

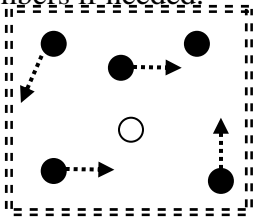
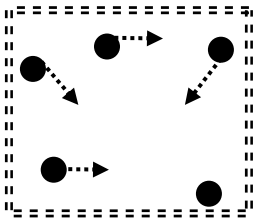


**Sample Session Plans for CCU Coaches**

**Lonestar SC Coaches Clinic, Feb 15<sup>th</sup> 2009 Age Group: U5/6 Session Topic:**

**DETAILS**

**DIAGRAMS**

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