

© Lady Knights Soccer Academy Coaching Session Plan Sheet ©

Session No: 13

2009 Season © Ricardo M. Serrano

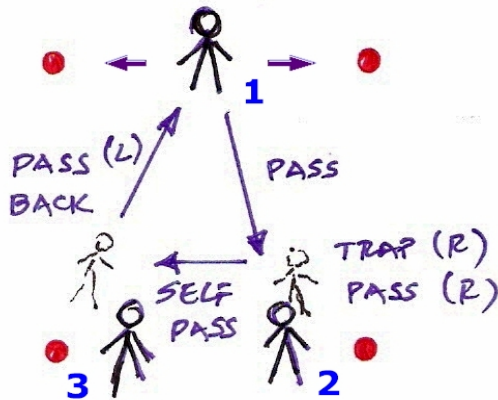
Date: 06-15-09

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

Session Objectives: SELF PASSING & ONE TOUCH RECEIVING

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 SELF 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.

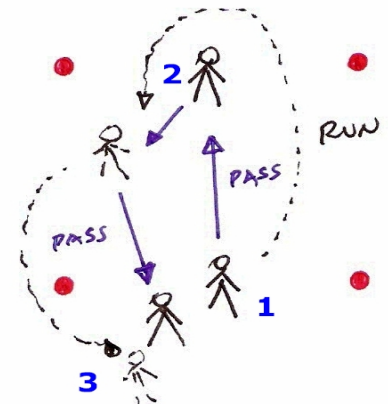


One Touch passing and Moving

Explain the use of the O of R foot with a soft pass to the R of passing player.

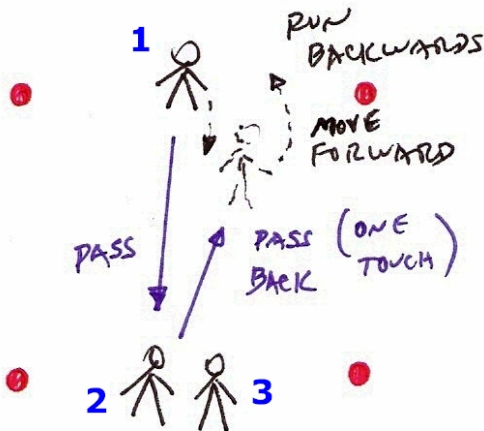
Player 1 starts the drill with a push pass to Player 2, then P1 runs around P2. Player 2 does a One Touch Receiving Pass with the O of R foot and delivers a short pass to P1 who is coming around 2. P1 does a push pass to P3 who traps the ball with I of R foot and passes the ball back to P2 who is the target player. P3 runs to take the place of P1. Alternate players.

The drill is done with the I of the foot passing for the runners and a soft pass with the outside of the foot by the target player. The runners are receiving and passing with One Touch on the move. **Water break.**



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

Moving to the Ball



This drill requires the player to move to the ball, coming to the ball with good touch and accurate pass and then run backwards to the line.

P1 starts the drill moving forward with a push pass to P2. P1 then run backwards to the line. P2 then does a push pass back to P1, who in turn performs another push pass to P3, continue rotating players.

Speed Training Time: - - - - - Da'Fona - 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.