

# © Lady Knights Coaching Session Plan Sheet ©

Session No: 6

2009 Season © Ricardo M. Serrano

Date: 05-21-09

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

## Session Objectives: FAKES: SCISSORS, DOUBLE SCISSORS

**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:** 2 lines of cones about 10 feet apart, each player with a ball: Dribble around the cones on a zig zag motion, keep the ball close to your foot, use both feet while dribbling around the cones.

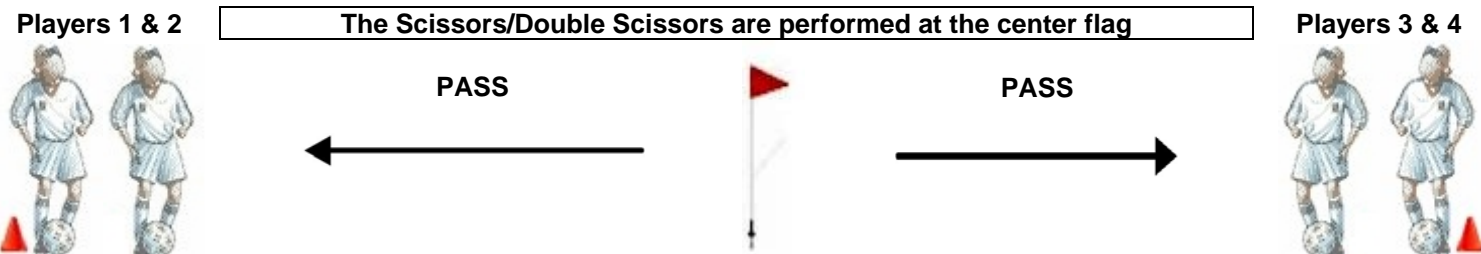


On a 30" x 30" area: 1) Dribble freely using all the moves learned to date: push, stop, roll, back heel, pull back, cuts, step overs, turns, half turns, etc. Competition, Who can perform more moves?. 2) Tap the ball with the sole 20 times alternating feet 3) Do the soccer boxing 20 times keeping the ball between both feet making sure to change directions 3) **SCISSORS:** In front of a stationary ball, "hug" the ball by making a round move starting with the "outside" of your RF, then do the same with the O of your LF. 4) Increase the tempo by dancing with the ball alternating the round motions with R and L feet 6) Now, push the ball softly forward and perform the Scissors move. **Water break.**

### Stretching Exercises: - - - - KEN

Equipment: 1) cones 2) soccer balls 3) bibs/pennies 4) flags. **FAKES: SCISSORS, DOUBLE SCISSORS**

**Explain and demonstrate:** A Scissor = Place the "outside" of RF on the side of the ball, then make a circle around it



### SCISSORS:

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 with perform the Scissors move simultaneously using the O of RF, then pushing the ball with the O of LF softly to the left. 3) Players 1 & 3 pass the ball to players 2 & 4. 4) Then players 2 & 4 continue with the drill.

### DOUBLE SCISSORS:

Continue with the same format as above. Players 1 & 3, push the ball softly with the O of your RF. **At the center flag:** 1) perform the Double Scissors move simultaneously using the O of RF, then use the O of LF pushing the ball with the O of RF softly to the right before passing the ball to your teammate. Players 2 & 4 continue with the drill and alternate players.

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

**Application Time:** Count/observe the use of the Scissors and Double Scissors. 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 the 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.

