

TONY GLAVIN SOCCER CLUB



SESSION 21 – 45 minutes

Focus: Keepy Uppy, Ball Mastery, Dribbling, Speed/Agility & Core Strength

HOMEWORK – SESSION 21



- 2 to 3 times per week
- 45 minute session
- ❖ **Keepy Uppy – 10 minutes**
- ❖ **Ball Mastery – 10 minutes**
 - S Pattern Ball Control
 - S Pattern Sole Roll
 - Inside of Foot U
 - Outside of Foot U
- ❖ **Dribbling – 15 minutes**
 - Controlled Dribbling – Outside of Foot figure 8
 - Dribbling with Control – Working to a finish
 - Inside of one / Outside of other
- ❖ **Speed/Agility & Core Strength – 10 minutes**
 - Hurdle Agility, Balance and Explosion
 - T Drill
 - Body Weight Exercises

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



Pele juggled with a grapefruit or a ball of old rags tied together with string when he didn't have a real soccer ball available. He later reflected that juggling helped him develop control with his left foot, concentration, balance and touch, both gentle and hard. While Rose Lavelle was helping the USA win the 2019 World Cup, she recalled how backyard play, just her "having fun with the ball," contributed to her current skills and creativity on the field.

Juggling is difficult. It requires sophisticated coordination of balance and touch to send the ball on a path convenient for the next touch. With a regular soccer ball, that means missing the ball's relatively small sweet spot sends it too far away for the next contact. Perfecting the small details of how you control the ball, the intricate touches that you can add into your game, the way you strike and pass the ball will all improve when you add juggling into your training.

Click on the link to watch Diego Maradona's juggling warm-up for UEFA Cup final clash in 1989 against VfB Stuttgart.

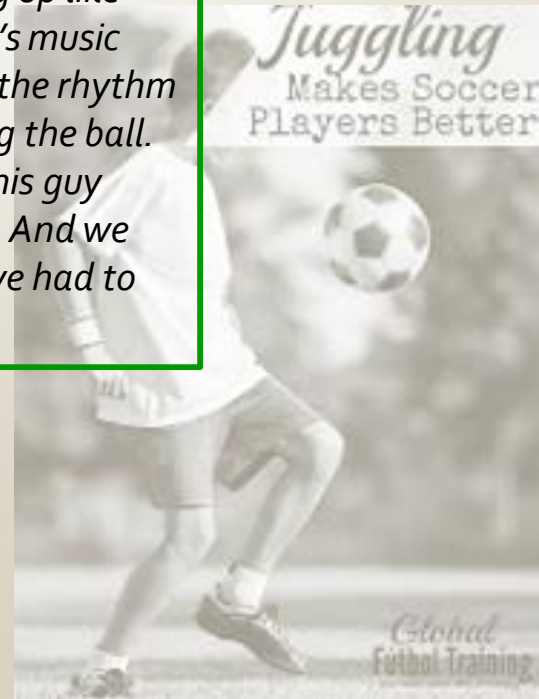
<https://www.youtube.com/watch?v=4vashrNoXTE>

"There were 70,000 people in the stadium and Maradona went on the field," said Jurgen Klinsmann, who scored the first goal of a 3-3 tie that gave Napoli a 5-4 win on aggregate. "We're on the other side of the field, warming up like Germans: seriously, focused. ... There's music playing, the song 'Live is Life,' and to the rhythm of the song Maradona started juggling the ball. So we stopped our warmup. What's this guy doing? He's juggling off his shoulders. And we couldn't warm up anymore because we had to watch this guy."

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

- [Right Thigh](#) / Left Thigh / [Alternating Thighs](#)
- Right Foot / [Left Foot](#) / [Alternating Feet](#)
- [Treble Treble](#)
- Personal Record

*Juggling
Makes Soccer
Players Better*



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



Click on the move to see the link

- [S Pattern Ball Control](#) 4 cone set up - Push ball with inside of left foot to inside of right and push ball forward - push ball with inside of right foot to inside of left and push ball forward. Continue in the S Pattern and then work back.
- [S Pattern Sole Roll](#) Same as above, however use the sole roll to move in the S Pattern
- [Inside of the Foot U](#) Sole roll back to inside of foot – foundation to inside of opposite – push with inside
- [Outside of the Foot U](#) 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

- **S Pattern Ball Control** – 30 seconds x 4 repetitions
- **S Pattern Sole Roll** – 30 seconds x 4 repetitions
- **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

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

[Outside of Foot Figure 8](#)

[Dribbling and working to a finish](#)

[Inside of foot/outside of other](#)

- **Controlled Dribbling – Outside of Foot Figure 8** – 1 minute each foot x 3 repetitions – 5 cone set up – dribble around cones with outside of foot – cut around the outside cones with inside of foot
- **Dribbling with control – Working to a finish** – 3 finishes at each end (6 total) – a series of receiving a pass, dribbling around the cones and finishing on goal
- **Dribbling – Inside of one foot / outside of other** – 4-5 repetitions – set up 4-5 cones/objects 2-3 feet apart (closer = more challenging) – dribble through using inside of one foot and outside of the other

Soft touches on the ball – touch ball with every step – keep ball close to cones on the turns
Receive the ball close to the foot – dribble around 3 cones and pass – create space to get open for 2nd pass and dribble with pace to finish on goal

Dribble in and around cones/objects – use inside of one foot and take ball with outside of other

SPEED/AGILITY



Good for: Quick feet –
Agility – Balance – Change of
Direction – Overall Fitness

Equipment: Hurdles, Cones

Speed/Agility Instruction:
Complete the movement
with great technique –
Change speeds



Click on the move to see the link

[Hurdle Agility, Balance, Explosion
T Drill](#)
[Body Weight Exercises](#)

Complete each side 3 times
Complete each progression 3 times
5 different exercises – 30 seconds each exercise – 4 repetitions of each