

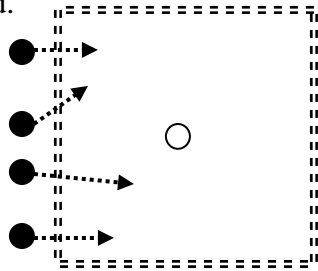
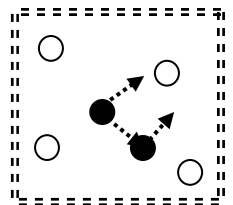


Sample Session Plans for CCU Coaches

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

DETAILS

DIAGRAMS

<p>WARM UP Dribbling Warm up</p>	<p>-Have them dribble around in the area that you have provided for you session. - Have the trap the ball with different body parts</p>	<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 Sharks and Minnows</p>	<p>-Players will work from one side of the grid to the other. -If they get tagged they must join up with the player or players in the middle and work together to get the other players. -If all the players are captured then replay and give other players a chance to start in the middle. -This game can be played with or without a ball. 3-4 minutes per game</p>	<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 Chain Gang</p>	<p>-Two players join hands “its” and look to capture the other players -If the “its” tag you then that player join the “its” and work to get the other players - This will help with mobility and agility - 2-3 minutes per game</p>	<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>	<p>I x o x o I x o</p>
<p>COOL DOWN</p>	<p>Play the clapping game or Review the day</p>	