

# © Lady Knights Coaching Session Plan Sheet ©

Session No: 7

2009 Season © Ricardo M. Serrano

Date: 05-25-09

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

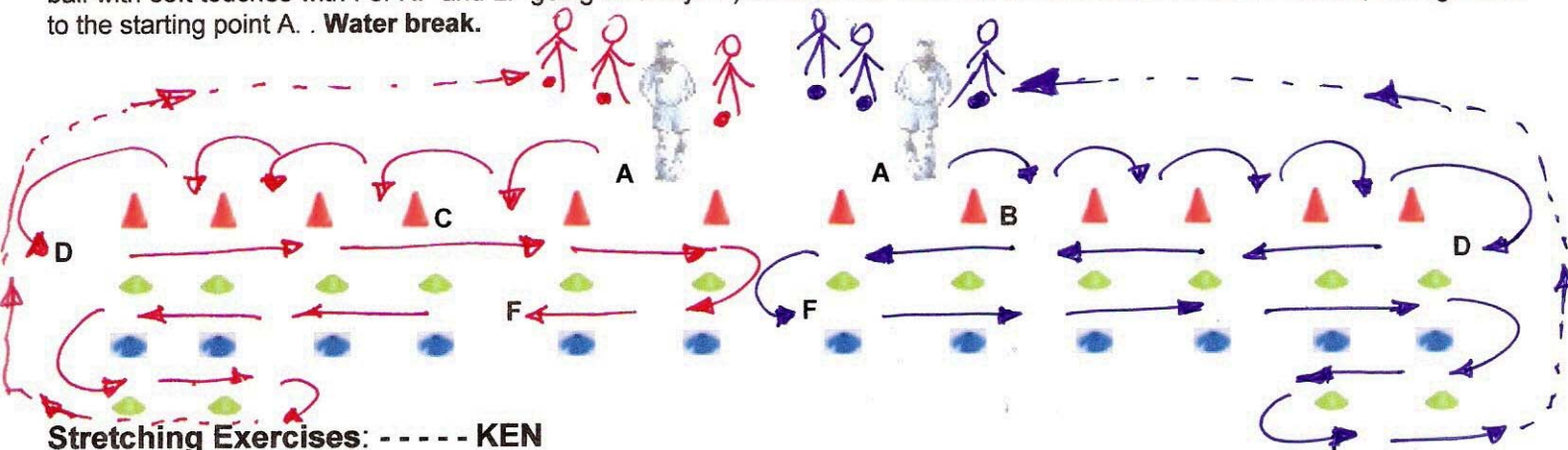
## Session Objectives: FAKES: STOP & GO, INSIDE/OUTSIDE SWERVE (One-Two)

**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: 1) Ball tapping, then pull it back with the sole of RF, make a quarter/half turn. 2) ball tapping (2 touches) then roll ball sideways, alternate feet 3) Ball tapping, then a stepover, change directions 3) Place O of RF on the side of the ball, roll it to the R, stop, roll it to the right with I of RF, continue, switch feet.

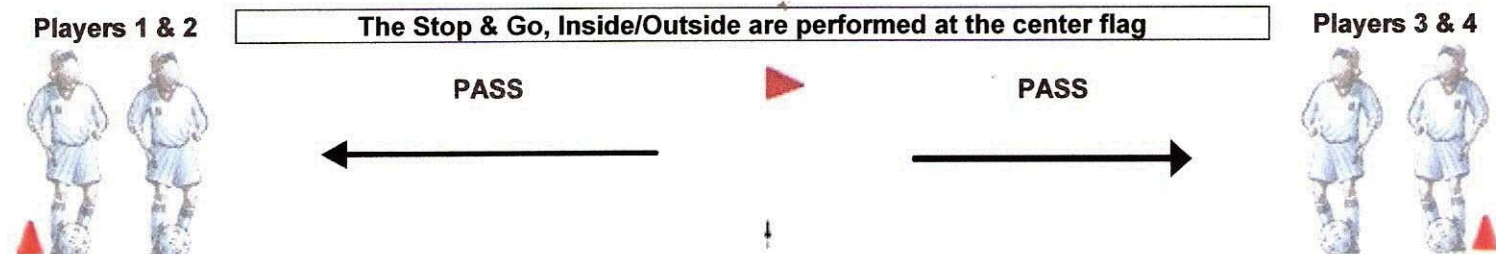
2 groups of players facing several cones. A) Start with ball tapping, then push ball softly forward, then roll it back B) then players on the left group move toward the left performing the same motion between next pair of cones. C) Players on the right group move toward the right performing the same motion between next pair of cones. D) On the second row of cones, carry the ball with soft touches with I of RF and LF going sideways F) Continue on next row of cones with the same motion, then go back to the starting point A. . **Water break.**



## Stretching Exercises: - - - - - KEN

Equipment: 1) cones 2) soccer balls 3) bibs/pennies 4) flags. **FAKES: STOP & GO, INSIDE/OUTSIDE (One-Two)**

**Explain and demonstrate:** Stop & Go = Any move to stop the ball, then advance forward. One-Two = Touch the ball with I of foot then suddenly touch the ball with the O, or viceversa.



### STOP & GO:

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 Stop & Go move simultaneously using the I of RF, then pushing the ball with the I of LF softly. 3) Players 1 & 3 pass the ball to players 2 & 4. 4) Then players 2 & 4 continue with the drill.

### INSIDE/OUTSIDE – One-Two:

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) Touch the ball (pretending to stop) with the I of RF, then suddenly push the ball softly forward with the O of RF 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 Stop & Go and Inside/Outside. 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: