

# © Lady Knights Coaching Session Plan Sheet ©

Session No: 5

2009 Season © Ricardo M. Serrano

Date: 05-18-09

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

**Session Objectives: FAKES: PULL BACK, KICK & PUSH, STEPOVER RIVELINHO**

**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.

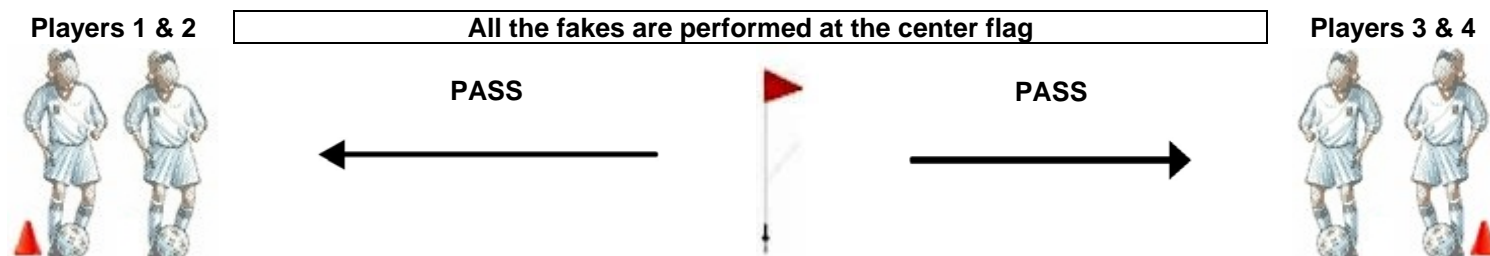
**Warm up Exercises:** On a 30' x 30' area have each player with a ball:

- 1) Tap the ball with the sole 20 times alternating feet
- 2) Do the soccer boxing 20 times keeping the ball between both feet making sure to change directions
- 3) Roll the ball backwards by tapping the ball with the sole alternating feet
- 4) Push the ball softly with the O of your RF, then pretend to kick the ball and stop it with the sole of your RF, do the same alternating with your LF
- 5) Push the ball softly with the O of your RF, then with the sole of your RF roll the ball back and push it with your toe behind your LF
- 6) Do the same with the LF. **Water break.**

**Stretching Exercises: - - - - - KEN**

Equipment: 1) cones 2) soccer balls 3) bibs/pennies 4) flags. **PULL BACK, KICK & PUSH, STEPOVER**

**Explain and demonstrate:** A Stepmover = Pretend to kick then advance your body over the ball between your legs



**PULL BACK:**

Groups of 4 players per grid, **2 balls**. Cones about 20' apart with a flag at the middle. 2 players at each cone (1 & 3 with a ball- 2 & 4 without a ball) 1) Players 1 & 3 start the drill at the same time by dribbling the ball to the center flag with the O of RF. 2) **At the center flag**, both players will perform the pull back simultaneously by stopping the ball with the sole of RF, then pushing the ball with the O of RF to the right. 3) Players 1 & 3 pass the ball to players 2 & 4. 4) Then players 2 & 4 continue with the drill.

**KICK & PUSH:**

Continue with the same format as above. Players 1 & 3, push the ball softly with the O of your R. **At the center flag:** 1) With the sole of your RF roll the ball back and push it with your toe behind your LF 2) Then push the ball with the I of LF and pass the ball to players 2 & 4. 3) Players 2 & 4 continue with the drill and alternate players.

**STEPOVER - Rivelinho:**

Continue with the same format as above. Players 1 & 3, push the ball softly with the O of your R. **At the center flag:** 1) Pretend to kick the ball then advance your body over the ball between your legs with the RF, then push the ball to the right with the O of your RF 2) Then push the ball with the I of RF passing the ball to players 2 & 4. 3) Players 2 & 4 continue with the drill and alternate players. **Water break.**

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

**Application Time:** Count/observe the use of the Pull backs, Kick & Push and Stepmovers. 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 walk on their heels.
- 2) Perform some light stretching.

