

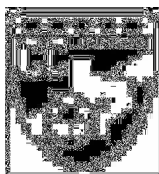
**Sample Session Plans for CCU Coaches**

**Lonestar SC Coaches Clinic, Age Group: U9/U10 Session Topic: Dribbling and Shooting**

**DETAILS**

**DIAGRAMS**

<p><b>WARM UP</b> <b>Ball Retrieval In groups</b></p>	<p>Coach tosses balls out to play for the players to return to coach. Restrictions include players must touch the ball, certain # of passes; coach is encouraged to move around the field.</p>	
<p><b>SOCCER RELATED ACTIVITY</b> <b>Capture The Ball</b></p>	<p>Ball is placed inside your half of field. Players are trying to get their opponents ball on their own side of field under control. If tagged player goes to "Jail"</p>	
<p><b>MATCH RELATED ACTIVITY</b> <b>Inside Finishing</b> <b>Boss of the Ball</b></p>	<p>Coach tosses ball into play – call out # of players (2v2, 3v3, 4v4). {Play until ball goes out or a goal is scored.</p>	
<p><b>GAME</b> <b>8 v 8</b></p>	<p>Scrimmage – Emphasizing above themes</p>	



<b>COOL DOWN</b>	5 – 7 minute stretch	
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