



USF Soccer

USF Clinic Session Planner

DATE: 12/4/12

SESSION TOPIC: Multi purpose
(leadership - competing)

SESSION INFORMATION

Number	Duration	Activity
1	30 minutes 6:00pm	Leadership warmup with entire group. Questions: a. What does competitive mean?... b. How is that important for a leader?... c. How do you show competitiveness? Coaches will shout out numbers 1-5. Last 2 finished are eliminated from the game 1 = first one down... 2 = 2s on back... 3 = row the boat... 4 = star 5 = pyramid
2	15 min 6:30-7:30p Station 1	Technical Exercise (Armand) Passing in squares combination and technique... 1 touch (follow pass)
3	15 min 6:30-7:30p Station 2	Possession Exercise (Clifford/Taylor) 2 teams. Compete in some way (# of passes in a row.. # of 1 total 1-touch passes...) play best 2 out of 3 for further competition... inbetween games allow for teams to discuss strategy to improve (encouraging leadership)
4	15 min 6:30-7:30p Station 3	Transition Exercise (Kraak/Cara) 2 grids. 2 teams. 4 from one teams defends the other team on one side. Attacking team gets a point for 7 passes. Defending team wins and plays ball to other grid to connect 7 passes. Play to a set score... Play best 2 of 3.. allow time inbetween games for teams to discuss strategy to improve (encourage leadership)
5	15 min 6:30-7:30p Station 4	Finishing/Attacking Exercise (Denise/Charlie) 3v2 target game to goal. Play first team to certain amount of wins to make competitive.
6	5 minutes	Cool down
7	5 minutes End: 7:40	Debriefing.. Denise with parents... AD with players.

