

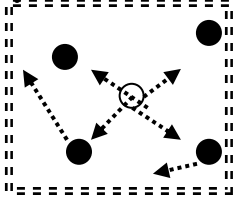
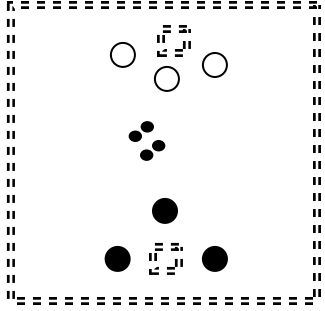
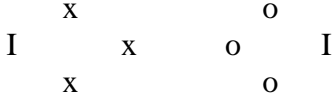


Sample Session Plans for CCU Coaches

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

DETAILS

DIAGRAMS

	DETAILS	DIAGRAMS
<p>WARM UP Dribbling</p>	<ul style="list-style-type: none"> -Play follow the leader with the ball to warm up. -Get in pairs and have one follow the other Change leader after a minute or so. 	<p>Grid size 15 x 15 -Change the size of the grid to fit your numbers id needed.</p>
<p>SOCCER RELATED ACTIVITY Knock Out/Robot invasion</p>	<ul style="list-style-type: none"> -Pick one player as the “it” - The rest of the players are trying to dribble and protect their ball from being kick out of the area. -If a player is knocked out, have that player do a soccer related activity to join back in. -The “It” counts the number of times they knocks players out -Game is played for 2-3 min -Reply and change the “it” each time 	<p>Grid size 15 x 15 -Change the size of the grid to fit your numbers id needed.</p> 
<p>SOCCER RELATED ACTIVITY Treasure Hunt</p>	<p>Break your players up into two team</p> <ul style="list-style-type: none"> -Put all the balls in the middle of the grid. -make two small boxes 2x2 inside the grid opposite from each other. This is each teams treasure bag. -once the signal is given players go and get the balls (treasure) from the middle and dribble it back to their team’s treasure bag. See who has the most treasure Once all the balls are in their bags the game is over. You can also continue the game with a time limit (2-3 min) - -Doing this the players can go to their opponent’s bag and take their treasure and bring back to their bag. -Only the treasure that is in the bags counts when the coach calls time. 	<p>Grid size 15 x 15 -Change the size of the grid to fit your numbers id needed.</p> 
<p>GAME/ MATCH RELATED ACTIVITY Small sided game</p>	<p>Play 3v3 or 4v4 to goals (incorporate all players)</p>	
<p>COOL DOWN</p>	<p>Simon says or Review the day</p>	