Sample Session Plans for CCU Coaches
Lonestar SC Coaches Clinic, Feb 15th 2009 **Age Group:** U7/8 **Session Topic:** Dribbling/1v1 attacking

	DETAILS	DIAGRAMS
WARM UP **5 min** **Individual dribbling using all parts of both feet.**	-each player has own ball -introduce all parts of both feet inside, outside, sole, laces, heel -encourage them to use all parts -use proper technique -make sure changing direction	X*.------→ X*-----→ X*-----→
SOCCER RELATED ACTIVITY 10 min Follow the leader dribbling.	-one ball per two players -player A with out ball player B with ball -player A tries to "lose" player B who has to keep up while dribbling ball -player B must stay as close as possible to player A while maintaining control of the ball -encourage player B to use all parts of both feet	Xb* ----Xa----→ Xb*----Xa→
MATCH RELATED ACTIVITY 10 min 1v1 attacking off the dribble to cones.	-one ball per two players -set out cone or extra ball for players to try and hit or knock down with pass or dribble -both players start with foot on ball, coach signals to start, players compete 1v1 to hit or knock down targets -encourage the dribbling techniques -keep score, variations depend on level	Xa Xb Xa Xb * * ^ ^
GAME 10 min 3 goal Game	-set up 3 goals in triangle formation -coach controls game by serving balls into center area, player compete for balls and try to score on goals, 1v1v1 -players now have to deal with multiple defenders and going to goal	Goal coach X ***** Goal Goal X X Goal X
COOL DOWN	5 min stretching activity	