
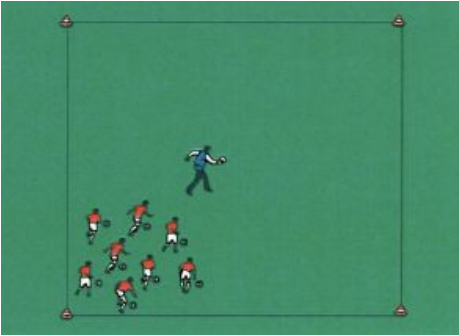





## THUNDER SOCCER CLUB – REC PROGRAM

### Plan Session



<p style="text-align: center;"><b>Week 3</b> <b>Movement &amp; Agility</b></p> <p>Warm-up Objective:  To improve general coordination</p>	<p style="text-align: center;"><b>Organization</b></p> <p>20 x 20 yard area</p> <p>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:</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 3</b> <b>Movement &amp; Agility</b></p> <p>Individual Activity Objective:  To improve individual body and ball control skills.</p>	<p style="text-align: center;"><b>Organization</b></p> <p>20 x 20 yard area</p> <p>All the players with a ball behind the coach.</p> <p>The players follow the coach around the area with the ball.</p>	<p style="text-align: center;"><b>Procedure</b></p> <p>The coach will perform various fun movements with the ball and the players must copy.</p> <p>The coach tries to lose the players.</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Keep the ball close between touches.</li> <li>● Keep your head</li> <li>● Observe ball control and balance</li> </ul> <p><b>Progression</b> The game turns into tag the coach.</p>	<p style="text-align: center;"><b>Diagrams</b></p> 
<p style="text-align: center;"><b>Week 3</b> <b>Movement &amp; Agility</b></p>	<p style="text-align: center;"><b>Organization</b></p> <p>20x20 yard area</p>	<p style="text-align: center;"><b>Procedure</b></p> <p>Players move with the ball</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Keep close control</li> </ul>	<p style="text-align: center;"><b>Diagrams</b></p>

<p>Small group activity objective:</p> <p>To improve individual ball control skills under pressure.</p>	<p>One ball per person.</p>	<p>under control. On the coaches command, each player tries to kick the other players ball out of the grid. The winner is the last player with the ball.</p> <p>Once a player has had their ball kicked out, they must retrieve it and do some kind of skill work. Example: juggling or ball touches.</p>	<ul style="list-style-type: none"> <li>● Head up</li> <li>● Balance</li> <li>● Find Space</li> <li>● Be strong in the tackle</li> <li>● Be determined</li> </ul>	
<p><b>Week 3</b> <b>Movement &amp; Agility</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 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> 