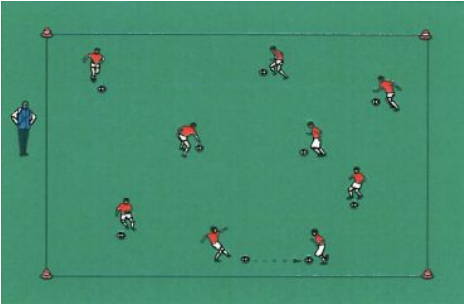
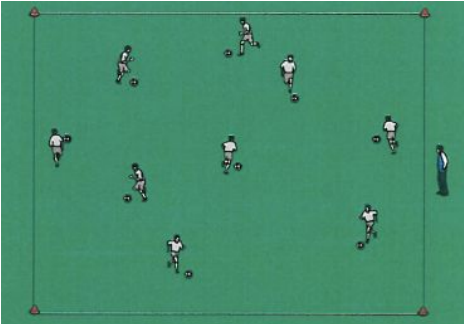


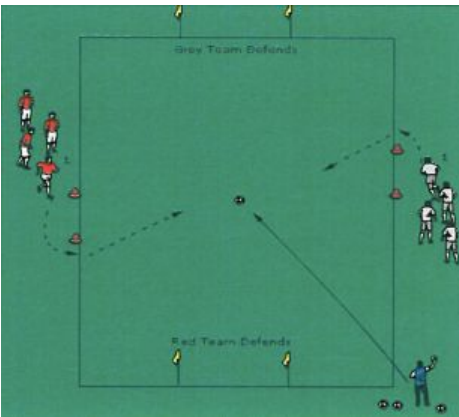


THUNDER SOCCER CLUB – REC PROGRAM

Plan Session



<p style="text-align: center;">Week 5 Running with the ball</p> <p>Warm-up Objective:</p> <p>To improve running with the ball.</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 tried to hit another player's ball with their own ball. 1 point for each of us will 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 your pass ● Using the inside of the foot. ● Push through the ball ● Outside of the foot (good for disguise) 	<p style="text-align: center;">Diagrams</p> 
<p style="text-align: center;">Week 5 Running with the ball</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 One ball per player.</p>	<p style="text-align: center;">Procedure</p> <p>Players move around the grid trying to tag each other on the shin. Players get one point for every tag. Every time a player gets tagged, they subtract a point. 1 minute rounds. Who can get the most points?</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 ● Avoid crashing 	<p style="text-align: center;">Diagrams</p> 
<p style="text-align: center;">Week 5 Running with the ball</p>	<p style="text-align: center;">Organization</p> <p>20x120 yard area</p>	<p style="text-align: center;">Procedure</p> <p>Each player on each team</p>	<p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> ● Speed 	<p style="text-align: center;">Diagrams</p>

<p>Small group activity objective:</p> <p>To improve individual ball control skills under pressure.</p>	<p>Create a mini goal in each end of the grid. Players are divided into two teams.</p>	<p>is given a number. coach calls out a number. Those players must run around a cone, then into the grid to compete for a ball being tossed by the coach. Both players play 1v1 and try to score in the mini gold. Who can score the most goals?</p>	<ul style="list-style-type: none"> ● Dribbling ● Shielding ● Ball Control ● Passing 	
<p>Week 5 Running with the ball</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 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> 