

# © Lady Knights Coaching Session Plan Sheet ©

Session No: 10

2009 Season © Ricardo M. Serrano

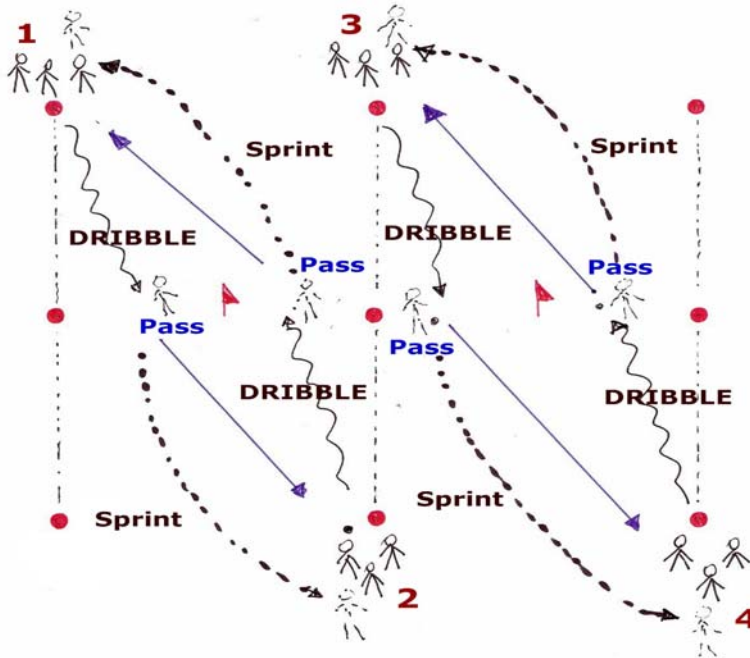
Date: 06-04-09

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

## Session Objectives: PASSING/TRAPPING WITH MOVES & OVERLAPPING

**Players:** Use inside 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.

**Warm up Exercises:** 2 grids/stations of 30' x 30'. Each grid divided in 2 sections. 2 groups of players per grid. Each group with (1) ball. Player up front of each group dribbles the ball simultaneously forward performing moves as directed by the Coach. When reaching the flag line, push pass the ball to player on opposite group, sprint back to the line of opposite group.



Make the effort to **pass the ball accurately** while in motion using a push pass **to the feet of your teammate.**

At the direction of Coach:

- Dribble the ball with O of RF
- Soccer boxing
- Roll the ball sideways with sole of RF
- Dribble and do the Maradona move
- Dribble, do a step over - Rivelinho
- Dribble, do a full turn with the sole of RF
- Dribble, do a full turn with the O of RF
- Dribble, do a full turn with the I of LF
- Dribble, do a single scissor
- Dribble do a double scissors
- Dribble, do a Stop & Go (2 feet)
- Dribble, do a One-Two (1 foot) I/O, then O/I

**Water break.**

## Stretching Exercises: - - - - - KEN – Goalkeeping: RICARDO

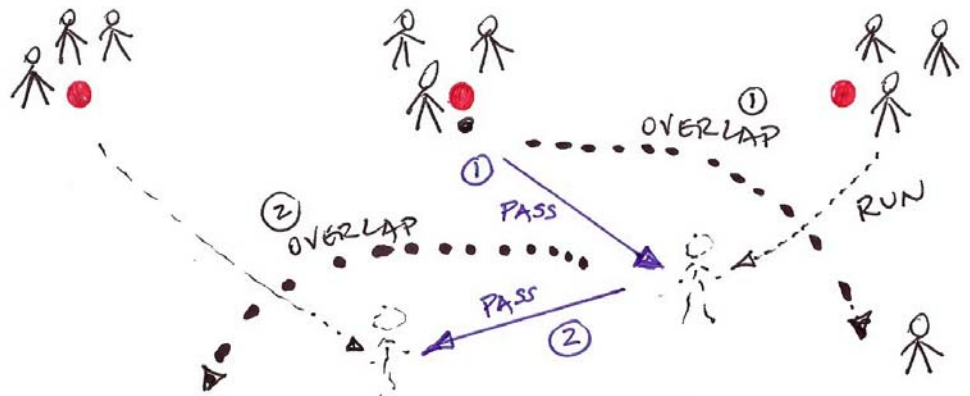
### COMPETITION: Explain the OFF SIDE POSITION

1 vs 1; then 2 vs 1 Competition. Have 2 grid/stations. 1) A lone defender and an empty goal post per grid. 2) Coach sends the ball to attacker(s), who quickly will try to beat the defender with moves, fakes, feints before scoring a goal. The attacker becomes the defender. **This will be an intense and high energy type of situation.** 3) Add a second attacker who will try to beat the defender also with moves, fakes, feints and passes paying attention to being on an **offside position.** **Water break.**

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

**OVERLAP:** Explain and demonstrate: Weaving passes among 3 players moving forward before taking shots at goal.

**Pass to the open space.** 3 players with (1) ball about 10 feet apart. The middle player passes the ball up front of player on the left, then runs behind (overlap) the player who the ball was passed to. The second player passes the ball to the third player (on the right) and also runs behind the third player. **The key is to run behind the player whom the ball was passed to.**



**Water break.**

### Speed Element: - - - - - Da'Fona. Water break.

**Scrimmage game ....** Observe and count the overlaps, the passing with a push pass, to the feet of team mate, to the open space, the trapping with the I, O of RF and LF.

### Cool Down Time:

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