
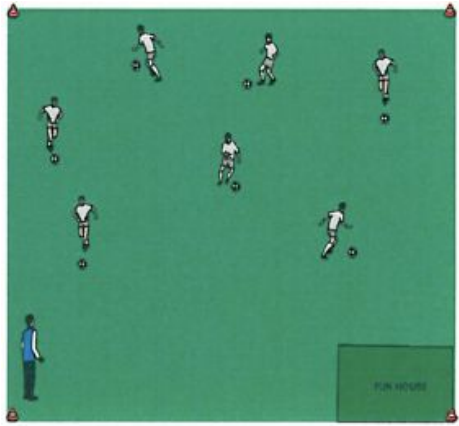





## THUNDER SOCCER CLUB – REC PROGRAM

### Plan Session



<p style="text-align: center;"><b>Week 1</b> <b>Dribbling &amp; Ball Control</b></p> <p>Warm-up Objective:</p> <p>To improve general coordination</p>	<p style="text-align: center;"><b>Organization</b></p> <p>20 x 20 yard area The coach shows various different movements and the players copy the movements</p>	<p style="text-align: center;"><b>Procedure</b></p> <p>The coach shows the players how to do:</p> <ul style="list-style-type: none"> <li>- Hop</li> <li>- Skip</li> <li>- Sidesteps</li> <li>- Backwards move</li> <li>- Karioky</li> </ul> <p>And how to turn on the move</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Coordination</li> <li>● Balance</li> <li>● Agility</li> </ul> <p><b>Progression</b> The coach gives each movement a number</p>	<p style="text-align: center;"><b>Diagrams</b></p> 
<p style="text-align: center;"><b>Week 1</b> <b>Dribbling &amp; Ball Control</b></p> <p>Individual Activity Objective:</p> <p>To improve dribbling skills.</p>	<p style="text-align: center;"><b>Organization</b></p> <p>20 x 20 yard area Create a 5x5 yard 'Fun House' in one corner.</p> <p>All the players are inside the grid with a ball.</p>	<p style="text-align: center;"><b>Procedure</b></p> <p>Players dribble around the area and react to these commands:</p> <ol style="list-style-type: none"> <li>1. Roll - move the ball back and forward using the sole of the foot.</li> <li>2. Fly - run with the ball to the 'Fun house.'</li> <li>3. Attack - Coach runs into the area to tackle players.</li> </ol>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Keep your head up so you can see the space around you to run into.</li> <li>● Use your instep to push the ball.</li> <li>● Keep the ball at a controllable distance to prevent someone taking it.</li> </ul> <p><b>Progression</b> The coach includes 2-3 other players to assist</p>	<p style="text-align: center;"><b>Diagrams</b></p> 

			them with catching the rest of the players.	
<p><b>Week 1</b> <b>Dribbling &amp; Ball Control</b></p> <p>Small group activity objective:</p> <p>To improve individual dribbling skills under pressure.</p>	<p><b>Organization</b></p> <p>10x15 yard area</p> <p>Each player has a ball.</p>	<p><b>Procedure</b></p> <p>One player is designated as 'IT' and they chase the other players who dribble around the area with the ball. Their job is to try to tag as many as the other players on the knee as possible and 1 minute.</p> <p>For every player they tag they get one point.</p>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Coordination</li> <li>• Dribbling</li> <li>• Shielding</li> <li>• Agility</li> <li>• Vision</li> </ul> <p><b>Progression</b></p> <p>During the course of the game the coach tries to kick the players' balls away from them.</p>	<p><b>Diagrams</b></p> 
<p><b>Week 1</b> <b>Dribbling &amp; Ball Control</b></p> <p>3v3 Small sided game objective:</p> <p>To improve individual and small group game understanding.</p>	<p><b>Organization</b></p> <p>20x30 yard area</p> <p>Play a 3v3 match</p> <p>6x6 foot goals</p> <p>Size 3 ball</p>	<p><b>Procedure</b></p> <p>Free Play!</p>	<p><b>Key Coaching Points</b></p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	<p><b>Diagrams</b></p> 