



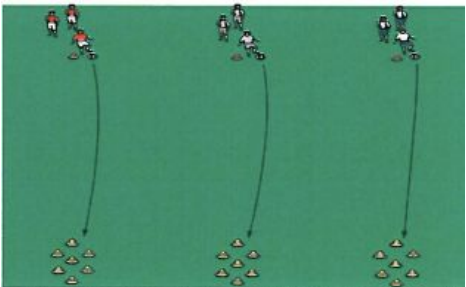


THUNDER SOCCER CLUB – REC PROGRAM

Plan Session



<p style="text-align: center;">Week 4</p> <p>Passing</p> <p>Warm-up Objective: To improve passing.</p>	<p style="text-align: center;">Organization</p> <p>20 x 20 yard area</p>	<p style="text-align: center;">Procedure</p> <p>Each player has a ball. As they move around the grid, they try to hit another player's ball with their own ball. 1 point for each successful try. Who can get 5 points? 1 minute rounds. Include stretching movements.</p>	<p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> ● Accuracy of pass ● Weight of pass ● Timing of pass ● Disguise or pass ● Using the inside of foot ● Push through the ball ● Outside of foot (good for disguise) <p style="text-align: center;">Progression</p> <p>The coach gives each movement a number</p>	<p style="text-align: center;">Diagrams</p> 
<p style="text-align: center;">Week 4</p> <p>Passing</p> <p>Individual Activity Objective: To improve individual passing skills.</p>	<p style="text-align: center;">Organization</p> <p>20 x 20 yard area Players get into pairs at opposite ends of the grid.</p> <p>Cones are randomly spread out in the middle of the grid.</p>	<p style="text-align: center;">Procedure</p> <p>Players try to knock down as many cones as they can. The ball must be moving at the time of the players pass.</p> <p>One point for each cone knocked down. Which pair can get the most points?</p>	<p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> ● Accuracy of pass. ● Non kicking foot ● Weight of pass ● Part of foot? ● Hit through the middle of the ball ● Body position ● Push through the ball <p style="text-align: center;">Progression</p>	<p style="text-align: center;">Diagrams</p> 

			Ball must first be passed to your partner.	
<p>Week 4</p> <p>Passing</p> <p>Small group activity objective:</p> <p>To improve individual passing skills under pressure.</p>	<p>Organization</p> <p>A starting count is 12 yards from the “bowling pins.”</p> <p>Players are split into three groups with one ball per group.</p>	<p>Procedure</p> <p>Players take turns trying to knock down the bowling pins from behind the starting cone. the team that gets all the pins down first and is a straight line winds the game. After every pass the player must retrieve the ball for their teammates.</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> • Accuracy of pass • Weight of pass • Speed and mobility <p>Encourage passing with either foot.</p>	<p>Diagrams</p> 
<p>Week 4</p> <p>Passing</p> <p>3v3 Small sided game objective:</p> <p>To improve individual and small group game understanding.</p>	<p>Organization</p> <p>20x30 yard area</p> <p>Play a 3v3 match</p> <p>6x6 foot goals</p> <p>Size 3 ball</p>	<p>Procedure</p> <p>Free Play!</p>	<p>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>Diagrams</p> 