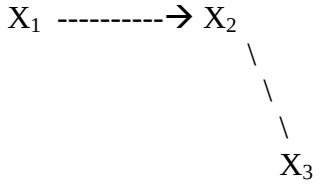
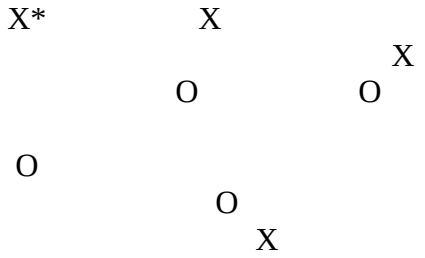
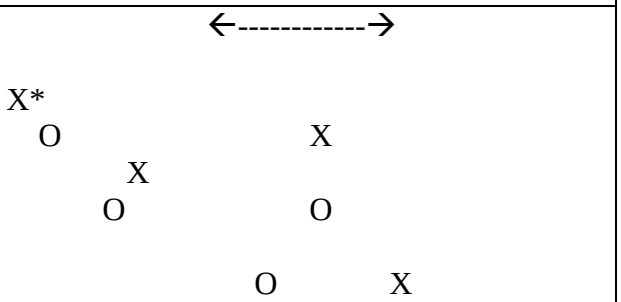
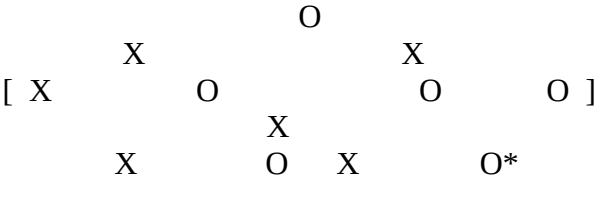
Sample Session Plans for CCU Coaches
Lonestar SC Coaches Clinic, Feb 15th 2009 **Age Group:** U12 + **Session Topic:** Passing

	DETAILS	DIAGRAMS
WARM UP **Sequence Passing** **10 min**	- 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	- 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	- Transition passing game to a direction - Players score by stopping the ball dead on the end line	
GAME Scrimmage 15 min	- Add goals - Emphasis still on vision and positioning - Play	
COOL DOWN	5 min stretch	