



**Sample Session Plans for CCU Coaches**

**Lonestar SC Coaches Clinic, LP7 Age Group: U7/8 Session Topic: Passing/Shooting**

**DETAILS**

**DIAGRAMS**

|   |  |  |
|---|--|--|
| <p><b>WARM UP</b><br/>5 min<br/>Cone Course passing game</p>                            | <p>-one ball per 2 players<br/>-players move through course trying to pass ball through gates to partner on the opposite side<br/>-players learn passing on the move to targets<br/>-encourage use of different surfaces</p>   | <p>X* X*<br/><br/>^ ^ ^ ^<br/><br/>Y Y</p>                                       |
| <p><b>SOCCER RELATED ACTIVITY</b><br/>10 min<br/>Cone course passing under pressure</p> | <p>-same set up<br/>-add defenders to try and stop players from passing through gates<br/>-variations, more defenders, more pressure, double passes</p>  | <p>-same as above</p>  |
| <p><b>MATCH RELATED ACTIVITY</b><br/>10 min<br/>3 Zone Game</p>                         | <p>-set up grid with 3 zones approx 20 x 30yds<br/>-3 teams of 3 players<br/>-outside groups have 2 balls try to pass and receive while setting up for shots through middle zone of 3 players who try and stop balls from going to through<br/>-encourage good passes to set up angles to shoot, first time or 2 touch</p> | <p>X* --&gt; Y Z<br/>X Y &lt; ----- Z*<br/>X* -&gt; Y &lt; ---- Z*</p>           |
| <p><b>GAME</b><br/>4 Goal Game</p>  | <p>-set up in to 4 teams to defend each goal<br/>-coach controls game by serving balls into center<br/>-players try to score on open goals by passing or dribbling, encourage combinations</p>   | <p>^^^^^^^ coach<br/>XX *****<br/>^ ^<br/>^ Y Z ^<br/>^ Y OO Z ^<br/>^^^^^^^</p> |
| <p><b>COOL DOWN</b></p>   | <p>5 min Fun activity/stretch</p>  |  |

