around cone – move into space – hop over hurdle – receive pass for a finish
- **Movement to create space, Receive, Finish** – 8-10 repetitions each side – Stand in middle of 4 cones – Partner calls out a cone – Person in middle goes to touch cone before receiving a pass – Finish on goal

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

[One touch passing, movement off the ball, Finish](#)

[One touch passing, hurdle hop, Finish](#)

[Movement to create space, receive, Finish](#)

On your toes – Good passing technique – Quick movement into space – Finish in the corners of the goal

On your toes – Good passing technique – Quick movement into space – 2 foot hop over hurdle – Placement on the finish

On your toes – listen for directional cone – Quick movement to touch cone and get back to middle – 1<sup>st</sup> touch – Finish in corner.

# 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.



*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