



Sample Session Plans for CCU Coaches

Lonestar SC Coaches Clinic, LP 9 Age Group: U12+ Session Topic: Dribbling/1v1 attacking

<p>WARM UP Juggling 10 min</p>	<p>- Each player with a ball juggling - With a partner</p>	<p>X* X* X* X*</p>
<p>SOCCER RELATED ACTIVITY 2v2 15 min</p>	<p>- 2v2 to endline - Beat opponents with dribble or pass</p>	<p><-----> X* O X O</p>
<p>MATCH RELATED ACTIVITY 4v4 with GK 15 min</p>	<p>- 3 field players vs 3 field players with goalkeepers - Lots of movement, lots of shots</p>	<p>X* O [X O] X O X O</p>

