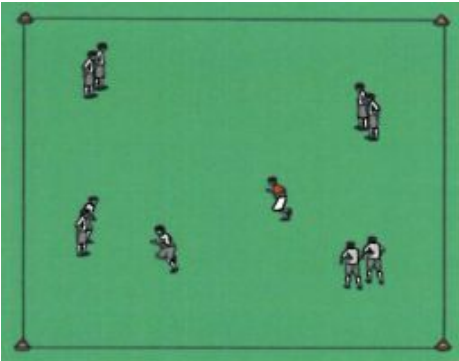
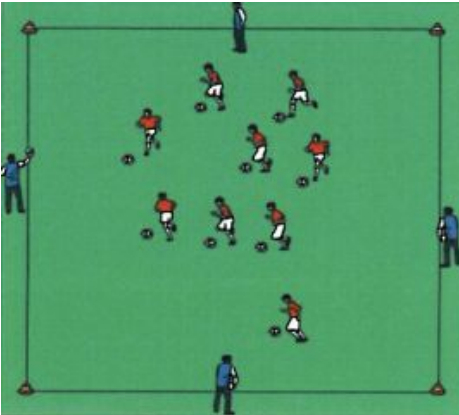


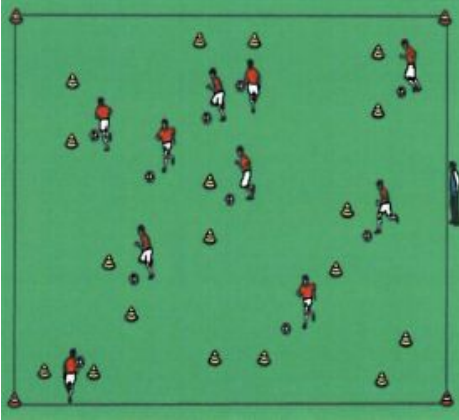


THUNDER SOCCER CLUB – REC PROGRAM

Plan Session



<p style="text-align: center;">Week 1 Dribbling & Agility</p> <p>Warm-up Objective: To improve general coordination</p>	<p style="text-align: center;">Organization</p> <p>20 x 20 yard area</p> <p>Players group in 2s and link arms.</p>	<p style="text-align: center;">Procedure</p> <p>The coach picks 1 pair to split and names one of the players to be "IT." The "IT" player tries to tag the person who is free. The free player can be safe if the player hooks up with another pair. When this happens, the player on the other side of the 3 players is now being hunted by the "IT" player.</p>	<p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> ● Change of direction ● Think ahead ● Agility ● Fun 	<p style="text-align: center;">Diagrams</p> 
<p style="text-align: center;">Week 1 Dribbling & Agility</p> <p>Individual Activity Objective: To improve individual dribbling skills.</p>	<p style="text-align: center;">Organization</p> <p>20 x 20 yard area</p> <p>4 areas within the large area are coned off. Give these areas names or numbers.</p> <p>1 ball per player.</p>	<p style="text-align: center;">Procedure</p> <p>The coach calls out the number of an area and the players must dribble to that area. When they get there, another number is called and the players change direction to that area. Coach tries to tackle the players.</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 ● Changing direction and speed. ● Use all surfaces of both feet <p>Progression The players that reach the area last are out. The winner is the last player still in.</p>	<p style="text-align: center;">Diagrams</p> 

<p>Week 1 Dribbling & Agility</p> <p>Small group activity objective:</p> <p>To improve individual dribbling skills under pressure.</p>	<p>Organization</p> <p>20x20 yard area</p> <p>One ball per person.</p> <p>Various 2 yard gates are placed inside the grid.</p>	<p>Procedure</p> <p>Players dribble through as many gates as they can in 1 minute. The player who dribbles through the most gates, wins.</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> • Coordination • Dribbling • Change of speed • Agility • Vision <p>Progression</p> <p>After several rounds, split into two teams and have 1 team dribble through the gates while the other team acts as gate blockers.</p>	<p>Diagrams</p> 
<p>Week 1 Dribbling & Agility</p> <p>4v4 Small sided game objective:</p> <p>To improve individual and small group game understanding.</p>	<p>Organization</p> <p>30x35 yard area</p> <p>Play a 4v4 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> 