



TONY GLAVIN SOCCER CLUB

SESSION 14 – 55 minutes

Focus: Keepy Uppy, Passing-Receiving-Moving, Finishing, Speed/Agility

HOMEWORK – SESSION 14



- 2 to 3 times per week
- 55 minute session

❖ Keepy Uppy – 10 minutes

❖ Passing, Receiving, Moving – 20 minutes

- Outside of Foot turn – with 3 progressions
- Outside of Foot / V turn
- Brazilian Spin turn
- Inside of Foot / U turn
- Hop Chop – with 2 progressions

❖ Finishing – 10 minutes

- Receive, Touch, Finish
- Receive, Move, Finish
- Finishing close to goal – 2 progressions

❖ Speed/Agility – 15 minutes

- Ladder Agility w/ a ball – Toe taps, Jumping jacks
- Ladder Agility w/ a ball – Toe taps, High knee
- Ladder Agility w/ 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

5 Soccer Juggling Tips



1. Move past frustration

Juggling can be frustrating. You will “fail” over and over again. If you start getting angry remember this “Juggling skill takes a long time to develop, but you will achieve your goals if you persevere.”

2. You will have a breakthrough

It will seem like you are making little to no progress. Some days you may even think you are getting worse. You may struggle to get 50 juggles in a row for months then suddenly get over 100 juggles. Trust me, you will have a breakthrough if you keep going.

3. Kick the ball high

Switch things up when you get good at juggling. Try kicking the ball high into the air then resuming normal juggling (don't let the ball hit the ground).

4. Use different parts of the feet

Juggling shouldn't be limited to the top of your feet. Try juggling the ball with the outside and inside of your foot to develop these touches.

5. Stop counting consecutive juggles

If you want to improve your juggling ability fast, forget about breaking your juggling record. Instead, set a goal for a total number of nonconsecutive juggles. Promise yourself that you won't stop juggling until you reach that number. This goal will keep you motivated to continue, even if you are having an off-day. You won't get as frustrated because every juggle counts towards your goal. You won't get angry when you mess up after only a few juggles or mess up right before reaching your previous record.

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

- [TGSC Keepy Uppy Age Group Goals](#)
- [Alternating Thigh](#)
- [Left foot / Right foot / Alternating feet](#)
- [Creativity with Keepy Uppy](#)
- [Personal Record](#)

PASSING, RECEIVING, MOVING



Set up / Coaching Points:

- Pass to a wall / kick board / partner
- Lose defender, then show hard to the ball, check your shoulders
- One touch turn away from defender and add the turns
- Receive the pass / use different turns
- Inside of foot pass – ankle locked
- Good pace on the pass

Click on the move to see the link

[Outside of foot turn \(3 progressions\)](#)

[Outside of the foot / V turn](#)

[Brazilian Spin turn](#)

[Inside of foot / U turn](#)

[Hop Chop \(2 progressions\)](#)

- **Outside of the foot turn (3 progressions)** – 6 repetitions (3 each foot) – move to receive a pass in front of cone/defender – use outside of foot to turn away and create space
- **Outside of the foot / V turn** – 6 repetitions (3 each foot) – same set up as above – use the outside of the foot turn – then use a V turn to go the opposite direction
- **Brazilian spin turn** – 6 repetitions (3 each foot) – work to create space in front of the cone/defender – receive the ball with the inside foot and spin to pull ball away from defender
- **Inside of foot / U turn** – 6 repetitions (3 each direction) – receive ball in front of cone – use the inside foot turn – step on ball with same foot to complete the U turn and go opposite direction
- **Hop Chop (2 progressions)** – 6 repetitions (3 each direction) – same set up as above – complete the turn and go to targets

Use the outside of the foot to turn away from defender – head up and work to the targets

Use the outside of the foot to turn away – put that same foot on top of the ball – complete a V move around the defender to go the other direction

Receive ball with the sole of the inside foot – pull the ball to the outside and away from defender – facing forward to continue towards the target

Use the inside of the foot turn – put that same foot on the ball – sole roll back to inside of the foot and push to opposite foot – push ball into space to beat defender

Use the inside of foot to push ball behind opposite leg – head up to work towards targets

FINISHING



Coaching Points:

- Keep ball close off the turn
- Positive first touch – preparation touch out of feet towards the net
- Plant foot slightly in front of the ball
- Relaxed body (upper body over the ball)
- Knees slightly bent – Arms bent at side and slightly out to help keep balance
- Follow through the ball

Click on the move to see the link

[Receive, Touch, Finish](#)

2-3 steps to create space from defender – receive a pass with a good 1st touch to allow a quick finish on goal

[Receive, Move, Finish](#)

Series of 3 shots – **1.** receive ball with inside of foot and push behind cone – finish; **2.** Move back to middle and receive ball with inside of opposite foot and push behind cone – finish; **3.** Move back to middle to receive ball and a quick finish

[Finishing close to goal](#)

1. First time finish – movement away from cone – use good technique for placement of the finish instead of power – focus on the corners; **2.** Touch ball behind cone and quick finish with placement in the corners

- **Receive, Touch, Finish** – 8-10 repetitions from each side – Receive a pass from the side – create space away from cone/defender – one touch and finish
- **Receive, Move, Finish** – 5-6 repetitions – series of 3 shots per repetition – movement to create a quick finishing opportunity
- **Finishing close to goal (2 progressions)** – 8-10 shots per repetitions – Create a finishing opportunity 10-12 yards from the goal



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

[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