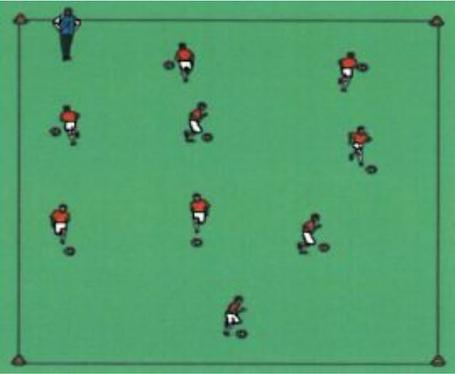
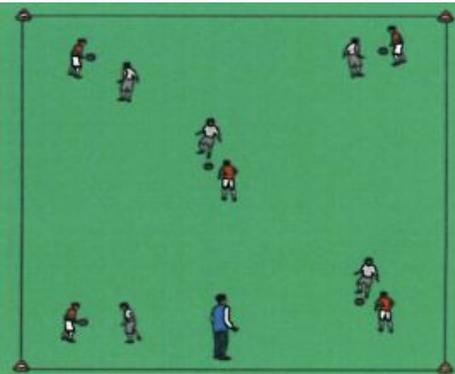


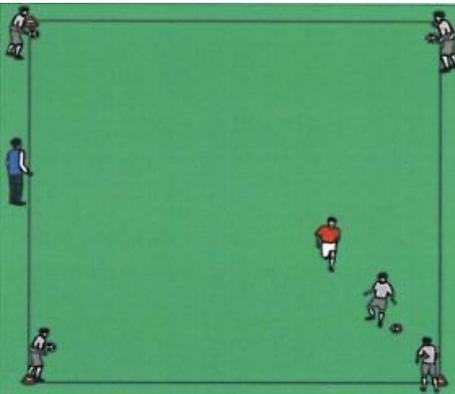


## THUNDER SOCCER CLUB – REC PROGRAM

### Plan Session



<p><b>Week 4</b> <b>Receiving the ball</b></p> <p>Warm-up Objective:</p> <p>To improve general coordination</p>	<p><b>Organization</b> 20 x 20 yard area</p> <p>One ball per person</p>	<p><b>Procedure</b></p> <p>Each player tries to keep their ball up in the air by using any part of their body except for the hands. Count how many touches. If it falls to the ground pick, it up and try again.</p>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Relax and be confident</li> <li>• Keep your eyes on the ball</li> <li>• Move to get behind and in line with the ball</li> </ul>	<p><b>Diagrams</b></p> 
<p><b>Week 4</b> <b>Receiving the ball</b></p> <p>Individual Activity Objective:</p> <p>To improve individual passing skills.</p>	<p><b>Organization</b> 20 x 20 yard area</p>	<p><b>Procedure</b></p> <p>Split the players into two groups. One group feeds and the other group works for 1 minute and then switch the roles.</p> <p>The players move to a feeder who serves the ball. The player must receive the ball under control and play it back to the feeder.</p> <p>The coach goes through various receiving techniques. example: foot, thigh, chest</p>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Alert and on your toes</li> <li>• Select the controlling surface early and bring it in line with the ball</li> <li>• Cushion the ball and play it back accurately to the feeder</li> <li>• Use both feet and thighs and go to the ball</li> </ul>	<p><b>Diagrams</b></p> 

<p style="text-align: center;"><b>Week 4</b> <b>Receiving the ball</b></p> <p>Small group activity objective:</p> <p>To improve individual general coordination.</p>	<p style="text-align: center;"><b>Organization</b></p> <p>10x10 yard area</p> <p>In groups of 6 with 4 balls</p>	<p style="text-align: center;"><b>Procedure</b></p> <p>The players are split in groups of six. Four players are positioned in each corner with a ball with the remaining two players in the middle, one being a defender and the other player being the attacker.</p> <p>The objective is to see if the attacker can lose their defender and receive the ball from one of the four corner players and get it back to them. The defender must put pressure on the attacker.</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Your marker to create space</li> <li>● Call for the ball</li> <li>● Select the controlling surface early and bring it in line with the ball</li> <li>● Use all surfaces except for your hands</li> </ul>	<p style="text-align: center;"><b>Diagrams</b></p> 
<p style="text-align: center;"><b>Week 4</b> <b>Receiving the ball</b></p> <p>4v4 Small sided game objective:</p> <p>To improve individual and small group game understanding.</p>	<p style="text-align: center;"><b>Organization</b></p> <p>20x20 yard area Play a 4v4 match</p> <p>6x6 foot goals</p> <p>Size 3 ball</p>	<p style="text-align: center;"><b>Procedure</b></p> <p>Free Play!</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	<p style="text-align: center;"><b>Diagrams</b></p> 