

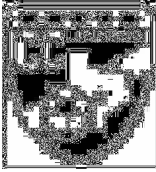
Sample Session Plans for CCU Coaches

Lonestar SC Coaches Clinic, LP11 Age Group: U9/U10 Session Topic: Passing & Receiving

DETAILS

DIAGRAMS

	DETAILS	DIAGRAMS
<p>WARM UP Passing & Receiving</p>	<p>Players dribble to cone, cut pass back to supporting players</p>	
<p>SOCCER RELATED ACTIVITY Possession & Transition</p>	<p>Keep ball in your half by inter passing. Defensive team wins ball by passing into their half</p>	
<p>MATCH RELATED ACTIVITY 3 Passes got o GOAL</p>	<p>Connect 3 passes attack either goal. Have #'s up for attacking team</p>	
<p>GAME 8 v 8</p>	<p>Work on attacking and defending principles Height, width, depth Pressure, cover, balance</p>	



COOL DOWN	5 – 7 minute stretch	
------------------	----------------------	--