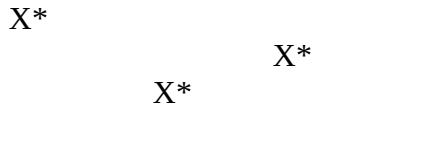
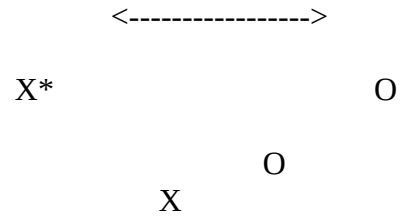
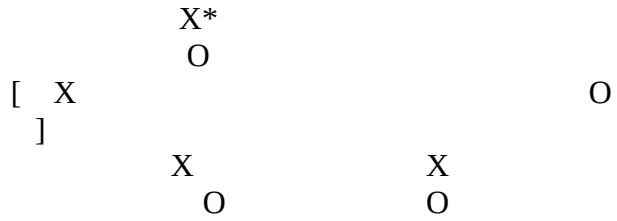
Sample Session Plans for CCU Coaches

Lonestar SC Coaches Clinic, Feb 15th 2009 Age Group: U12+ **Session Topic:** Dribbling/1v1 attacking

DETAILS DIAGRAMS

WARM UP **Juggling** **10 min**	- Each player with a ball juggling - With a partner	
SOCCER RELATED ACTIVITY 2v2 15 min	- 2v2 to endline - Beat opponents with dribble or pass	
MATCH RELATED ACTIVITY 4v4 with GK 15 min	- 3 field players vs 3 field players with goalkeepers - Lots of movement, lots of shots	

GAME **Scrimmage** **20**	- Play	O X X [X O O O] X X O X O*
COOL DOWN	5 min stretching activity	