



TESC RECREATION AT-HOME SESSION PLAN

TOPIC: Striking The Ball

SKILL ACQUISITION: PASSING - Accuracy, Pace, Weight, Position of the non-kicking foot, Surface of the Foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow Through.

EXERCISE #1: MARBLE



Objective: To improve the technique of striking the ball and to move the marble between the two white markers.

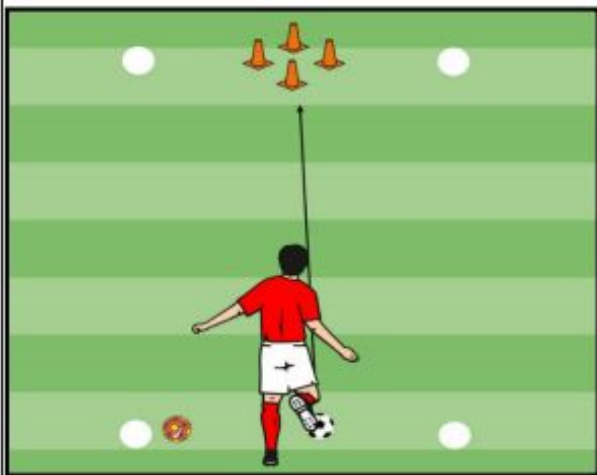
Equipment: 4 markers (Cones, Paper Plates, Cups,) two soccer balls.

Organization: Set up a rectangle as shown in the diagram. Get at one end with your ball and place the marble (orange ball) in the middle of the rectangle. Strike your ball to hit the marble forward between the two white markers. Once you get to one end repeat the exercise going the other way doing the tasks below:

Tasks:

1. How many strikes to get the marble between the two white markers?
2. Can you do it with 4-3 strikes?
3. Can you do it 3-2 strikes?

EXERCISE #2: BOWLING



Objective: To improve the technique of striking the ball forward to knock the cones down.

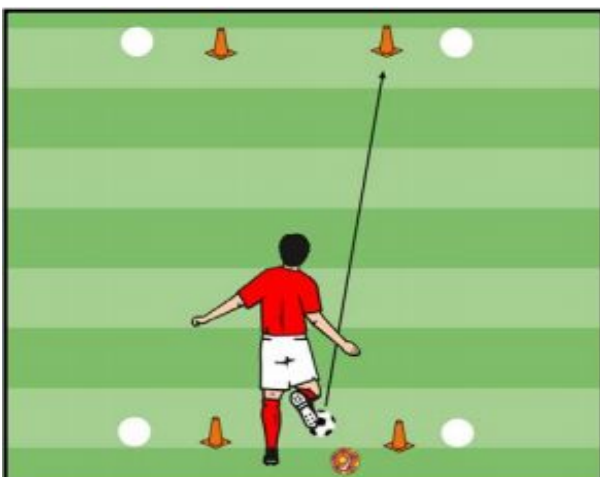
Equipment: Two soccer balls, 4 markers and 4 tall cones (water bottles, plastic cups or cans).

Organization: Set up a rectangle as shown in the diagram. Get at one end with the two soccer balls. Select a ball to start the game and strike it toward the cones. Then get the next ball and strike it forward toward the cones. You get two chances to knock the cones down.

Tasks:

1. How many chances did you take to knock all the cones down?
2. Can you do it in 3 strikes?
3. Can you do it in 2 strikes?

EXERCISE #3: SNIPER



Objective: To improve the technique of striking the ball forward to knock the cones down.

Equipment: Two soccer balls, 4 markers and 4 tall cones (water bottles, plastic cups or cans).

Organization: Set up a rectangle as shown in the diagram. Get at one end with the two soccer balls. Select a ball and a cone to knock down. Stay with that cone until you knock it down. Then go to the next cone. Once you have knocked down the two cones at one side switch sides and try to knock the other 2 cones down.

Tasks:

1. How many strikes will it take you to knock down the cone?
2. How many strikes will it take you to knock down 2 cones?
3. How many strikes will it take you to knock down 3 cones?
4. How many strikes will it take you to knock down all the cones?