

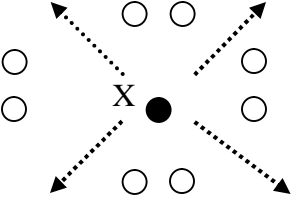
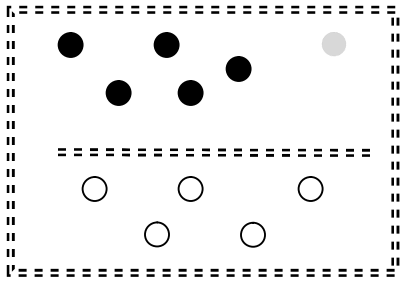
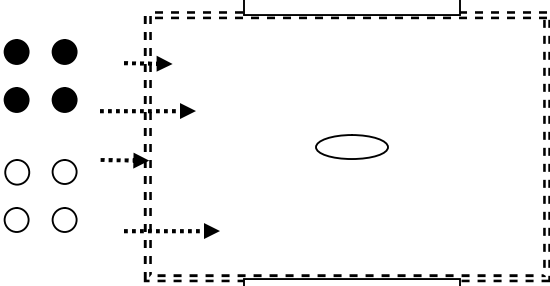


Sample Session Plans for T&C Coaches

Lonestar SC Coaches Clinic, LP1 Age Group: U9/U10 Session Topic: Dribbling

DETAILS

DIAGRAMS

<p>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>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>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>GAME 8 v 8</p>	<p>Scrimmage – Emphasizing above themes</p>	



COOL DOWN	5 – 7 minute stretch	
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