

## Tips on Keepy Uppies

Johnny Sexton has challenged all Laya Super Troopers to send in their best keepy uppies videos for a chance to win their very own signed Johnny Sexton jersey! Why not practise your balancing skills and see how many keepy uppies you can do?

Our bodies need some form of exercise to stay healthy, and even though you might not think it, keepy uppies help to keep you active! Focusing your mind on an activity like keepy uppies can be a great way to relax and distract yourself from something that may be causing you stress.

Keepy uppies are a skill you can improve on your own with just a little patience. Check out our top tips below to become a keepy uppies champion!

### Top tips for the perfect keepy uppies

#### Tip 1: Focus on your balance

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Keepy uppies require keeping one foot in the air for an extended period of time, so practising your balance will help. If you are wobbling constantly while trying to play, you won't get far. A good way to practise your balance is to stay standing on one foot as long as possible. Once you can stand on one foot for a long period of time, you can start to practise the kicking motion.

#### Tip 2: Watch the ball

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It may seem like a simple or obvious tip, but keeping your eye on the ball is an important part of perfecting keepy uppies. Observing where the ball goes will let you know whether or not the technique you are using is working.



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### Tip 3: Perfecting the basics

- **Step 1: Using your thigh**

A good place to start with keepy uppies is bouncing the ball on the top of your thigh, just above the knee. The ball should not bounce off the knee. Bounce the ball once off your thigh, catch it and repeat until you are comfortable.

- **Step 2: Using your foot**

When you are happy with the first step, move on to using your favourite (or “dominant”) foot. Drop the ball on top of your foot, attempting to target your shoelaces. Keep your foot curved slightly upwards and make sure when the ball hits your shoe, it bounces straight up. Bounce the ball off your foot one at a time until you are confident, then you can attempt a few bounces in a row.

- **Step 3: Start using your non-dominant foot**

Most people have a dominant foot, but to be a master of keepy uppies, you need to use both. Once you are confident with your dominant foot, begin training with your other foot using the same technique.



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### Tip 4: Launch the ball to your head

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This is tricky and can take time to perfect, as it requires just the right amount of power to get the ball just up to your head without going too high. When kicking the ball in the air, the ball should be positioned just in front of you so you have to lean slightly forward to hit it. You should be using the flat top of your head to hit the ball, as this gives the most control.

### Tip 5: Practise frequently

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Training consistently is the key to improving your skills! You should set a goal and work towards it. For example, try doing keepy uppies for 20 seconds straight without dropping the ball. The goal you set yourself should seem like a challenge, but not impossible.

### Tip 6: Find your rhythm

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If doing keepy uppies a certain way feels more natural to you, then you should do it that way. Some people move their ankle to bring the ball up, some use their knee. It is important to try each way and then stick to the one that suits you the best.



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