

© Lady Knights Coaching Session Plan Sheet ©

Session No: 1

2009 Season © Ricardo M. Serrano

Date: 05-04-09

Players: Ally____ Alexis____ Amanda____ Emily____ Jessica____ Jurnee____
Madeline____ Natalie____ Sarah____ Shelby____ Taylor____ Veronica____

Session Objectives: GETTING FAMILIAR WITH THE PARTS OF THE FEET AND THE BALL

Players: Maintain close control with both feet; be agile, stay on toes; use all parts of feet, inside, outside, laces, sole; move to get behind balls path; keep a soft contact; concentrate on center of ball; keep head up; control ball first, don't just kick it away; change direction and speed when turning; "Be a friend with the ball"

With the players that show up early, have them practice juggling the ball.

Warm up Exercises: 1) Juggling the ball. Hold the ball with both hands, make it bounce on the thigh and hold it with your hand again. Change legs each time. 2) Now use the shoe laces portion of the feet with the same drill. After a while try to make it bounce 2, 3 etc. times. 3) Make players jump over the ball back and forth and sideways for 20 times each, keep the knees bent during the jumps and do it with rhythm. 4) "TAPPING" exercise, place the sole of the foot on the ball, switch to the other foot. At the beginning touch the ground with both feet before the other foot is going to be used. Later increase the speed and have one foot touch the ground while the other is on the ball. 5) "TICA TAC", kick the ball softly between legs by using the inside of the foot, try to change directions and keep the ball between feet. 6) Have the players dribble the ball in a small coned area, trying to avoid colliding with other players. **Water break.**

Stretching Exercises: 1) Sit on the ground with a ball, extend your legs, pass the ball under your legs 10 times 2) Bend R leg and pass the ball under making the No. 8 motion, switch legs, do it 10 times, 3) Stand up, spread legs and pass the ball between legs making the No 8 motion. 4) In pairs with your partner, back to back, hand the ball to each other making turns. If grass is really wet, then do the stretching first without the ball: 5) On standing position, cross right leg over left foot, bend the body touching the toes, count to 10, switch feet. 6) Do cherry pickers, counting until 10. 7) Bend body touching the right toe with both hands, count to 10, switch. 8) On tip toes reach to the stars, count to 10.

Equipment: 1) cones 2) soccer balls 3) bibs/pennies 4) flags.

BALL CONTROL, Mechanics of Ball Handling (Feet) – Rectangular area with 2 lines of cones and players about 10 ft apart

Explain and demonstrate: Action on the Ball = **Push, Stop, Roll Back, Roll Sideways, Roll Forward, Lift, Chip**
Parts of the Foot = **Inside of Foot, Outside of Foot, Heel, Toe, Instep, Sole.** Ball: **Bottom, Middle, Upper portions**

1. **Soft touches:** Keep the ball within your reach **close to your feet.**

Inside (I). The ball is kicked softly with the I of the **RIGHT FOOT (RF)** as the player moves forward toward the opposite cone. Player comes back using the (I) of **LEFT FOOT (LF)**. Then introduce **STOP & ROLL BACK/FORWARD** with the sole, push ...

Outside (O). The ball is kicked softly with the O of the RF as the player moved forward toward the opposite cone. Player comes back using the O of LF. Then introduce **ROLL SIDE WAYS** with the sole, then push ... introduce the **BACK HEEL** ...

2. **Soft kicks:** Use of the toe to **LIFT** the ball and to chip the ball. Pair up players about 4 ft apart, place the toe under the ball and lift it to pass it to the team mate, alternate. Try to aim to the feet of team mate and make the attempt to trap it.

Use of the toe to (**CHIP**) strike the ball at the bottom to lift the ball and to make it sail on the air. Have player in front of the ball and let them strike the ball to chip it forward. **Water break.**

Conditioning Time: Two (2) groups of players competing against each other on relay races.

1) Run on zigzag between the flags going forward then coming back to base giving a "high five" to team mate before continuing with the run

2) Same motion, this time starting from squatting position on the ground

3) Same motion, this time starting from sitting position on the ground

4) Same motion, this time starting from laying down position on the ground (if grass is not wet)

5) Same motion, this time each player has a ball to dribble between the flags. **Water break.**

Scrimmage Time: Form 2 teams without goalies and **count/observe** the use of the Push, Stop, Roll Back, Roll Sideways, Roll Forward, lift the ball, chip the ball, use of the sole, inside/outside of foot, the heel, and shots using the instep. **Water break.**

Cool Down Time:

1) Place 5 lines of cones about 4 feet apart: have players go to the first cone and touch it, come back to base, then go to second cone, come back to base and so forth and so on.

