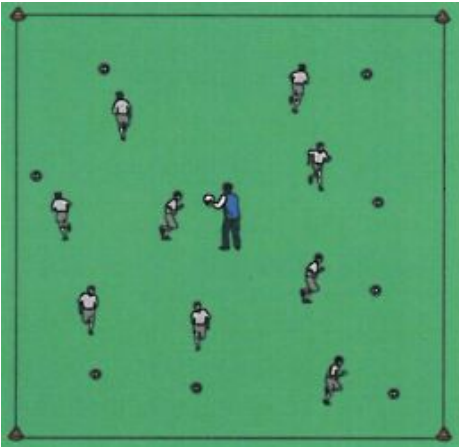
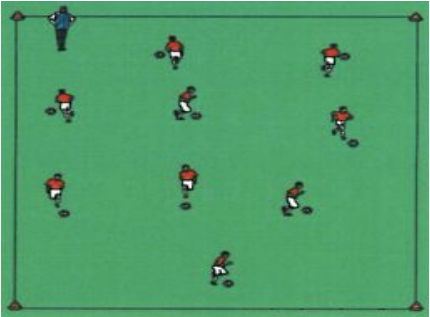





## THUNDER SOCCER CLUB – REC PROGRAM

### Plan Session



<p style="text-align: center;"><b>Week 2</b> <b>Ball control &amp; turning</b></p> <p>Warm-up Objective:</p> <p>To improve general coordination</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>Every player gives their ball to the coach and the coach tosses the ball out for each player to collect and run it back to the coach.</p> <ul style="list-style-type: none"> <li>● Run back to coach</li> <li>● Hop back to coach</li> <li>● Skip back to coach</li> <li>● Dribble back to coach</li> </ul> <p>The coach walks around the grid while the players chase their balls.</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Turning and change of speed</li> <li>● Ball control</li> <li>● Change of direction</li> <li>● Think ahead</li> <li>● Fun</li> </ul>	<p style="text-align: center;"><b>Diagrams</b></p> 
<p style="text-align: center;"><b>Week 2</b> <b>Ball control &amp; 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>All players are inside the grid. When the coach shouts green the players all dribble around the grid. If the coach shouts red the players perform a turn and stop the ball with the bottom of their foot.</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Keep the ball close between touches.</li> <li>● Keep your head up</li> <li>● Changing direction and speed.</li> <li>● Use all surfaces of both feet</li> </ul>	<p style="text-align: center;"><b>Diagrams</b></p> 

			<p><b>Progression</b> The coach holds a pinny and the players react to visual commands instead of verbal.</p>	
<p><b>Week 2</b> <b>Ball control &amp; turning</b></p> <p>Small group activity objective:  To improve individual dribbling skills under pressure.</p>	<p><b>Organization</b> 20x20 yard area</p> <p>Two players are nominated to be "IT" and try to kick the other players balls out of the grid.</p>	<p><b>Procedure</b> The coach picks 2 players who have to try to kick all the other players balls out of the grid. The winner is the last player who still has control of their ball inside the grid.</p> <p>Players must turn away from pressure and keep control of their ball. If your ball gets kicked out, you must collect and practice juggling outside the grid until a new game starts.</p>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Head up and turn away from pressure</li> <li>• Change of direction and speed</li> <li>• Think ahead and find Space</li> <li>• Agility</li> <li>• Fun</li> </ul>	<p><b>Diagrams</b></p> 
<p><b>Week 2</b> <b>Ball control &amp; turning</b></p> <p>4v4 Small sided game objective:  To improve individual and small group game understanding.</p>	<p><b>Organization</b> 30x35 yard area Play a 4v4 match</p> <p>6x6 foot goals</p> <p>Size 3 ball</p>	<p><b>Procedure</b> Free Play!</p>	<p><b>Key Coaching Points</b> Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	<p><b>Diagrams</b></p> 