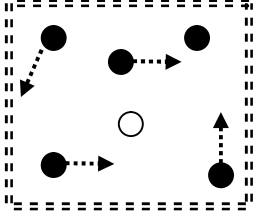
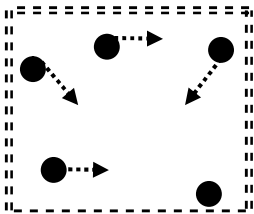
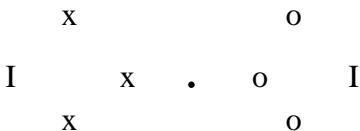


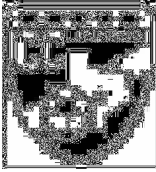
Sample Session Plans for CCU Coaches

Lonestar SC Coaches Clinic, Age Group: U5/6 Session Topic: Movement, Coordination & Dribbling

DETAILS

DIAGRAMS

WARM UP	DETAILS	DIAGRAMS
<p>SOCCER RELATED ACTIVITY Freeze Tag</p>	<ul style="list-style-type: none"> - Determine the freezer -Players run around in the area with a ball avoiding the freezer -If they are tagged they are frozen until one of their teammates unfreezes them by tagging. -3-4 min game. -Reply change the “it” 	<p>-Grid size 15 x 15- Marked by cones -Change the size of the grid to fit your numbers if needed.</p> 
<p>SOCCER RELATED ACTIVITY Capture the Flag</p>	<ul style="list-style-type: none"> -Each player has a flag barely tucked into their shorts. -Each player goes around in the space provided and tries to capture the other player flags - Play game without ball first and then try the ball later -2-4 min game reply a couple of times 	<p>-Grid size 15 x 15- Marked by cones -Change the size of the grid to fit your numbers if needed.</p> 
<p>GAME /MATCH RELATED ACTIVITY Small sided game</p>	<p>Play 3v3 or 4v4 to goals (incorporate all players)</p>	



COOL DOWN	Play Do this/Do that or Review the day	
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