



Sample Session Plans for CCU Coaches

Lonestar SC Coaches Clinic, Feb 15th 2009 **Age Group:** U7/8 **Session Topic:** dribbling/shooting

DETAILS

DIAGRAMS

<p>WARM UP 10 min Dribble kick-catch/bounce</p>	<p>-each player with own ball -players dribble using all parts of each foot -players get ball in the air(hands or feet), strike ball up in the air with locked ankle using laces, ball can be caught or bounce to repeat exercise</p>	<p style="text-align: center;">X* X*</p> <p style="text-align: center;">X* X*</p>
<p>SOCCER RELATED ACTIVITY 10 min Cone Course Games Dribble</p>	<p>-one ball per player -players dribble through gates using all parts of both feet -vary ways to dribble through, around -encourage proper technique -keep score</p>	<p style="text-align: center;">^ ^ ^ ^</p> <p style="text-align: center;">X* X*</p> <p style="text-align: center;">^ ^ ^ ^</p> <p style="text-align: center;">X* X*</p>
<p>MATCH RELATED ACTIVITY 10 min Dribble and shoot course Dribbling and Shooting</p>	<p>-one ball between two players -players work together dribbling and shooting through gates to partner on opposite side of gates -encourage proper technique ankle locked, strike with laces -variations add defenders, ball in the air etc...</p>	<p style="text-align: center;">X* X*</p> <p style="text-align: center;">^ ^ ^ ^</p> <p style="text-align: center;">Y Y</p>
<p>GAME 10 min 3 v 3 to goals</p>	<p>-break team into groups(no larger than 3v3) -coach controls game by serving balls in -encourage players to shoot when it's on! -variations off the turn, chop various dribbling moves with shot and goal extra points</p>	<p style="text-align: center;">^^^^^^</p> <p style="text-align: center;">X Y X coach</p> <p style="text-align: center;"> X *****</p> <p style="text-align: center;">Y Y</p> <p style="text-align: center;">^^^^^^</p>
<p>COOL DOWN</p>	<p>5 min stretch fun activity(score to leave)</p>	