

© Lady Knights Coaching Session Plan Sheet ©

Session No: 3

2009 Season © Ricardo M. Serrano

Date: 05-11-09

Players: **Ally**____ **Alexis**____ **Amanda**____ **Emily**____ **Jessica**____ **Jurnee**____
 Madeline____ **Natalie**____ **Sarah**____ **Shelby**____ **Taylor**____ **Veronica**____

Session Objectives: MOVES: SHIELD/TURNS, HALF TURNS, CRUYFF, MARADONA

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. **Goal:** 4 touches

Warm up Exercises: 1) Have 2 grids with 3 flags, flags placed on L formation about 6 ft apart. 2) A group of 6 players per grid, starting each group on a flat cone. 3) A lateral grid will have a row of mid size cones where players will go after performing among the flags. 4) Players will dribble pushing the ball with the O of RF going on the left side of first flag, continue dribbling by going around the right side of second flag, now players will push the ball with the I of RF, continue dribbling with O of RF going left toward 3rd flag, at arrival to the 3rd flag, players will use the I of L foot to go around the flag, then go to the row of mid size cones dribbling the ball on a zig zag format using the inside of both feet. 5) Go back to the original flat cone and continue with the same motions. **Water break.**

Stretching Exercises: - - - - - KEN

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

Explain and demonstrate: **Shield of the ball, Turn, Half Turn, Elements of the Cruyff, Maradona Moves.**

URNS: 1) Have 2 lines of flat cones about 12 ft apart. 2) Player dribbles the ball toward the opposite cone using the O of RF, then make a turn using the I of RF around the cone, continue dribbling and perform the same action on first cone. 3) Make another turn, now switch to LF, dribble the ball with O of LF, when arriving to opposite cone, use the I of LF to make the turn, continue. 4) Next phase is to use the O of RF and O of LF.

HALF TURNS: 1) Have 4 stations with 4 flat cones about 6 feet apart. 2) Have 3 players per station on each cone, one cone will be empty. 3) Have players dribble the ball with O of RF, when arriving to the next cone perform the Half Turn: step on the ball, roll it back then push it to the right, continue with the same motion on the next cones. 4) Switch foot, use LF

CRUYFF MOVE: 1) Start by dribbling the ball forward and plant your left foot near the ball as your right leg pretend to do a big kick or shot. 2) Instead of shooting however, bring the right foot down and "cut/chop" the ball backwards and underneath your L leg. You may even have to do a little "hop" or "skip" with your left foot to get it out of the way. 3) Have groups of 3 players with 3 sets of cones about 10 feet apart. 4) One player in a flat cone, one midsize cone at the middle, then 2 players on the other flat cone. 5) Player 1 dribbles toward the midsize cone, at arrival perform the move: pretend to kick the ball with the I of RF, then do a soft kick of the ball behind the kicking foot toward LF, then control the ball and pass it to the player on the opposite cone, jog to take place of the player who received the ball, continue.

MARADONA MOVE: Stop, Hop & Spin: 1) Have players be behind their ball and do tapping of the ball alternating with the sole of their feet. 2) Emphasis on being on the air while tapping the ball. 3) Dribble the ball forward and then stop it with the sole (cleats) of your RF by briefly putting your foot on top of the ball. 4) Then hop that same foot over to the other side of the ball. 5) Spin over the top of the ball and as LF reaches the ball pull it by scraping across the top. As you become more proficient, the middle part of the move (the hop/turn) is done with both feet in the air for an instant. **Water break.**

Conditioning Time: - - - - - JIM Water break.

Scrimmage Time: Count/observe the use of the Turns, Half Turns, Cruyff & Maradona Moves. 1) Have a lone defender and a goalie on a 1 V 1 format. First stage is cooperative. 2) A player will dribble the ball going toward the goalie, when faced by the defender perform a move, once beating the defender tries to score a goal. 2) First no pressure, then increase pressure. **Water break.**

Cool Down Time: - - - - - KEN

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

