
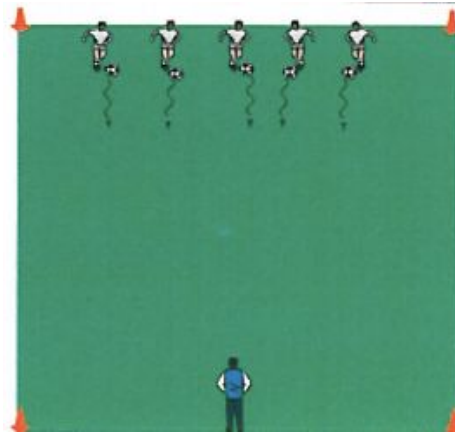


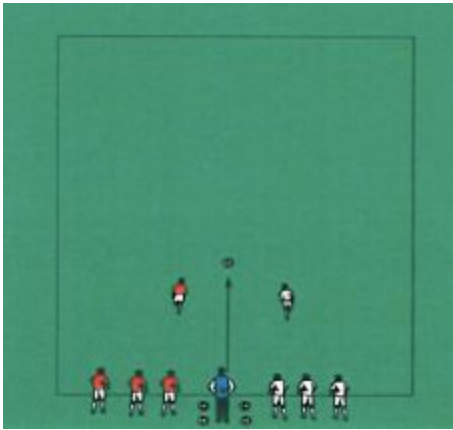


THUNDER SOCCER CLUB – REC PROGRAM

Plan Session



<p style="text-align: center;">Week 2</p> <p>Ball Control</p> <p>Warm-up Objective:</p> <p>To improve general coordination</p>	<p style="text-align: center;">Organization</p> <p>20 x 20 yard area</p> <p>The coach shows different movements and the players copy the movements.</p>	<p style="text-align: center;">Procedure</p> <p>The coach shows the players how to:</p> <ul style="list-style-type: none"> - Hop - Skip - Sidesteps - Backwards move - Karioky <p>And how to turn on the move</p>	<p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> ● Coordination ● Balance ● Agility <p>Progression</p> <p>The coach gives each movement a number</p>	<p style="text-align: center;">Diagrams</p> 
<p style="text-align: center;">Week 2</p> <p>Ball Control</p> <p>Individual Activity Objective:</p> <p>To improve individual ball control skills.</p>	<p style="text-align: center;">Organization</p> <p>20 x 20 yard area</p> <p>The coach stands on one line with their back to the players who are spread out along the opposite end line.</p> <p>One ball per player.</p>	<p style="text-align: center;">Procedure</p> <p>The coach calls go then counts down from 5 before turning and facing the players who are moving towards him. The players must stop the ball with the soles of their feet.</p> <p>Any players see moving are sent back to the starting position. This pattern continues until one player tags the coach.</p>	<p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> ● Keep the ball close between touches. ● Keep your head up <p>Progression</p> <p>The coach uses their fingers to count. The players must keep their heads up.</p>	<p style="text-align: center;">Diagrams</p> 

<p style="text-align: center;">Week 2</p> <p>Ball Control</p> <p>Small group activity objective:</p> <p>To improve individual ball control skills under pressure.</p>	<p style="text-align: center;">Organization</p> <p>20x120 yard area</p> <p>Two sets of players with 5 on each team number 1 through 5.</p>	<p style="text-align: center;">Procedure</p> <p>The coach plays a ball into the center of the area. He then calls a number between 1 and 5. The player on each team with that number sprints into the grid to possess the ball. The player that gets the ball back to the coach gets the point for their team. You can also use animal names instead of numbers.</p>	<p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> ● Speed ● Dribbling ● Shielding ● Ball control ● Passing 	<p style="text-align: center;">Diagrams</p> 
<p style="text-align: center;">Week 2</p> <p>Ball Control</p> <p>3v3 Small sided game objective:</p> <p>To improve individual and small group game understanding.</p>	<p style="text-align: center;">Organization</p> <p>20x30 yard area Play a 3v3 match</p> <p>6x6 foot goals</p> <p>Size 3 ball</p>	<p style="text-align: center;">Procedure</p> <p>Free Play!</p>	<p style="text-align: center;">Key Coaching Points</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	<p style="text-align: center;">Diagrams</p> 