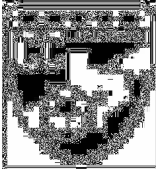


Sample Session Plans for CCU Coaches

Lonestar SC Coaches Clinic, LP8 Age Group: U12 + Session Topic: Passing/Movement

DETAILS		DIAGRAMS
WARM UP Sequence Passing 10 min	<ul style="list-style-type: none"> - Number players off - Players pass in sequence 1 to 2 to ... to 1 - Emphasis on vision of passer - Emphasis on positioning of support player 	
SOCCER RELATED ACTIVITY Possession Game 15 min	<ul style="list-style-type: none"> - Set two teams in a confined area - 3 to 5 consecutive passes scores a point - Emphasis on vision and positioning 	
MATCH RELATED ACTIVITY Game To Endline 15 min	<ul style="list-style-type: none"> - Transition passing game to a direction - Players score by stopping the ball dead on the end line 	



<p>GAME Scrimmage 15 min</p>	<ul style="list-style-type: none">- Add goals- Emphasis still on vision and positioning- Play	<pre> O X [X O X O] X O X O*</pre>
<p>COOL DOWN</p>	<p>5 min stretch</p>	