
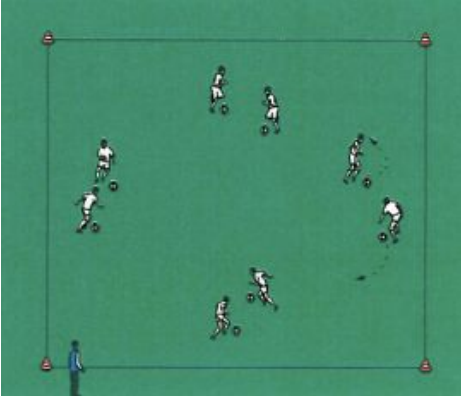


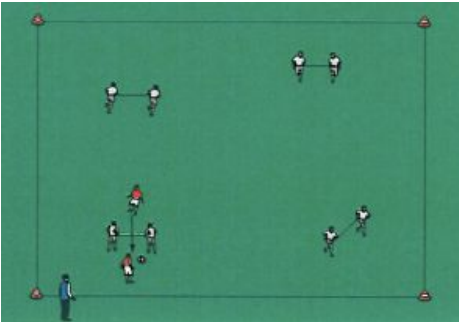


## THUNDER SOCCER CLUB – REC PROGRAM

### Plan Session



<p style="text-align: center;"><b>Week 6</b></p> <p><b>Turning</b></p> <p>Warm-up Objective:</p> <p>To improve turning skills</p>	<p style="text-align: center;"><b>Organization</b></p> <p>20 x 20 yard area</p>	<p style="text-align: center;"><b>Procedure</b></p> <p>Each player has a ball. As they move around the crib they try to hit another player's ball with their own ball. One point for each successful try. Who can get 5 Points? 1 minute rounds - include stretching movements.</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Accuracy of pass</li> <li>● Weight of pass</li> <li>● Timing of pass</li> <li>● Disguise your pass</li> <li>● Use the inside of your foot</li> <li>● Push through the ball</li> <li>● Use the outside of your foot (good for disguise)</li> </ul>	<p style="text-align: center;"><b>Diagrams</b></p> 
<p style="text-align: center;"><b>Week 6</b></p> <p><b>Turning</b></p> <p>Individual Activity Objective:</p> <p>To improve individual ball control skills.</p>	<p style="text-align: center;"><b>Organization</b></p> <p>20 x 20 yard area One ball per player.</p>	<p style="text-align: center;"><b>Procedure</b></p> <p>Players dribble inside the</p> <p>As players, within a yard of each other they must turn away from them into space.</p> <p>Player must turn around and explode away from the opposing player while in control of their ball.</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Improve vision and field awareness</li> <li>● Decision making with the ball</li> <li>● Fighting moves and speed dribbling</li> <li>● Body control</li> <li>● Quick acceleration</li> </ul>	<p style="text-align: center;"><b>Diagrams</b></p> 

<p><b>Week 6</b></p> <p><b>Turning</b></p> <p>Small group activity objective:</p> <p>To improve individual ball control skills under pressure.</p>	<p><b>Organization</b></p> <p>20x20 yard area</p> <p>Players are put into pairs.</p> <p>Moving goals are made up of two players holding a pinny.</p>	<p><b>Procedure</b></p> <p>One pair have one minute to score as many goals as possible by passing the ball through any of the moving goals to each other. The rest of the players act as the moving goals. The moving goals must always be walking around.</p>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Communication between teammates</li> <li>• Field awareness is critical to turn and find Space</li> <li>• Support your teammate</li> </ul>	<p><b>Diagrams</b></p> 
<p><b>Week 6</b></p> <p><b>Turning</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> 