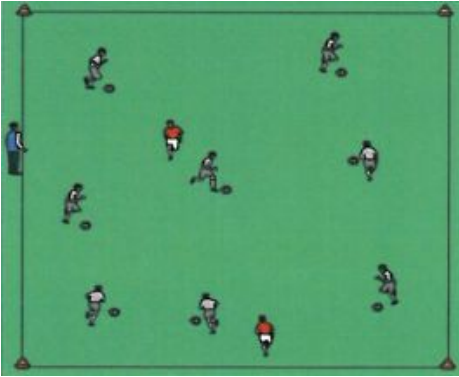
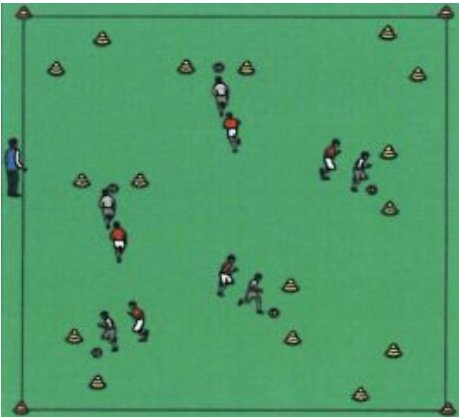


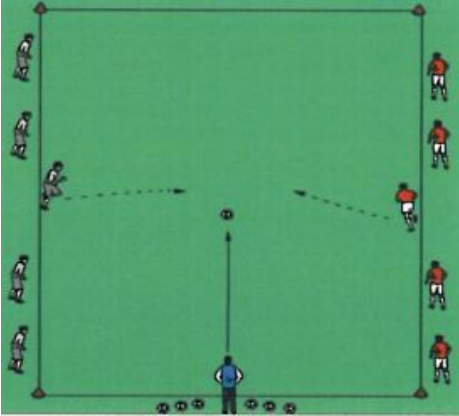


THUNDER SOCCER CLUB – REC PROGRAM

Plan Session



<p style="text-align: center;">Week 5 Ball possession</p> <p>Warm-up Objective: To improve general coordination</p>	<p style="text-align: center;">Organization</p> <p>20 x 20 yard area Players are selected to be the “sharks” and the rest of the players are “minnows.” The minnows each have a ball.</p>	<p style="text-align: center;">Procedure</p> <p>Once the coach calls go, the sharks try to kick the minnows balls out of the grid. If a minnow’s ball is successfully kicked out, they must run to retrieve it and practice struggling on the outside of the grid. The sharks have one minute to kick as many balls out as they can. Keep rotating the sharks.</p>	<p style="text-align: center;">Key Coaching Points</p> <ul style="list-style-type: none"> ● Change of direction ● Close control ● Turning and dribbling ● Shielding the ball ● Agility ● Fun 	<p style="text-align: center;">Diagrams</p> 
<p style="text-align: center;">Week 5 Ball possession</p> <p>Individual Activity Objective: To improve individual ball possession.</p>	<p style="text-align: center;">Organization</p> <p>20 x 20 yard area Split into pairs, 1 ball per pair. The Coach puts various 2 yard gates in and around the grid. Have more gates than pairs.</p>	<p style="text-align: center;">Procedure</p> <p>The parents are split into attackers and Defenders. The attacking player must dribble through as many gates as they can in one minute. The defending player must try to prevent this by blocking or winning the ball. If the defender when's the ball, they must yield it as long as they can. Keep rotating rolls and 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 style="text-align: center;">Diagrams</p> 
<p style="text-align: center;">Week 5</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>Ball possession</p> <p>Small group activity objective:</p> <p>To improve individual ball possession skills under pressure.</p>	<p>20x20 yard area</p> <p>Two teams line up across from each other at a distance of 20 yards. The coach is positioned at one end in the middle with the balls.</p>	<p>Each player is on a team given a number. The coach will call out number and the player with the corresponding number from each side race into the middle to win the ball and run it back to their side for appoint the other player tries to prevent this from happening.</p>	<ul style="list-style-type: none"> ● Reaction and coordination ● Dribbling and turning ● Change of speed ● Agility ● Vision 	
<p>Week 5</p> <p>Ball possession</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> 