



Sample Session Plans for CCU Coaches

Lonestar SC Coaches Clinic, Feb 15th 2009 **Age Group:** U9/U10 **Session Topic:** Possession – Target Player

DETAILS

DIAGRAMS

<p align="center">WARM UP Ball Retrieval In groups</p>	<p>Coach tosses balls out to play for the players to return to coach. Restrictions include players must touch the ball, certain # of passes; coach is encouraged to move around the field.</p>	
<p align="center">SOCCER RELATED ACTIVITY Capture The Ball</p>	<p>Ball is placed inside your half of field. Players are trying to get their opponents ball on their own side of field under control. If tagged player goes to “Jail”</p>	
<p align="center">MATCH RELATED ACTIVITY Inside Finishing Boss of the Ball</p>	<p>Coach tosses ball into play – call out # of players (2v2, 3v3, 4v4). {Play until ball goes out or a goal is scored.</p>	
<p align="center">GAME 8 v 8</p>	<p>Scrimmage – Emphasizing above themes</p>	
<p align="center">COOL DOWN</p>	<p>5 – 7 minute stretch</p>	