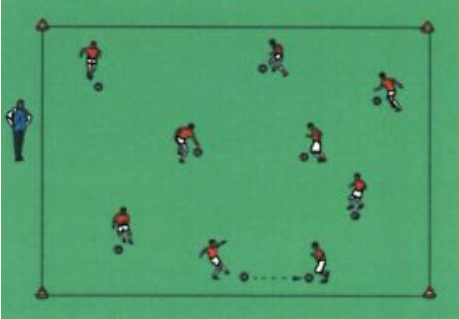
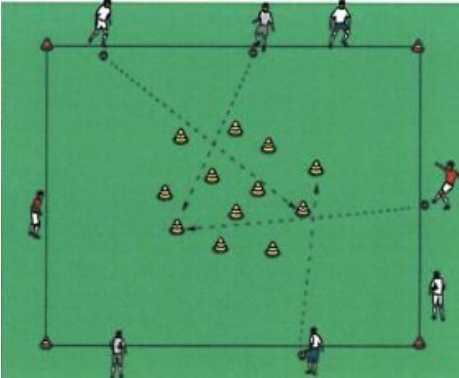


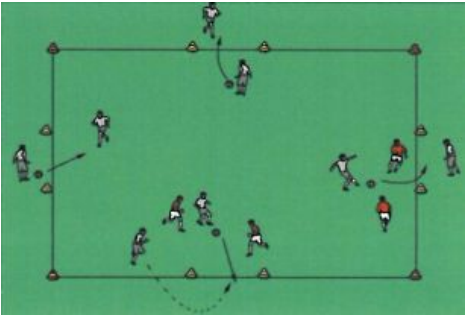


## THUNDER SOCCER CLUB – REC PROGRAM

### Plan Session



<p style="text-align: center;"><b>Week 7</b></p> <p><b>Passing</b></p> <p>Warm-up Objective:</p> <p>To improve general passing</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>As players move around the grid, they try to hit another player's ball with their own ball. 1 point for each successful try. Who can get 5 Points? 1 minute rounds-include stretching movements</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Accuracy of pass</li> <li>● Weight of pass</li> <li>● Timing of pass</li> <li>● Disguise your pass</li> <li>● Use the inside part of the foot</li> <li>● Push through the ball</li> <li>● Outside of the foot (good for disguise)</li> </ul>	<p style="text-align: center;"><b>Diagrams</b></p> 
<p style="text-align: center;"><b>Week 7</b></p> <p><b>Passing</b></p> <p>Individual Activity Objective:</p> <p>To improve individual passing skills.</p>	<p style="text-align: center;"><b>Organization</b></p> <p>20 x 20 yard area</p> <p>Claire's get into pairs at opposite ends of the grid</p> <p>Cones are randomly spread out in the middle of the grid</p>	<p style="text-align: center;"><b>Procedure</b></p> <p>Players try to hit as many cones as they can. The ball must be moving at the time of the players pass.</p> <p>1 point for each cone hit. Which pair can get the most points?</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Accuracy of pass</li> <li>● Weight of pass</li> <li>● Timing of pass</li> <li>● Disguise your pass</li> <li>● Use the inside part of the foot</li> <li>● Push through the ball</li> </ul> <p><b>Progression</b></p> <p>Ball must 1st be passed to you by your partner</p>	<p style="text-align: center;"><b>Diagrams</b></p> 

<p style="text-align: center;"><b>Week 7</b></p> <p><b>Passing</b></p> <p>Small group activity objective:</p> <p>To improve individual passing skills under pressure.</p>	<p style="text-align: center;"><b>Organization</b></p> <p>20x20 yard area</p> <p>Two goals on each of the 4 sides</p> <p>Players are put into pairs</p>	<p style="text-align: center;"><b>Procedure</b></p> <p>Four pairs try to pass their ball through any of the four goals to each other.</p> <p>Two pairs act as defenders and try to prevent any goals from being scored. A pair cannot score two consecutive goals on the same goal. 1 point per goal, 2 minute games, who can get the most goals?</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Accuracy of pass</li> <li>● Weight of pass</li> <li>● Timing of pass</li> <li>● Movement</li> </ul> <p><b>Progression</b></p> <p>If the defenders kick your ball out of the grid, your team must make five passes before you can come back in to play.</p>	<p style="text-align: center;"><b>Diagrams</b></p> 
<p style="text-align: center;"><b>Week 7</b></p> <p><b>Passing</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>30x35 yard area</p> <p>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> 