

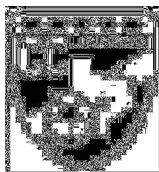
**Sample Session Plans for CCU Coaches**

**Lonestar SC Coaches Clinic, LP 5 Age Group: U7/8 Session Topic: Dribbling/Shooting**

**DETAILS**

**DIAGRAMS**

<p><b>WARM UP</b> 10 min <b>Dribble kick-catch/bounce</b></p>	<p>-each player with own ball -players dribble using all parts of each foot -players get ball in the air(hands or feet), strike ball up in the air with locked ankle using laces, ball can be caught or bounce to repeat exercise</p>	<p>X* X* X* X*</p>
<p><b>SOCCER RELATED ACTIVITY</b> 10 min Cone Course Games Dribble</p>	<p>-one ball per player -players dribble through gates using all parts of both feet -vary ways to dribble through, around -encourage proper technique -keep score</p>	<p>^ ^ ^ ^ X* X* ^ ^ ^ ^ X* X*</p>
<p><b>MATCH RELATED ACTIVITY</b> 10 min Dribble and shoot course Dribbling and Shooting</p>	<p>-one ball between two players -players work together dribbling and shooting through gates to partner on opposite side of gates -encourage proper technique ankle locked, strike with laces -variations add defenders, ball in the air etc...</p>	<p>X* X* ^ ^ ^ ^ Y Y</p>
<p><b>GAME</b> 10 min 3 v 3 to goals</p>	<p>-break team into groups(no larger than 3v3) -coach controls game by serving balls in -encourage players to shoot when it's on! -variations off the turn, chop various dribbling moves with shot and goal extra points</p>	<p>^^^^^^ X Y X coach X ***** Y Y ^^^^^^</p>



<b>COOL DOWN</b>	5 min stretch fun activity(score to leave)	
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