

# TONY GLAVIN SOCCER CLUB



SESSION 19 – 45 minutes

Focus: Keepy Uppy, Fast Footwork/Ball Mastery, Passing  
Speed/Agility

# HOMEWORK – SESSION 19



- 2 to 3 times per week
- 45 minute session
- ❖ **Keepy Uppy – 10 minutes**
- ❖ **Fast Footwork / Ball Mastery – 10 minutes**
  - Smiley Face – Right Foot then Left Foot
  - Smiley Face – Both Feet
  - 2 Foot Figure 8
  - Inside / Outside of the Foot Touch
- ❖ **Passing – 15 minutes**
  - Controlled Passing Technique using a Box
  - Receiving a Pass, Passing, Going To Goal
  - Receive, Pass, Find the Target
- ❖ **Speed/Agility – Change of Direction – 10 minutes**
  - Ladder Agility with a Ball – Toe Taps, Jumping Jacks
  - Ladder Agility with a Ball – Toe Taps, High Knees
  - Ladder Agility with a Ball – Toe Taps, Sole Roll

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



Remember..... 10 minutes everyday with Keepy Uppy will dramatically help you as a player. Are you practicing this skill?

Click on the link to watch one of our 2009 Celtic Elite players, Jayden Shaw, as he gets creative with this skill.

<https://www.youtube.com/watch?v=15zczjYPbWc>

We want to see all of our players trying new things with this so they can continue to challenge themselves.

Part of improving as a player is being willing to get uncomfortable in order to get comfortable later.



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

- [Creativity with the start of your Keepy Uppy](#) – 2009 Boys Player, Jayden Shaw
- [Alternating Feet](#) – 2003 Boys Player, Carson Nuernberger
- [5 Easy Freestyle Tricks](#) – YouTube Video
- Set new Personal Best

# FAST FOOTWORK / 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



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

[Smiley Face – Right foot / Left foot](#)

[Smiley Face – Both feet](#)

[2 Foot Figure 8](#)

[Inside / Outside of foot touch](#)

- **Ball Mastery – Smiley Face – Right foot then left foot** – 30 seconds x 4 repetitions with each foot.
- **Ball Mastery – Smiley Face – Both feet** – 30 seconds x 5 repetitions
- **Ball Mastery – 2 Foot Figure 8** – 30 seconds x 4 repetitions
- **Fast Footwork – Inside / Outside foot touch** – 30 seconds x 4 repetitions

Start with right foot on the ball – pull ball back to inside of foot – push across the cones to outside of same foot – touch ball forward. Continue for set time and then switch to left  
Using both feet – start out with one foot on the ball – pull back to inside of same foot – push across the cones to inside of the opposite – Push ball forward  
Using both feet – a series of sole rolls and pull backs to move ball in figure 8 pattern  
Similar to foundations – Inside of one foot to outside of other

# 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



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

[Controlled passing using a box](#)

[Receive a pass – Passing – Go to goal](#)

[Receive – Pass – Find the target](#)

- **Controlled Passing Using a Box** – 1 minute x 5 repetitions – Receive a pass from a teammate – open up your body and pass off a box – receive the ball from the box and return ball back to start
- **Receiving a pass – Passing – Go to goal** – 6 shots (3 each side) x 3 repetitions – Receive a pass – turn and pass ball off a box – find one of the targets
- **Receive – Pass – Find the target** – 6 shots (3 each side) x 3 repetitions – Receive a pass in front of you – Bounce ball off the box and find each target

Before receiving the pass, move into space to get “open.” Minimize touches on the ball as you open up your body to pass off the box – work on accuracy and good technique  
Receive a pass – turn and pass off the box – work to get a shot on goal/target  
Receive a pass – pass off the box while continuing to move forward into space – find the targets with minimal touches on the ball

# SPEED/AGILITY



## Good for:

Speed and Agility, Balance, and Quickness

**Equipment:** Ladder, Cones work if no ladder, or chalk, soccer balls

## Speed & Agility Instruction:

Organize each foot inside of the ladder, DO NOT step on the ladder. Stay in an athletic position and on the ball of the foot. Focus on quick feet AND quick arms.

- **Ladder agility with a ball** – 4-5 repetitions – place a ball in every other square of ladder – 2 toe taps on ball – feet outside of same square to inside of next
- **Ladder agility with a ball** – 4-5 repetitions – place a ball in every other square of ladder – facing sideways; toe taps – high knee on next
- **Ladder agility with a ball** – 4-5 repetitions – facing sideways – 3 toe taps and side roll to next square



*Click on the move to see the link*

[Toe taps, Jumping jacks](#)

2 toe taps on ball – then feet outside of same square to inside of the next = ([Zach Bodine – 03 Boys](#))

[Toe taps, High knee](#)

Facing the side of the ladder – toe taps on ball in square – high knee to next square

[Toe taps, Sole roll](#)

Facing the side of the ladder – 3 toe taps and then side sole roll to next square