



TONY GLAVIN SOCCER CLUB

SESSION 5 – 45 minutes

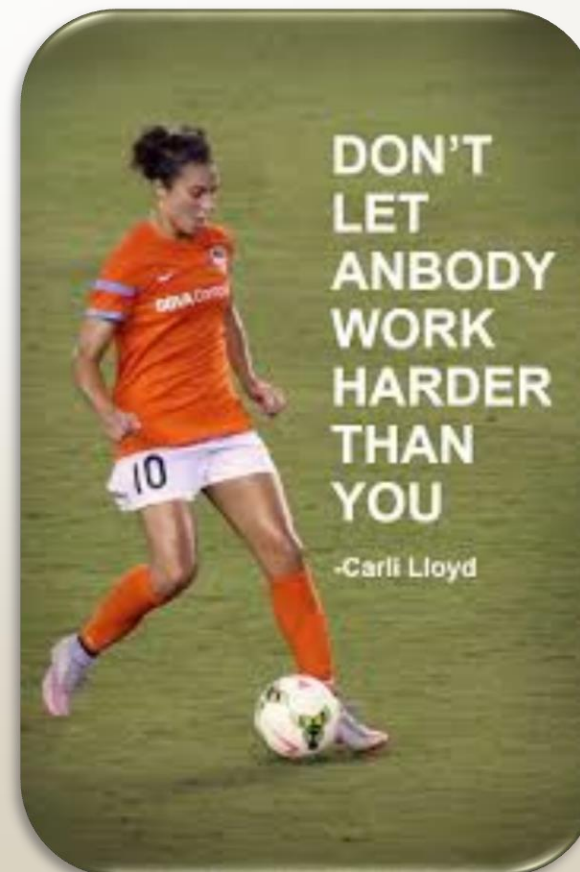
Focus: Keepy Uppy, Fast Footwork, Passing, Core Strength

HOMework – SESSION 5



- 2 to 3 times per week
- 45 minute session
- ❖ **Keepy Uppy – 10 minutes**
- ❖ **Fast Footwork – 10 minutes**
 - Pull Back / Push Out
 - Pele Hops
 - Single Step over
- ❖ **Passing – 15 minutes**
 - Passing Technique
 - Passing, Receiving, and Moving
 - Passing, Turning, and a Shot on goal
- ❖ **Core Strength – Abs and Arms – 10 minutes**
 - Abs – Quick Toss
 - Abs – Headball
 - Abs – Overhead Toss
 - Push ups

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.



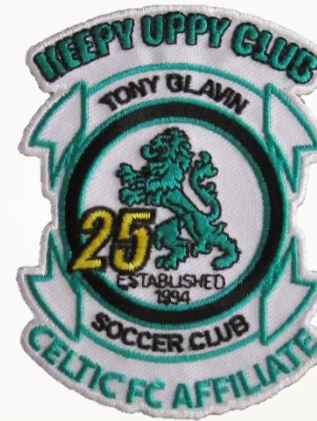
KEEPY UPPY

As we continue to encourage our players to work on their Keepy Uppy skills we want to keep challenging them with different ways to work on it. The Treble Treble Challenge has been a popular one for our players, as we have seen quite a few attempts at this challenge. We want to add another one for this homework session and that is the Pele 7 Soccer Challenge. You can click on the link, at the bottom, to see an example of this challenge.

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.

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

- [Celtic Soccer Academy Treble Treble Challenge](#)
- [Pele 7 Soccer Challenge](#) – Foot, Foot, Thigh, Thigh, Shoulder, Shoulder, Head
- [Keepy Uppy using a Kick board](#)
- Right Foot / Right Thigh / Left Foot / Left Thigh
- [Alternating Thigh](#)
- Set new Personal Best



FAST FOOTWORK



Coaching Points:

- Stay stationary in one spot – minimal space
- Knees slightly bent – arms bent at side, and slightly out
- Body should be balanced - under control
- Head where you can see in front (not facing down).
- Head on a swivel – sneak looks around

- **Pull Back / Push Out** – 30 seconds right foot – rest 15 seconds – 30 seconds left foot – rest 15 seconds – 30 seconds alternating feet – 3 repetitions
- **Pele Hops** – 30 seconds right foot – rest 15 seconds – 30 seconds left foot – 3 repetitions
- **Single Step Over** – 30 seconds x 3 repetitions
- **Fast Footwork Freestyle** – 1 minute x 3 repetitions

Click on the move to see the link

[Pull Back / Push Out](#)

[Pele Hops](#)

[Single Step Over](#)

Fast Footwork Freestyle

Pull ball back with sole of foot – push out with laces

Stay stationary – Inside to outside of the foot touch

Step over the ball with one foot – push with laces of opposite and step on the ball – Step over with that foot – push with laces of opposite

Complete all of the footwork activities in any order (mix them up) – 1 minute



PASSING



Set up / Coaching Points:

- Pass to a wall / kick board / partner
- Receive the pass / use different turns
- Inside of foot pass – ankle locked
- Head up – vision – scan before receiving
- Good pace on the pass
- Body is balanced and under control

- **Passing Technique** – 1 minute each skill (passing accuracy, passing with movement, passing with pace) x 5 repetitions
- **Passing, Receiving, Moving** – 1 minute x 5 repetitions – each repetition use a different turn
- **Passing, Turning, and a Shot on goal** – 5 minutes – work on different turns – cruyff, inside of the foot, jinky turn, outside of the foot, etc.



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

[Passing Technique](#)

[Passing, Receiving, Moving](#)

[Passing, Turning, and a Shot](#)

[Creativity with the kick board](#)

Use wall / kick board / partner – work on accuracy and good technique
Pass – work on turns – pass again
Pass – turn (different turns) – finish on goal
Part of development is learning to be creative – come up with you own ways to train with the kick board

CORE STRENGTH



Good for: Abdominal strength, Upper body strength, Overall fitness

Equipment: Soccer ball

Core Strength Instruction:
Focus on good technique and then you may increase your time



Core Strength

- **Abs – Quick Toss** – 30 seconds x 4 repetitions
- **Abs – Headball** – 30 seconds x 4 repetitions
- **Abs – Overhead Toss** – 30 seconds x 4 repetitions
- **Push ups** – 30 seconds x 4 repetitions

Click on the move to see the link

[Abs – Quick Toss](#)

[Abs – Headball](#)

[Abs – Overhead Toss](#)

[Push ups](#)

Shoulders off the ground – feet 6-8 inches off the ground – ball is tossed to hands and tossed back

Same as above – ball is tossed to head and headed back

Same as above – ball is tossed slightly overhead – tossed back like a throw in
Keep back straight – arms shoulder width – chin just touches ground