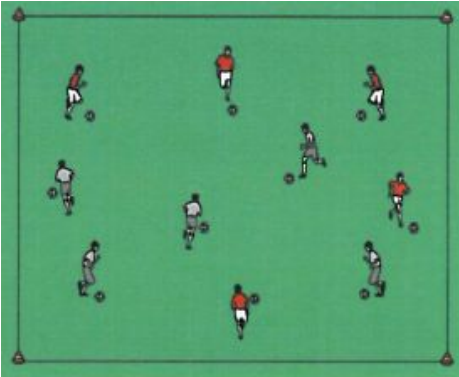
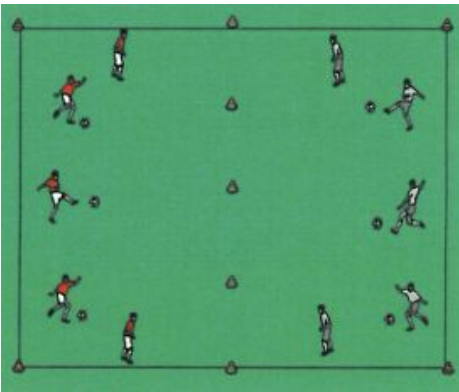


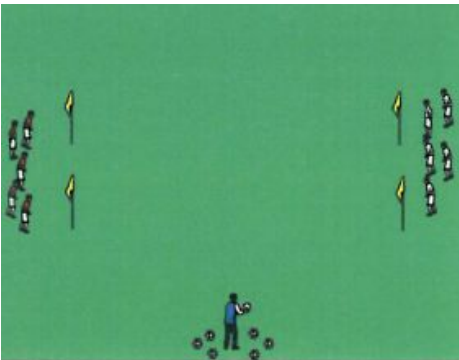


## THUNDER SOCCER CLUB – REC PROGRAM

### Plan Session



<p style="text-align: center;"><b>Week 6</b> <b>Striking the ball</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</p> <p>One ball per player</p>	<p style="text-align: center;"><b>Procedure</b></p> <p>Each player tries to pass and hit another player's ball while they are moving. For every successful hit, the player gets one point.</p> <p style="text-align: center;"><b>Progression</b></p> <p>Split into two teams, one designated as the passing team and the other as the dribbling team. How quickly can you hit all the other team's balls?</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Lock ankle</li> <li>● Eyes on the ball</li> <li>● Toe down, strike through the laces</li> <li>● Used all surfaces of the foot</li> <li>● Accuracy over power</li> </ul>	<p style="text-align: center;"><b>Diagrams</b></p> 
<p style="text-align: center;"><b>Week 6</b> <b>Striking the ball</b></p> <p>Individual Activity Objective:</p> <p>To improve individual shooting skills.</p>	<p style="text-align: center;"><b>Organization</b></p> <p>30 x 30 yard area divided in half</p> <p>Divided into two teams. Each team goes to a half and both have 3 balls each</p>	<p style="text-align: center;"><b>Procedure</b></p> <p>The objective is to strike the ball into the other teams has. Each team wants to get rid of their balls when the coach calls time. The team with the fewest balls and they're half gets a point. First team to five points wins.</p> <p style="text-align: center;"><b>Progression</b></p> <p>Give extra points if all players strike the ball past the opponents back line of the playing area. Also work on players having to pass to a team member before striking the ball.</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Lock ankle</li> <li>● Eyes on the ball</li> <li>● Toe down, strike through the laces</li> <li>● Used all surfaces of the foot</li> <li>● Accuracy over power</li> <li>● Support your teammates</li> <li>● Have fun</li> </ul>	<p style="text-align: center;"><b>Diagrams</b></p> 

<p><b>Week 6</b> <b>Striking the ball</b></p> <p>Small group activity objective:</p> <p>To improve individual shooting skills under pressure.</p>	<p><b>Organization</b> 20x20 yard area</p> <p>One goal at each end</p> <p>Split into two teams with one team behind each goal</p>	<p><b>Procedure</b></p> <p>The coach will yell out a number of players and a direction like “right 2.” Two players from each team run by the right side of the goal and into the playing area where the coach plays in a ball. the two teams now compete 2v2.</p>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Speed and reaction time</li> <li>• Eyes on the ball</li> <li>• Look to win the ball and shoot as quickly as possible</li> <li>• Striking technique</li> <li>• Support each other</li> <li>• Be confident</li> </ul>	<p><b>Diagrams</b></p> 
<p><b>Week 6</b> <b>Striking the ball</b></p> <p>4v4 Small sided game objective:</p> <p>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></p> <p>Free Play!</p>	<p><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><b>Diagrams</b></p> 