

# © Lady Knights Coaching Session Plan Sheet ©

Session No: 9

2009 Season © Ricardo M. Serrano

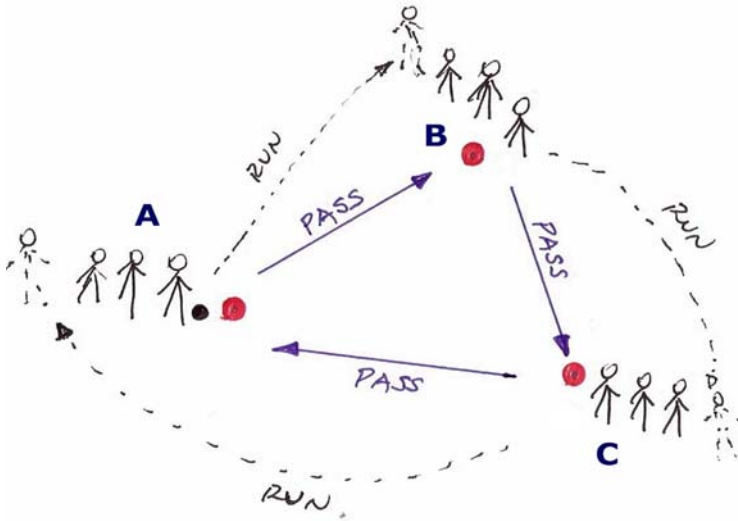
Date: 06-01-09

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

## Session Objectives: PASSING & TRAPPING THE BALL

**Players:** Use inside/outside of feet; Change body position so it's comfortable; Stay relaxed. Don't be like a robot; Look at ball when passing; Pass to other players, not just kick and hope; Move afterwards; Move away from players to receive ball; Turn body to face ball when receiving; Stay spread out. With the players that show up early, have them practice juggling the ball.

### Warm up Exercises:



3 groups of players at each cone. Group A with one (1) ball, other groups without a ball first. Clockwise motion.

Player from A push pass the ball to player B. Player A runs to the end of group B. Player B traps the ball with the sole of RF and passes the ball to player C and runs to group C

Player from group C traps the ball and passes it to player in group A, and continues with the progression.

After a successful drill with one (1) ball, introduce a second ball to group C and continue with the drill.

A third ball can be introduced to group B, then the drill continues.

It is a pass and trap drill, or two (2) touches to the ball.

### Stretching Exercises: - - - - - KEN – Goalkeeping, Ricardo

Explain and demonstrate: PUSH PASS, TRAP WITH THE SOLE, TRAP WITH THE I/O of RF/LF

2 group of players, passers and receivers about 10 feet apart. Players between red cones. Passers with a ball, receivers without the ball. All players moving on their tip toes, passers do soccer boxing, soccer tapping before passing the ball with push pass only. Receivers will trap the ball with I of RF, O of RF, I of LF, O of LF, and then pass back using the I and O of RF & LF. Players rotate clockwise.



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

**Application Time:** Count/observe the push passes on a keep away drill: 2 groups of players with the objective of maintaining possession of the ball and passing the ball to teammates. **Water break.**

### Scrimmage game ....

### Cool Down Time:

1) Make a circle, players will walk on their heels. 2) Perform some light stretching.