



# TONY GLAVIN SOCCER CLUB

## SESSION 12 – 45 minutes

Focus: Keepy Uppy, Wall Ball Passing, Cuts / Turns, Dribbling

# HOMEWORK – SESSION 12



- 2 to 3 times per week
  - 45 minute session
- ❖ **Keepy Uppy – 10 minutes**

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.

❖ **Wall Ball Passing – 10 minutes**

- 2 Straight Passes – Inside of foot touch behind cone – 2 Straight Passes
- Straight Pass – Outside of foot touch behind cone – Straight Pass
- Straight Pass – Receive – V move – Straight Pass

❖ **Cuts / Turns – 15 minutes**

- 2 Foot Cut – Inside of one foot / Outside of the other
- 2 Foot Cut
- Turn – Sole of the foot / Inside of the opposite
- Turn – Sole of the foot / Outside of the same

❖ **Dribbling – 10 minutes**

- Outside of the foot weave
- Outside to inside of the foot (Right foot then left foot)
- Inside of one foot to inside of the other



# KEEPY UPPY



What you may not realize is keepy uppy will help you develop a relationship with the ball, as well as improve your timing, spatial understanding, touch, motor coordination, balance, body control, and leg strength. This will, in combination, build your confidence

When you go out and train by yourself, I am sure the last you think about is going to work on your juggling, because you probably say to yourself "how can this actually relate to the game of soccer?"

Perfecting the small details of how you control the ball, the way you strike and pass the ball, will all improve when you add juggling into your training.

I constantly hear the excuse that players can't work on their touch or relationship with the ball because they don't have a partner to train with them. The best part of keepy uppy is that you can work on it on your own.

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

- [Right Thigh](#) / [Left Thigh](#) / [Alternating Thighs](#)
- [Alternating Feet](#)
- [Creativity](#) / Freestyle
- Personal Record

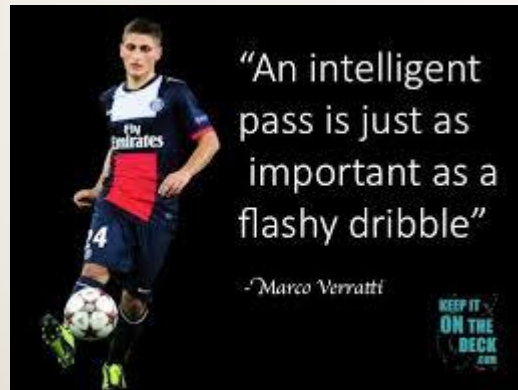


# WALL BALL PASSING



## Set up / Coaching Points:

- Pass to a wall / kick board / partner
- Show at an angle if possible
- Receive the pass / use different touches
- Body is balanced and under control
- Inside of foot pass – ankle locked
- Keep a good rhythm to maximize ball control
- Good pace on the pass



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

[2 straight passes – Inside of foot behind cone – 2 straight passes](#)  
[Straight pass – Outside of foot behind cone – Straight pass](#)  
[Straight pass – Receive – V move – Straight pass](#)

- **2 Straight passes – Inside of foot behind cone – 2 straight passes** – 30 seconds x 4 repetitions – Make 2 passes against the wall – receive the ball with the inside of the same foot – push behind the cone – make 2 passes with opposite foot
- **Straight pass – Outside of foot behind cone – Straight pass** – 30 seconds each foot x 4 repetitions – Make 1 pass – receive the ball with the outside of same foot – push behind cone – pass with opposite foot
- **Straight Pass – Receive – V move – Straight pass** – 30 seconds x 4 repetitions – Straight pass off the wall – receive same foot – V move with opposite foot around cone – Pass

Good pace of pass – quality 1<sup>st</sup> touch – quick feet  
Good pace of pass – quality 1<sup>st</sup> touch – quick feet  
Good pace of pass – receive with inside of foot – V move around the cone – body maintains good balance

# CUTS / TURNS



## Coaching Points:

- ❖ Body should always be balanced and in control
- ❖ Head where you can see in front (not facing down or up)
- ❖ Head on swivel / scan
- ❖ Knees slightly bent, Arms bent at side and slightly out to help keep balance and maintain positioning from the defender.
- ❖ Dribble on the side, or at, a cone. Cone represents a defender.

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

[2 foot cut – Inside of one / Outside of other](#)

[2 foot cut](#)

[Turns – Sole of the foot / Inside of opposite](#)

[Turns – Sole of the foot / Outside of same](#)

- **2 Foot cut – Inside of one / outside of other** – 5-6 repetitions with each foot – dribble at an object – complete the move – explode into space
- **2 Foot cut** – 5-6 repetitions with each foot – same set up as above
- **Turn – sole of the foot / inside of opposite** – 5-6 repetitions with each foot – same as above
- **Turn – sole of the foot / outside of same** – 5-6 repetitions with each foot – same as above

Dribble – cut ball with inside of one foot – take ball away with outside of other

Dribble at object – cut ball with inside of one foot – take ball away with inside of other

Sole of foot roll – take ball with inside of opposite foot

Sole of foot roll behind – take ball with outside of same 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

- **Outside of foot weave** – 4-5 repetitions – dribble around a set of 8-10 cones 10-12 yards – using the outside of both feet
- **Outside to inside of the foot** – 4-5 repetitions with both feet – same set up as above – 2 touches with outside of one foot – cut with inside of the other
- **Inside of one foot to inside of other** – 4-5 repetitions – same set up as above – using the inside of both feet, work through the cones

*Click on the move to see the link*

[Outside of foot weave](#)

[Outside to inside of the foot](#)

[Inside of one foot to inside of other](#)

Soft touches – 2 touches with outside of one foot – grab ball with outside of other for two touch to get around the cone  
Soft touches – 2 touches with outside of one foot – cut ball with inside of the other across the cone  
Use the inside of both feet to get through cones – 1 touch for each