



TONY GLAVIN SOCCER CLUB

SESSION 7 – 40 minutes

Focus: Keepy Uppy – Movement to Receive/Heading, Wall Ball Passing, Core Strength

HOMework – SESSION 7



- 2 to 3 times per week
- 40 minute session

❖ **Keepy Uppy – 10 minutes**

❖ **Movement to Receive / Heading – 10 minutes**

- Different types of ways to receive the ball with movement

1. Inside foot volley
2. Volley with laces
3. Thigh / Pass
4. Thigh / Volley
5. Chest / Pass
6. Chest / Volley
7. Headball
8. 1 Touch Passing

- Heading Technique
- Heading

❖ **Wall Ball Passing – 10 minutes**

- Straight pass – Inside of foot touch behind cone – Straight pass
- Straight pass – Inside of foot touch in front of cone – Straight pass
- Straight pass – Angle pass – Straight pass

❖ **Core Strength – 10 minutes**

- Body Weight Exercises
- Abs – Quick Toss
- Abs – Headball
- Abs – Overhead Toss

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 want to continue to make Keepy Uppy a part of these training sessions I have posted a new challenge, as well as a good video on “Juggling for Beginners.”

I can’t stress enough, the importance of a good touch as it relates to increased development. Making sure to spend at least 10 minutes a day on this skill will dramatically help improve a player’s 1st touch.

I have included the link to the Pele 7 Challenge from one of our club players who was able to achieve this. Take a look as 2003 Boys’ player, Zach Grossmann, was able to successfully take this on.

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

- [Juggling a Soccer Ball for Beginners](#) – YouTube video
- [Celtic Soccer Academy Treble Treble Challenge](#)
- [Pele 7 Soccer Challenge](#) (Zach Grossmann / 2003 Boy) – Foot, Foot, Thigh, Thigh, Shoulder, Shoulder, Head
- [Juggling 4 and Hold](#) – YouTube video
- Set new Personal Best



MOVEMENT TO RECEIVE / HEADING



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

- **Movements to Receive** – 25-30 seconds x 2 repetitions of each skill (inside foot volley, volley with laces, thigh/pass, thigh/volley, chest/pass, chest/volley, head ball, 1 touch pass). Movement from a cone to the ball to receive.
- **Heading Technique** – 2-3 minutes spent on each progression
- **Heading** – Heading off of a wall



Click on the move to see the link

[Movements to Receive](#)

[Heading Technique](#)

[Heading](#)

Start at a cone – quick movement away from cone to receive the ball in space
For age appropriate groups – work through the progressions with good technique
U11 and older – Heading off of a wall

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 turns and/or touches
- Inside of foot pass – ankle locked
- Good pace on the pass

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

[Wall Ball Introduction](#)

[Straight pass, Inside of foot touch behind cone, Straight pass](#)

[Straight pass, Inside of foot touch in front of cone, Straight pass](#)

[Straight pass, Angle pass](#)

- **Straight pass, Inside of foot touch behind cone, Straight pass** – 30 seconds x 5 repetitions – pass off the wall/kickboard/partner – take a touch with the inside of the foot behind the cone – make a pass on the other side
- **Straight pass, Inside of foot touch in front of cone, Straight pass** – 30 seconds x 5 repetitions – same set up as above, however, touch in front of cone
- **Straight pass, Angle pass** – 30 seconds x 5 repetitions – Straight pass off the wall – angle pass to other side

Good pace on pass – stay on toes – quick feet

Same as above

Same as above

CORE STRENGTH



Good for: Total Body
Strength – Power
Development – Functional
Strength – Overall Fitness

Equipment: Soccer ball

Core Strength Instruction:
Push to get as many
repetitions as possible in 30
seconds.



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

[Body Weight Exercises](#)

[Abs – Quick Toss](#)

[Abs – Head ball](#)

[Abs – Overhead Toss](#)

5 different exercises – 30 seconds each exercise – 4 repetitions of each

30 seconds – 3 repetitions

30 seconds – 3 repetitions

30 seconds – 3 repetitions