

© Lady Knights Coaching Session Plan Sheet ©

Session No: 11

2009 Season © Ricardo M. Serrano

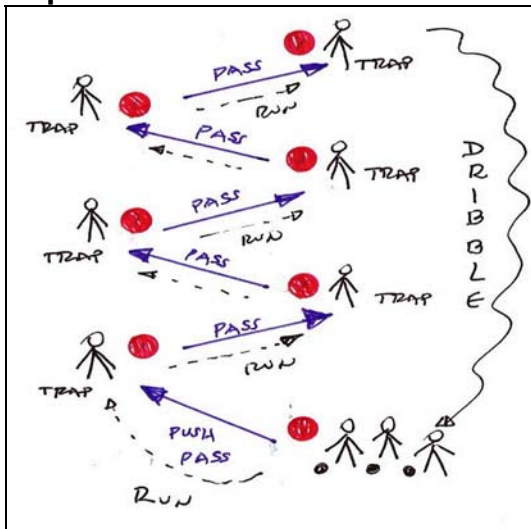
Date: 06-08-09

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

Session Objectives: PASSING/TRAPPING & DRIBBLING

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:



Passing, Trapping & Dribbling

CONDITIONING USING A TRAP AND PASS

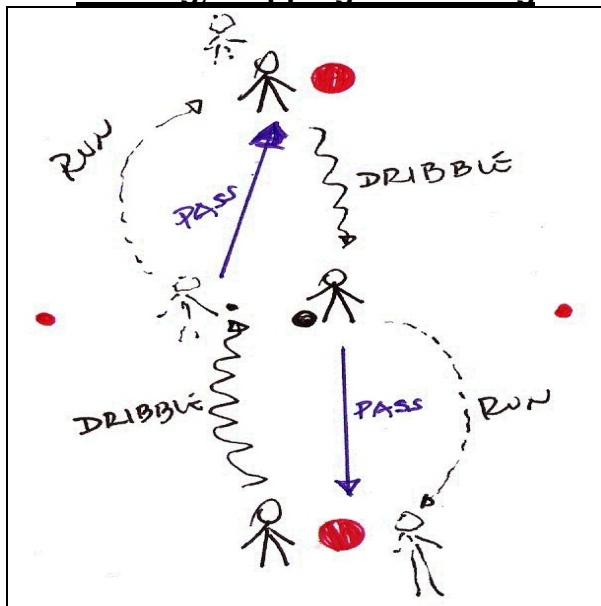
Make the effort to **pass the ball accurately** while in motion using a push pass **to the feet of your teammate**. The trap is done with the Inside of the foot.

Explain and demonstrate: A Trap with the Inside of Foot.

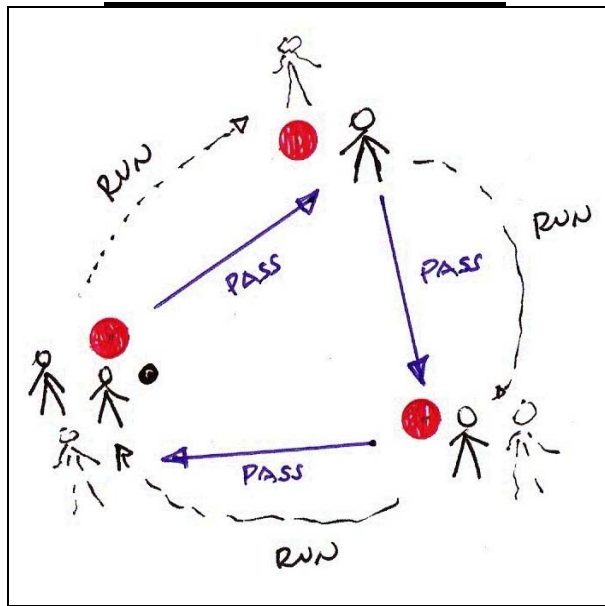
Move foot forward to meet the ball and cushion it with the Inside of foot by pulling your foot toward your body.

Cones on a zig-zag formation. Players on one end with balls. Have one player per cone. Player 1 performs a push pass with the I of RF, then player 2 **TRAPS** the ball with the **Inside** of RF, while player 1 takes the position of player 2. Player 2 then proceeds to pass the ball to Player 3 and runs to the next cone continuing with the progression.

After reaching the last cone, player with the ball **Dribbles** back to the grid using the O of RF and waits for her turn to continue with trapping and passing. **Water break.**



One Touch Pass in Motion



Player 1 at the middle starts the drill by with a push pass to outside Player #2, runs toward Player # 2. Player 2 traps the ball, dribbles toward the middle, at the middle performs a push pass to the other outside Player # 3. Player # 3 traps the ball, dribbles toward the middle and continues ...

This drill is more challenging in that there is a push pass without trapping. Smaller grid. It is a "One Touch" pass, which requires accuracy in passing while in motion. **Water break.**

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

COMPETITION:

1 vs 1 Competition. 2 goal posts. 1) Coach sends the ball to attacker(s), at the middle of the grid. 2) Attacker traps the ball and will quickly try to beat the defender who runs with the Coach's pass to defend. Attacker will use moves, fakes, or feints before scoring a goal in either of the side goals. Players will alternate being attackers and defenders. **Water break.**

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

Scrimmage game Observe and count passing with a push pass, to the feet of team mate, the trapping with the Inside, of RF and LF. Also count the "One Touch Pass".

Cool Down Time:

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