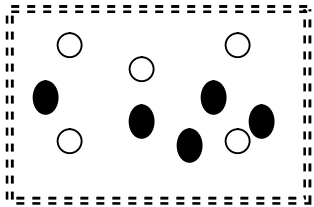
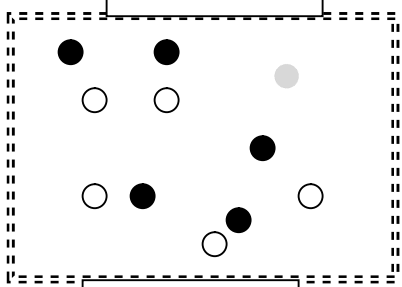
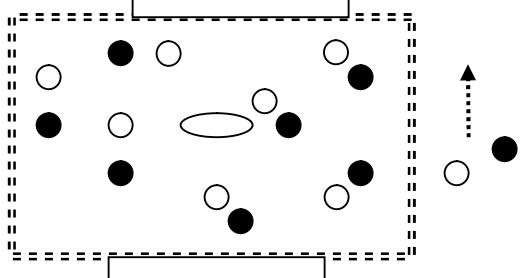
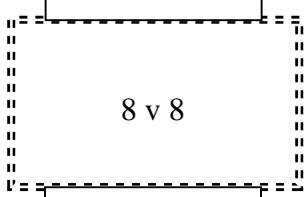


Sample Session Plans for CCU Coaches

Lonestar SC Coaches Clinic, LP12 Age Group: U9/U10 Session Topic: Possession – Transition

<p>WARM UP Tag Game</p>	<p>Players Dribble trying to tag players below the knee. Flag tag. Free Dribble. Set space (20 by 20)</p>	
<p>SOCCER RELATED ACTIVITY Team Handball</p>	<p>Set up 2 goals. Players try to advance the ball using hands. Enforce the following: 3 step rule 3 second rule Variation – goal can be scored on a header.</p>	
<p>MATCH RELATED ACTIVITY Team Knockout</p>	<p>Set up 2 teams. Grid 18 by 44. Penalty area. Each player on team has a ball. Objective to score all balls. Defensive team keeps possession by inter-passing.</p>	
<p>GAME 8 v 8</p>	<p>Scrimmage – Emphasizing above themes Passing No Restrictions!</p>	
<p>COOL DOWN</p>	<p>5 – 7 minute stretch</p>	

