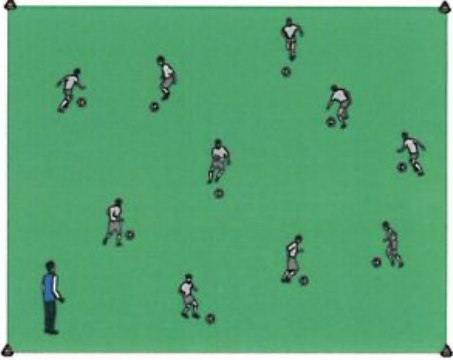
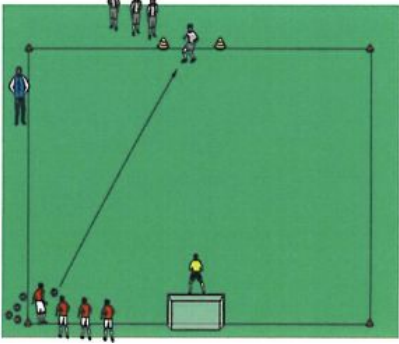


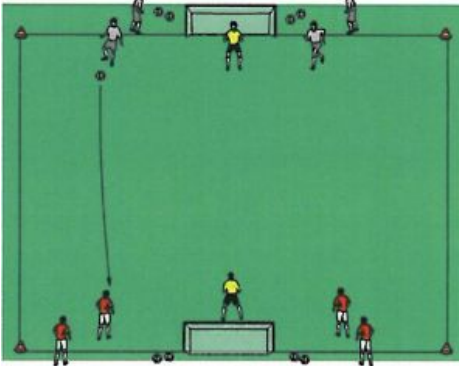


## THUNDER SOCCER CLUB – REC PROGRAM

### Plan Session



<p style="text-align: center;"><b>Week 8</b></p> <p><b>1v1s</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>Players move around the area with the ball. The coach calls out the move the players must do:</p> <ul style="list-style-type: none"> <li>● Backwards</li> <li>● Left Foot</li> <li>● Right Foot</li> <li>● Turn</li> <li>● Stop</li> <li>● Throw the ball in the air and control</li> <li>● Express yourselves with any move</li> </ul> <p>The coach can show different attacking moves for the players to copy.</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Change of direction</li> <li>● Change of speed</li> <li>● Use various parts of the foot</li> <li>● Agility</li> <li>● Fun</li> </ul>	<p style="text-align: center;"><b>Diagrams</b></p> 
<p style="text-align: center;"><b>Week 8</b></p> <p><b>1v1s</b></p> <p>Individual Activity Objective:</p> <p>To improve individual attacking skills.</p>	<p style="text-align: center;"><b>Organization</b></p> <p>20 x 20 yard area</p> <p>One goal with goalkeeper (keep rotating), one without</p> <p>2 teams</p>	<p style="text-align: center;"><b>Procedure</b></p> <p>The teams are split into defenders and attackers. The defenders play the ball into the attackers and then defend the goal. If the defenders win the ball they can score in the counter goal.</p>	<p style="text-align: center;"><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>● Good first touch</li> <li>● Keep the ball close</li> <li>● Quality of moves to beat the defender</li> <li>● Accuracy</li> <li>● Confidence</li> </ul>	<p style="text-align: center;"><b>Diagrams</b></p> 

<p><b>Week 8</b></p> <p><b>1v1s</b></p> <p>Small group activity objective:</p> <p>To improve individual attacking skills under pressure.</p>	<p><b>Organization</b></p> <p>20x20 yard area</p> <p>Split into two teams</p> <p>Two goals, each with a goalkeeper</p>	<p><b>Procedure</b></p> <p>One team plays the ball into the other team and defends a goal. If the defenders win the ball they can score in the opposite goal.</p>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Good first touch</li> <li>• Keep the ball close and under control</li> <li>• Quality of moves to beat the defender</li> <li>• Good supporting positions</li> <li>• Accuracy</li> <li>• Confidence</li> </ul>	<p><b>Diagrams</b></p> 
<p><b>Week 8</b></p> <p><b>1v1s</b></p> <p>4v4 Small sided game objective:</p> <p>To improve individual and small group game understanding.</p>	<p><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><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> 