

© Lady Knights Coaching Session Plan Sheet ©

Session No: 2

2009 Season © Ricardo M. Serrano

Date: 05-07-09

Players: Ally _____ Alexis _____ Amanda _____ Emily _____ Jessica _____ Junnee _____
Madeline _____ Natalie _____ Sarah _____ Shelby _____ Taylor _____ Veronica _____

Session Objectives: MOVES: PULL BACKS, CUTS, STEP OVERS (Sleepy 8)

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) Each player with a ball take a cone in each hand. Place cones on the ground about open arms length, then dribble the ball making the number 8 formation. Use the inside (I), outside (O) of each feet as required. 2) 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. 3) 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. 4) 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. **Water break.**

Stretching Exercises: 1) Horizontal position: touch ground with the palm of the hands and toes, cross one leg on top of the other one, count to TEN, alternate legs. 2) Sit up, retrieve both feet against your body, hold your ankles with your hand and bend over forward, count to five, relax, continue. 3) Sit down and lean back using the elbows, raise both legs without spreading them apart, about 6 inches off the ground, count to five and relax. 4) Same position, with legs on the air, spell names of girls or numbers. 5) With ball, sitting position, pass the ball between legs making the number 8 in a bicycle motion.

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

Explain and demonstrate: Action on the Ball = Pull Back, Cuts, Step Overs – Keep bent knees.

1) In a large 4 cones area, introduce the "Pull Back" concept using the stop the ball motion first, then a rolling action going back with the sole, switch foot. 2) The "CUT concept" using the (I) and (O) of each foot. 3) Show the "STOP AND TURN/ROLL" using the sole of foot 4) Show the "SLEEPY 8" TURN 6) Place each player between 2 cones at 10 feet of distance facing each other, make them push (O) the ball from one cone to the other, then CUT (turn around) with (I) to the first cone. 5) Push (IR), push (OL), then push (IL), push (OR) 6) Push (O) ball and STOP it with sole, then roll it back and push it with (IR), switch foot 7) Push (O) and CUT with (O) of foot 10) Push (O) and make an (O) turn 8) Push (O) and make an (I) turn 9) Push (O) and make a "SLEEPY 8" turn. 10) Place 2 cones about 10' apart, 2 players with 1 ball, second player will shadow first player while doing the pull back, cuts, step overs, first no competition, later will add more challenge.. **Water break.**

Conditioning Time: Two (2) columns of players separated by at least 3 feet. Last player runs on zig zag motion among players to the front, the player before last does the same and so forth. Go all over the field. **Water break.**

Scrimmage Time: Count/observe the use of the Pull back, Cuts, Step Overs. 1) Divide 2 teams, players in pairs. One player with the ball trying to keep possession by cutting, pushing, stopping, turning, rolling, the other player challenges, first pretending. Then make it more challenging. Switch teams. 2) Have a lone defender and a goalie. The rest of the team will try to beat the defender, one player at the time by going toward the goalie, keeping possession of the ball and making all the moves learned. Then try to score. First no pressure, then increase pressure. Switch defenders 3) Have a goalie, 2 defenders, the rest of the team attack, passing the ball to each player and keeping possession of the ball with all the moves. When defenders get the ball, they keep it as long as possible with the help of only defenders and the goalie. Switch to another group of 2 defenders. **Water break.**

Cool Down Time:

1) Make a circle, players will do some light stretching exercises.

