



Sample Session Plans for CCU Coaches

Lonestar SC Coaches Clinic, LP10 Age Group: U12 + Session Topic: Passing/Transition

DETAILS DIAGRAMS

<p>WARM UP Line Passing 15 min</p>	<ul style="list-style-type: none"> - Four players pass ball and run - When player passes to other line, they go to end of opposite line - If bad pass, both lines must move to get the ball - One or two touch passing 	<p>XX* -----> OO</p>
<p>SOCCER RELATED ACTIVITY Target Game Inside Out 20 min</p>	<ul style="list-style-type: none"> - Three teams; two in one out - Two teams play possession, third team acts as neutrals on the outside of area - Neutrals have only one touch - Rotate teams 	<pre> N X* O X N X O N O X O N </pre>
<p>MATCH RELATED ACTIVITY Counter Goal Game 20 min</p>	<ul style="list-style-type: none"> - Two wide goals against one goal - Emphasis on getting width to get forward 	<pre> X* O] [X X O O X] </pre>

