



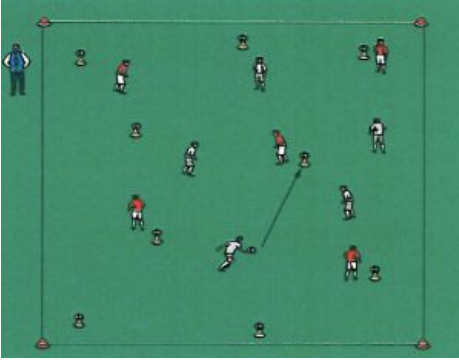


THUNDER SOCCER CLUB – REC PROGRAM

Plan Session



<p style="text-align: center;">Week 7</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 your pass ● Use 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 7</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 Split into two teams, one team acts as servers. Switch roles every 1 minute.</p>	<p style="text-align: center;">Procedure</p> <p>Players on one team move around the grid to see how many successful volleys they can make in 1 minute.</p> <p>Switch up the techniques: ground passes, thigh, etc.</p>	<p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> ● Body mechanics ● Hit through the middle of the ball ● Weight of pass ● Balance and coordination ● Quick acceleration 	<p style="text-align: center;">Diagrams</p> 
<p style="text-align: center;">Week 7</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Procedure</p>	<p style="text-align: center;">Key Coaching Points</p>	<p style="text-align: center;">Diagrams</p>

<p>Passing</p> <p>Small group activity objective:</p> <p>To improve individual passing skills under pressure.</p>	<p>30x30 yard area</p> <p>Players are put into two teams.</p> <p>Balls are randomly placed on discs inside the area.</p>	<p>One team has 2 minutes to knock as many balls off the discs as they can. The other team tries to prevent the balls being knocked off the discs.</p>	<ul style="list-style-type: none"> ● Accuracy of pass ● Weight of pass ● Which part of the foot are they using? ● Hit through the middle of the ball ● Body position ● Vision and communication 	
<p>Week 7</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> 