



TONY GLAVIN SOCCER CLUB

SESSION 17 – 50 minutes

Focus: Keepy Uppy, Dribbling, Moves to Beat a Defender, Speed/Agility

HOMework – SESSION 17



- 2 to 3 times per week
- 55 minute session
- ❖ **Keepy Uppy – 10 minutes**
- ❖ **Dribbling – 10 minutes**
 - Controlled Dribbling in tight spaces
 - Controlled Dribbling – Outside / Inside of the foot
 - Dribbling with ball control – Working to a finish
- ❖ **Moves to beat a defender – 15 minutes**
 - Outside of foot / Inside of foot cut
 - Outside of foot / Outside of foot cut
 - Stepover Croqueta
- ❖ **Speed/Agility – 15 minutes**
 - One touch passing – Shuffle through cones
 - Pass/Sole Roll/Pass – Dribble through cones
 - Inside of foot volley – Pass/Shuffle through cones

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



Keepy Uppy Progressions

1. Start with one touch with your right foot and catch it. Repeat this 50 times until you are consistently knocking the ball to your hands. Repeat 50 touches with your left foot and catch it.
2. Juggle twice on your right foot and catch it. Repeat this until you are consistently knocking the ball back to the same spot. Repeat with your left foot.
3. Switch feet while juggling. Start juggling on your right foot and switch to your left foot, then catch it. Then start juggling on your left foot and switch it to your right foot, and catch it.
4. Perform the progression above with your thighs.

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

- [11 Best Juggling Skills to Impress your Friends](#)
- [Celtic Soccer Academy Treble Treble](#)
- [Juggling with Creativity](#)
- [Personal Record](#)



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*](#)

[Controlled Dribbling in Tight Spaces](#)

[Controlled Dribbling – Outside / Inside of the foot](#)

[Dribbling with a finish](#)

- **Controlled Dribbling in tight spaces** – Series of 5 balls x 4 repetitions – scatter 8-10 cones on ground and 4-5 cones/obstacles about 10 yards in front of them – dribble through cones (no pattern) and work with speed to other obstacles – leave ball and jog back until completing all 5
- **Controlled Dribbling – Outside / Inside of Foot** – 30 seconds x 4 repetitions – Work down and back for the allotted time – 2 touches with outside of foot to get around cone – Cut ball with inside of same to go other direction
- **Dribbling with ball control and finish on goal** – 4-5 repetitions – same set up with the cones/objects – dribble in and out and work to get a finish on a goal

Keep ball close while moving around cones – After last cone, change speed to get to remaining obstacles
2 Touches with the outside of the foot – 1 touch with inside of same to change directions – 2 touches with outside of opposite – 1 touch with inside of same
Dribble in and around cones/objects – finish on a goal

MOVES TO BEAT A DEFENDER



Coaching Points:

- Set up move
- Execute a move in front of the cone/object (don't get too close) and explode away
- Inside foot, outside foot, shoelace, or sole of foot set up
- Speed Variation (fast-slow-fast)
- Touch the ball with every step
- Explode on final touch
- Head up - vision
- Body is balanced and under control

- **Outside of foot / Inside of foot cut** – 8-10 repetitions – Make sure to use both feet – dribble at a cone/object, complete the move and explode into space for a shot.
- **Outside of foot / Outside of foot cut** – 8-10 repetitions of each – same as above
- **Stepover Croqueta** – 8-10 repetitions each foot – same as above

Click on the move to see the link

[Outside of foot / Inside of foot cut](#)

[Outside of foot / Outside of foot cut](#)
[Stepover Croqueta](#)

Use outside of the foot to dribble to the cone/defender – Use outside of the foot to make a cut inside – then use inside of same foot to cut around the cone/defender

Same as above – use outside of opposite foot to cut around the cone
Dribble at cone – stepover with right foot – use inside of left to push to inside of right and around the cone/defender - then begin with other foot

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:

Stay in an athletic position and on the ball of the foot.

Movements around the cone to the ball should be quick.

Partner plays a ball before your heels hit the ground – so on toes while making contact.

Click on the move to see the link

[One touch passing – Shuffle through cones](#)

[Pass/Sole Roll/Pass – Dribble through cones](#)

[Inside of foot volley – Pass/Shuffle through cones](#)

- **One touch passing – Shuffle through cones** – 4 repetitions
- **Pass/Sole Roll/Pass – Dribble through cones** – 4 repetitions
- **Inside of foot volley – Pass/Shuffle through cones** – 4 repetitions



Quick feet – move in figure 8 pattern through middle cones – Receive a ball for a one touch pass – listen for color of cone to go around – shuffle through cones at top
Receive a pass – sole roll to other side – pass with opposite foot – listen for color of cone to go around – receive another pass to dribble through cones
Inside of foot volley – listen for cone color to go around – as you shuffle through cones, receive a pass on one foot to pass back

