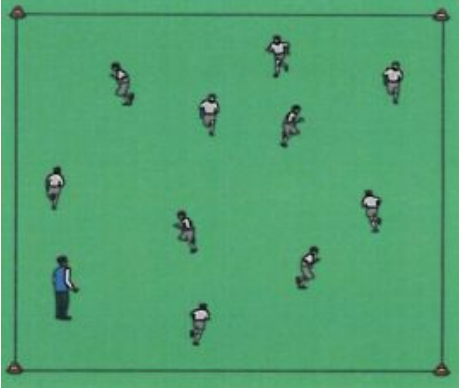
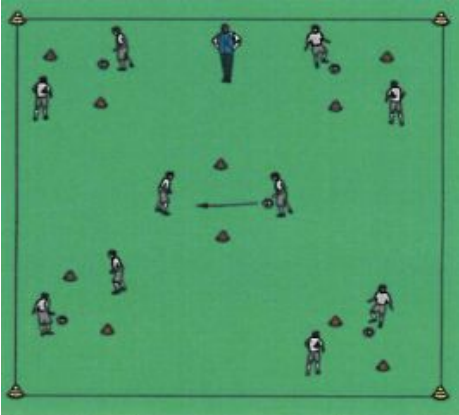


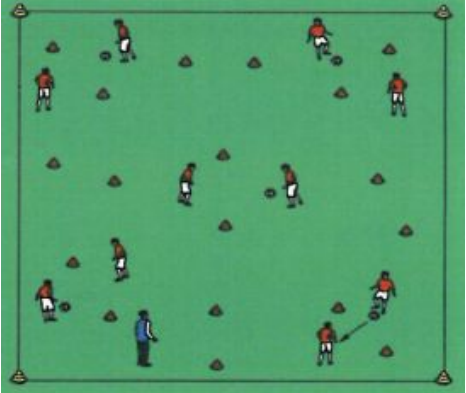


THUNDER SOCCER CLUB – REC PROGRAM

Plan Session



<p style="text-align: center;">Week 3</p> <p>Passing</p> <p>Warm-up Objective:</p> <p>To improve general coordination</p>	<p style="text-align: center;">Organization</p> <p>20 x 20 yard area</p>	<p style="text-align: center;">Procedure</p> <p>Players move around the area listening to the coaches commands like Simon says. The coach uses their imagination to shout soccer related exercise for the players to follow. The coach can incorporate the ball so players have more of a challenge.</p> <ul style="list-style-type: none"> • Turn • Jump • Sprint, etc. 	<p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> • Change of direction • Think ahead • Turning and changing of speed • Ball control • Fun 	<p style="text-align: center;">Diagrams</p> 
<p style="text-align: center;">Week 3</p> <p>Passing</p> <p>Individual Activity Objective:</p> <p>To improve individual passing skills.</p>	<p style="text-align: center;">Organization</p> <p>30 x 30 yard area</p> <p>Various 5-yard goals positioned around the area.</p> <p>Groups of two with one ball at each of the five yard goals.</p>	<p style="text-align: center;">Procedure</p> <p>In pairs, players pass the ball back and forth through their 5-yard goal. The ball must never stop and must stay on the ground and must pass cleanly through the five-yard goal. Players have a maximum of two touches to get the ball back to their partner.</p> <p>If a player commits any of the above fouls they get</p>	<p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> • Alert and on your toes • Pass with the inside of your foot • Strong ankle and hit through the middle of the ball to keep the ball low • Use both feet 	<p style="text-align: center;">Diagrams</p> 

		one point. The first player who gets 5 Points loses. Players can go against other teammates.		
<p>Week 3</p> <p>Passing</p> <p>Small group activity objective:</p> <p>To improve individual passing skills under pressure.</p>	<p>Organization</p> <p>20x20 yard area</p> <p>In groups of two with one ball.</p> <p>Various 2 yard gates are placed inside the grid.</p>	<p>Procedure</p> <p>In pairs, players have one minute to pass the ball through as many different goals as they can. Players must find the open goals and work together to get as many points as they can. 1 point per successful pass through an open goal.</p> <p>Progress to where one team only plays and they must see how many points they can get in one minute the rest of the players can count.</p>	<p>Key Coaching Points</p> <ul style="list-style-type: none"> • Head up and communicate • Non kicking foot placement • Using the inside of the foot and hitting the middle of the ball • Receiving touch to find next goal • Accuracy over power 	<p>Diagrams</p> 
<p>Week 3</p> <p>Passing</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> 