

© Lady Knights Coaching Session Plan Sheet ©

Session No: 8

2009 Season © Ricardo M. Serrano

Date: 05-28-09

Players:

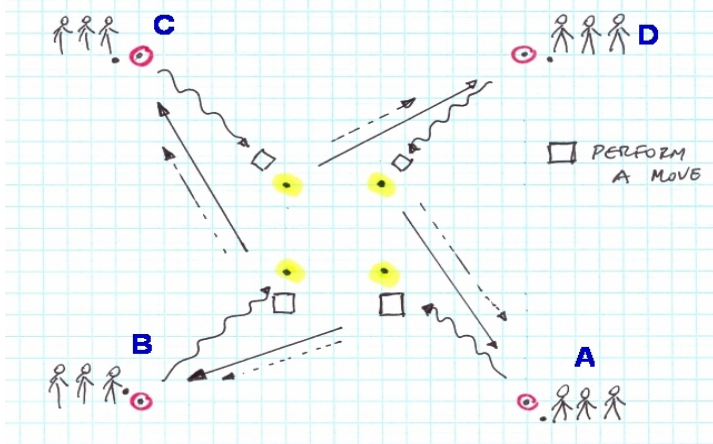
Ally _____ Alexis _____ Amanda _____ Emily _____ Jessica _____ Junnee _____
 Madeline _____ Natalie _____ Sarah _____ Shelby _____ Taylor _____ Veronica _____

Session Objectives: **ALL THE MOVES TOGETHER**

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: 4 groups of players at the red cone, each group with one ball. Drill to be done on a clockwise motion. First player from A will dribble with the **O of RF** toward the yellow cone, before reaching the cone will perform a learned move. Then 1st player will pass the ball to the player on group B and jog to group B. Players B, C & D continue with the same format.



At the direction of Coach:

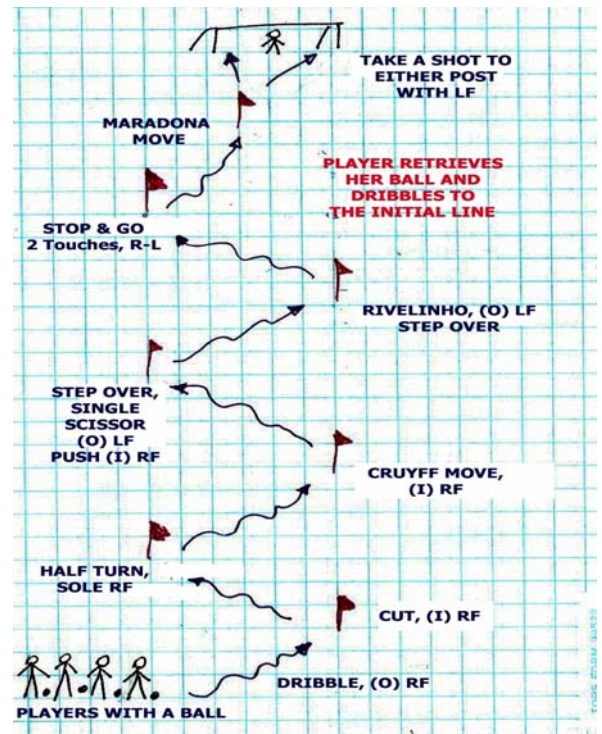
- Cut the ball with I of RF
 - Stop and pull back with the sole of RF
 - Roll the ball with sole of RF going Left
 - Do the Maradona move
 - Do a step over with LF - Rivelinho
 - Do a full turn with the sole of RF
 - Do a full turn with the O of RF
 - Do a full turn with the I of LF
 - Do a single scissor
 - Do a double scissors
 - Do a Stop & Go (2 feet)
 - Do a One-Two (1 foot) I/O, then O/I
- Water break.**

Stretching Exercises: - - - - - KEN

Putting all the moves to work in motion ...

All the players with a ball. The 3 goalies will alternate at the post after each round. 7 flags that will simulate an opponent. Moves will be performed while dribbling the ball with the O of RF.

- At the first flag, make a CUT with the inside of RF
- Then make a half turn with the sole of RF
- Continue with a CRUYFF move, using the I of RF then softly kicking the ball under or behind the planting LF.
- At next flag make a single SCISSOR: step over with the O of LF, then push the ball with I of RF
- Continue with a RIVELINHO move: step over with the O of LF, then push the ball with the O of LF
- Then you will do a STOP & GO: 2 touches of the ball, first with the I of RF, then the I of LF
- At the last flag do a MARADONA move: step quickly on the ball with sole of RF, plant your foot in front of the ball while turning your body around and stepping shortly the ball with the sole of LF
- Facing the goalie, take a shot at goal using your LF only
- Retrieve your ball and dribble back to the initial line



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

Application Time: Count/observe the use of the 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 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.