

© Lady Knights Coaching Session Plan Sheet ©

Session No: 4

2009 Season © Ricardo M. Serrano

Date: 05-14-09

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

Session Objectives: MOVES: TURNS, LUNGES, DOUBLE LUNGES

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: On a 30' x 30' area have each player with a ball:

1) Push the ball alternating feet using the inside (I) of foot 2) After each touch of each foot (one, two) make a roll on top of the ball. 3) Continue with the same double push, then perform a step over changing directions 4) Add a half turn move after the double push 5) Add a cut with I of foot after the double push 6) Add a cut with O of foot after the double push 7) Make sure to use both feet when performing the (I) (O) cuts. **Water break.**

Stretching Exercises: - - - - - KEN

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

Explain and demonstrate: A lunge = It is a fake, pretend to move left, then push the ball to the right with O of RF



LUNGE:

Groups of 3 players per grid with **one ball**. Cones about 20' apart with a flag at the middle. Players at each cone and one player at the middle with a ball. 1) Player at the middle starts the drill by passing the ball to a player at one of the cones. 2) Player that just passed the ball jogs to take the place of the player that trapped the ball. 3) Player at the cone traps the ball with the sole of the foot and dribbles toward the middle flag. 4) At the middle flag player makes the attempt to perform a **lunge** based on the demonstration. 5) Player passes the ball to opposite player and continue. 6) Player at the middle will perform a **double lunge**.

TURN:

Player at the middle will do a turn. 1) At the right side of the flag, player stops the ball with the sole, rolls the ball back and continues rolling **around** the flag, then pass the ball to opposite player. 2) Same motion, player at the middle makes a turn by pushing the ball with the outside of RF, 3) Use the I of LF to perform the turn 4) Use the I of RF to do the turn. **Water break.**

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

Scrimmage Time: Count/observe the use of the Turns, Lunges/Double Lunges. 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.**

Scrimmage game

Cool Down Time:

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

