

© Lady Knights Soccer Academy Coaching Session Plan Sheet ©

Session No: 15

2009 Season © Ricardo M. Serrano

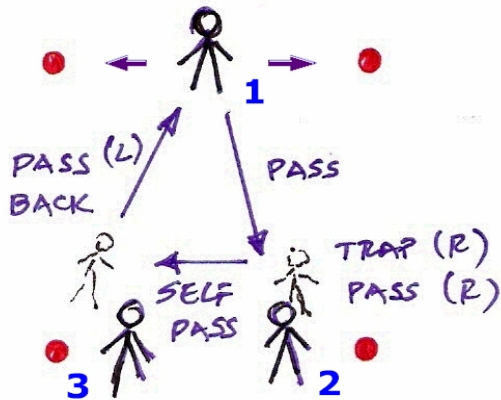
Date: 06-22-09

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

Session Objectives: SELF PASS, ONE TOUCH PASS & WALL 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 SELF PASS. Make the effort to pass the ball accurately while in motion using a push pass to the feet of your teammate. The pass is done with the inside of the foot.



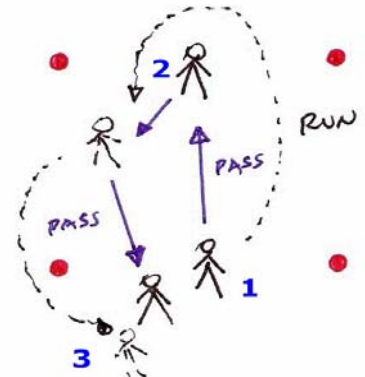
Drills will be performed by 3 players on a 4 coned area. One Touch Receiving, preparation for a Wall Pass

One active player (1) facing 2 players across. It is a simple receiving drill. The first touch is done with the R foot, and the second with the L. Receiving and taking the ball across the body with the first touch and passing with the I of L foot on the second touch. Add an easy rhythm to the drill. Player 1 starts the drill and passes the ball to Player 2. Player 2 moves forward and receives the ball with I of R foot and does a self passing toward the left. Then player 2 passes the ball back to Player 1 with a push pass using L foot. Player 1 moves sideways between cones waiting for the next pass from Player 3. Player 1 performs the "One Touch Receiving", traps with R and passes with L. Alternate players to take the place of P1.

One Touch passing and Moving on a Short Wall Pass

Explain the use of the O of R foot with a soft pass to the R of passing player. Explain the concept of a rebounding "Wall Pass"

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 P 3 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

Wall Pass: Pair up players, place 7 cones or flags in columns approximately 15 feet in distance.

The players will pass the ball with the I of foot to teammate who is running concurrently. Player 2 does a Wall Pass with the I of foot to Player 1. Go down to the last cone and come back.

Do this several times. You can make it a competition of just having 2 teams with players who will run the drills twice up and down. **Water break.**

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

Scrimmage game Observe and count passing the "Wall Pass", to the feet of team mate. Half of the time against the other half. All players must touch the ball first before scoring a goal.

Cool Down Time:

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

