
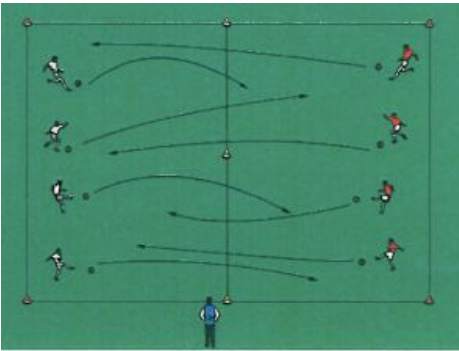


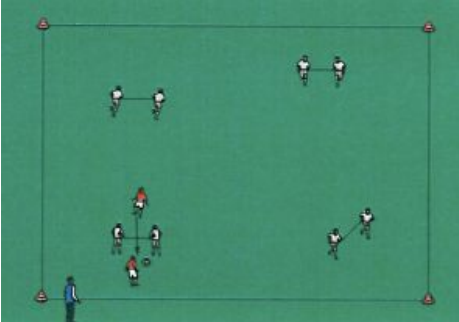


THUNDER SOCCER CLUB – REC PROGRAM

Plan Session



<p style="text-align: center;">Week 8</p> <p>Shooting</p> <p>Warm-up Objective: To improve shooting</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 ● Inside of the foot to pass ● Push through the ball ● Outside of the foot (good for disguise) 	<p style="text-align: center;">Diagrams</p> 
<p style="text-align: center;">Week 8</p> <p>Shooting</p> <p>Individual Activity Objective: To improve individual shooting skills.</p>	<p style="text-align: center;">Organization</p> <p>20 x 30 yard area Split into two teams. Each team has the same amount of balls to start with.</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"> ● Positioning of the non-kicking foot ● Part of the kicking foot ● Angle of approach ● Body over the ball ● Toe pointed down, strike with laces ● Follow through. 	<p style="text-align: center;">Diagrams</p> 
<p style="text-align: center;">Week 8</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>Shooting</p> <p>Small group activity objective:</p> <p>To improve shooting skills under pressure.</p>	<p>30x30 yard area</p> <p>Players are put into pairs.</p> <p>Moving goals are made up of two players holding a pinny.</p>	<p>1 pair have 1 minute to score as many goals as possible by shooting the ball through any of the moving goals. The rest of the players act as the moving goals. The moving goals must always be walking around.</p>	<ul style="list-style-type: none"> ● Positioning of the non-kicking foot ● Part of the kicking foot ● Angle of approach ● Body over the ball ● Toe pointed down ● Follow through 	
<p>Week 8</p> <p>Shooting</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> 