

© Lady Knights Soccer Academy Coaching Session Plan Sheet ©

Session No: 16

2009 Season © Ricardo M. Serrano

Date: 06-25-09

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

Session Objectives: WALL PASS & ONE TOUCH PASS + PLAYER EVALUATION

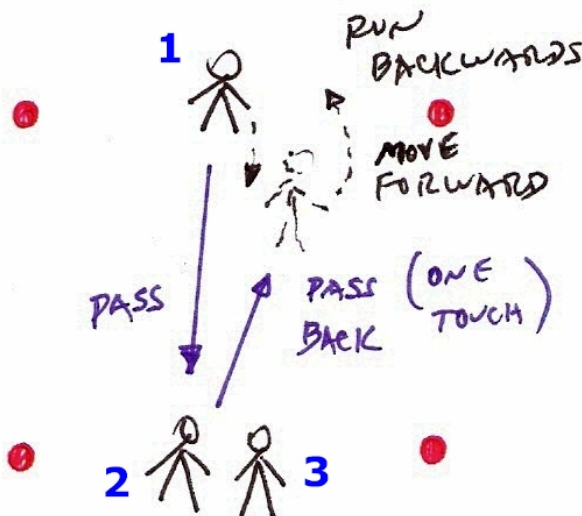
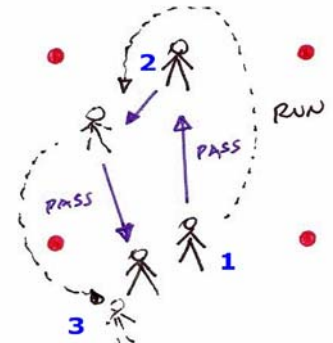
Players: Use inside of feet; Change body position so it's comfortable; Stay relaxed. Don't be like a robot; Look at ball when passing; Pass to other players, not just kick and hope; Move afterwards; Move away from players to receive ball; Turn body to face ball when receiving; Stay spread out.

Warm up Exercises: Make the effort to pass the ball accurately while in motion using a push pass to the feet of your teammate. The receipt of the ball is done with the Inside of the foot.

One Touch Wall Pass

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 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.

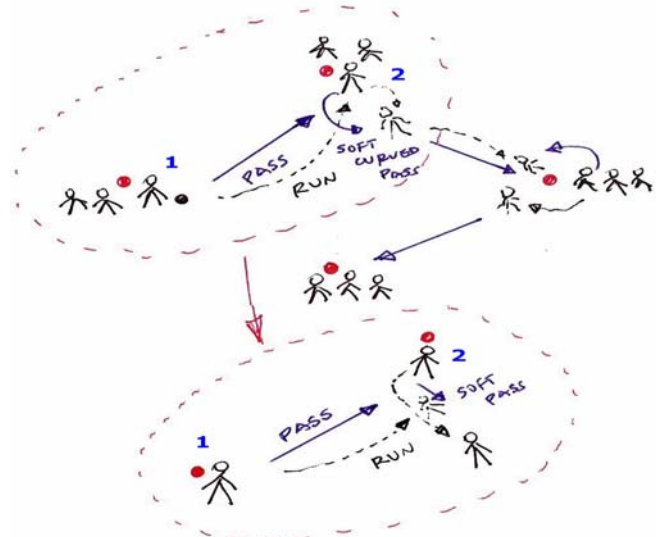
The drill is done with the I of the foot passing for the runners and a soft pass with the outside of the foot by the target player. The runners are receiving and passing with One Touch on the move. **Water break.**



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. **Water break.**



Self Pass facing an opponent ...

Players will be placed on a 4 cone diamond shape. 3 players per cone. P1 passes the ball to P2 then P1 runs toward P2. P2 does a soft self pass to her left side using Left foot while facing P1 and goes around the right of incoming player to get the ball. The self pass is done with One Touch. Player 1 takes position of P2 group. Player 2 continues with the same motion by passing the ball to P3. P3 does a self pass to the left using the Left foot, then runs toward the right of incoming player... continue same way.

Stretching Exercises: KEN – Goalkeeping: RICARDO

PLAYER EVALUATION:

In a quick session, players will be asked to perform a series of moves (step over, scissors, double scissors, Maradona, Rivelinho, Cruyff) and touches related to ball control (cut, chop, roll, stop, push, lift, etc.) using different parts of the foot (inside, outside, sole, backheel, toe, etc). The first touch to the ball will be included to see if the player is ready to receive the ball while in motion. Ball juggling with the knee will be evaluated along with the trapping on mid air with the toe and thigh. **Water break.**

Conditioning Exercises: - - - - JIM. Water break

Scrimmage game We will have a goalie (goalies will alternate) in the big goal post, 3 defenders plus the goalie will play against the rest of the team. The intent is to start building up the defensive line.

Cool Down Time:

Make a circle, players will perform some light stretching. **No practices next week. HAPPY INDEPENDENCE DAY !!!**