

© Lady Knights Soccer Academy Coaching Session Plan Sheet ©

Session No: 12

2009 Season © Ricardo M. Serrano

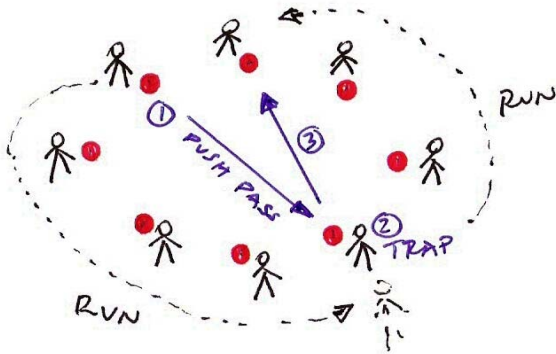
Date: 06-11-09

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

Session Objectives: PUSH PASS & /TRAPPING + ONE TOUCH PASS

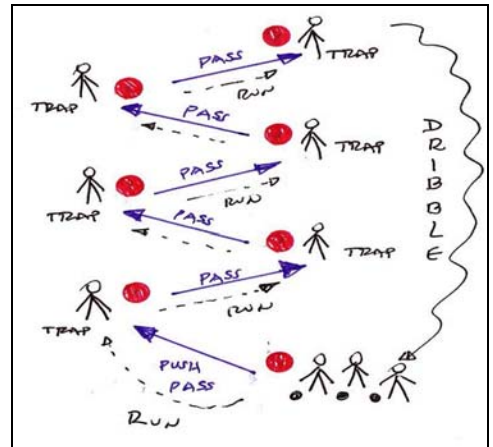
Players: Use inside of feet; Change body position so it's comfortable; Stay relaxed. Don't be like a robot; Look at ball when passing; Pass to other players, not just kick and hope; Move afterwards; Move away from players to receive ball; Turn body to face ball when receiving; Stay spread out.

Warm up Exercises: 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.



Player 1 does a push pass to Player 2. Call the name of the player before passing. Player 1 runs counter clock wise to take the place of the player whom the ball was passed to. Player 2 traps (sole or I) the ball and does a push pass to another player.

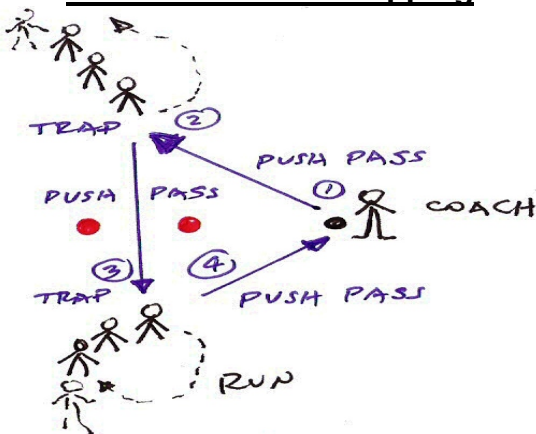
Cones on a zig-zag formation. Players on one end with balls. Have one player per cone. Player 1 performs a push pass with the I of RF, then player 2 **TRAPS** the ball with the **Inside** of RF, while player 1 takes the position of player 2. Player 2 then proceeds to pass the ball to Player 3 and runs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

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

Self Push Pass & Trapping



Coach passes the ball with a push pass to Player 1 who traps/self pass the ball with the I of foot, then does a push pass through the cones to Player 2. Player 2 traps/self pass the ball and does a push pass back to the Coach. Players run back to the line.

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

APPLICATION:

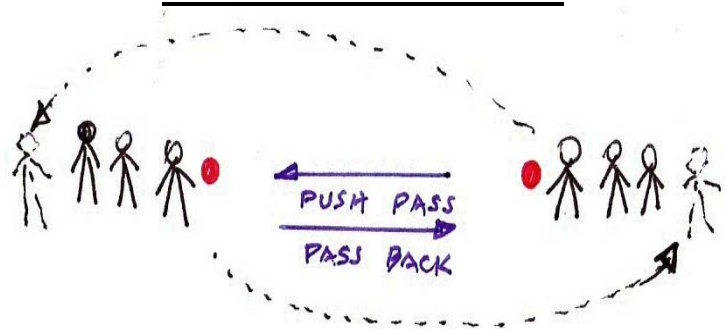
Players on a 3 vs 3 format. 2 goal posts. Players will pass the ball preferably with a push pass on the ground including moves, feints, stops, cuts, chops, rolls. All 3 players must pass the ball to a team mate before scoring a goal. Push pass on the grass, no ball lifting Alternate teams. **Water break.**

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.

One Touch Pass in Motion



"One Touch Pass on the Grass"

This drill is more challenging in that there is a push pass without trapping and no ball lifting. The player will kick the ball softly at the middle section of the ball. Smaller grid. It is a "One Touch" pass, which requires accuracy in passing while in motion. The emphasis should be that the player goes to meet the ball and always in motion or on tip toes. The ball rolls on the grass. **Water break.**