

© Lady Knights Soccer Academy Coaching Session Plan Sheet ©

Session No: 14

2009 Season © Ricardo M. Serrano

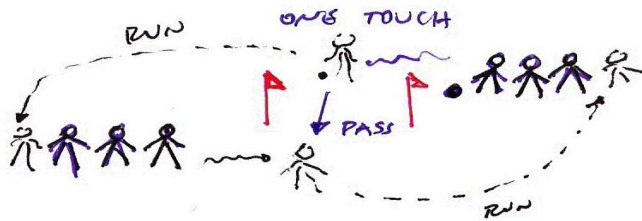
Date: 06-19-09

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

Session Objectives: ONE TOUCH GROUND & MID AIR PASSING & RECEIVING, TOE/THIGH TRAPPING

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 ONE TOUCH PASS. Make the effort to pass the ball accurately while in motion using a push pass to the feet of your teammate. The ball is received with the Inside of the foot.

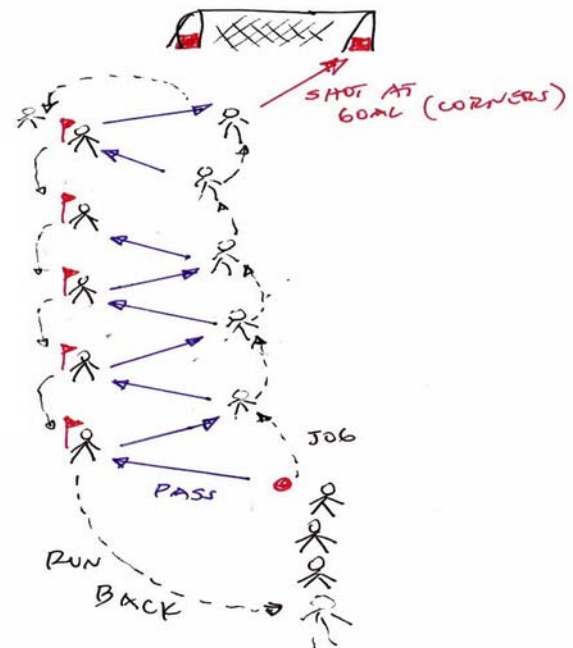
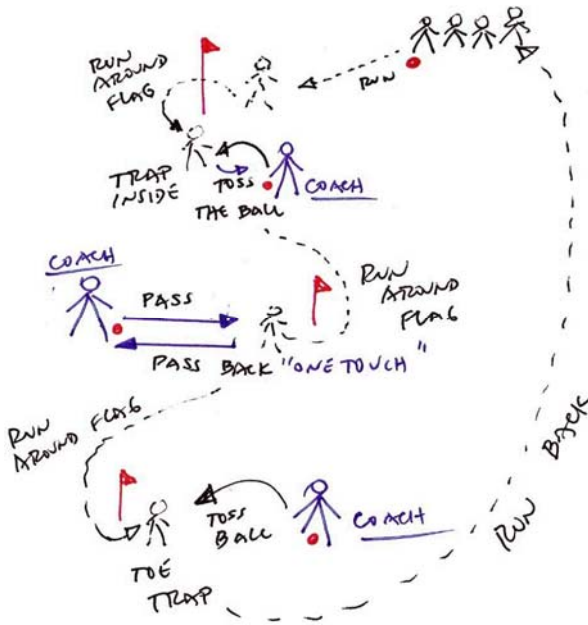


One Touch Receiving

2 groups of players, one ball. One touch pass with the I of RF to player from the opposite group, between 2 flags. Then player runs to the back of the line of group 2. Player 2 runs to the middle of the 2 flags to receive the ball and performs a One Touch push pass and runs to the end of the line of group 1.

The emphasis is on the One Touch "Pass and Receive", **NO trapping**, the drill is performed without stopping.

Explain the concept of Receiving the Ball on Mid Air, Pass Back at Mid Air and Toe/Thigh Trapping



One Touch Pass Back, Mid Air and Toe/Thigh Trapping

Coaches at the flag will toss the ball at mid air and/or the ground to incoming player. Player will run to flag 1 then go around flag, coach will toss the ball at mid air. Player will receive and pass the ball with I of RF, then the I of LF. Continue to flag 2 (One Touch pass on the ground with I of RF and LF). Run to flag 3 and to a Toe/Thigh Trap. Go back to original group. **Use of both feet is encouraged for passing and trapping.**

Water break.

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

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 Back & Shot at Goal

Group of players at the cone, one Goalie, one player at each flag. Player 1 (runner) will do a push pass to Player 2 at flag 1, and will jog forward. Player 2 does a pass back to running player who will push pass to player on flag 2 and so on. Once reaching the last player and flag, take a shot at goal at any of the goal post corners. Then running player will take the post of the last flag. Stationary players will take next flag going backwards toward the original group of player/runners.