

Sample Session Plans for CCU Coaches

Lonestar SC Coaches Clinic, Feb 15th 2009 Age Group: U12 + Session Topic: Passing/Transition

DETAILS DIAGRAMS

<p style="text-align: center;">WARM UP Line Passing 15 min</p>	<ul style="list-style-type: none"> - Two groups in a line pass ball - 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 style="text-align: center;">XXXXXX* -----> OOOOOO</p>
<p style="text-align: center;">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 	<p style="text-align: center;"> N X* O X N X O N O X O N </p>
<p style="text-align: center;">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 	<p style="text-align: center;">] X* O [X X O O X] </p>

<p style="text-align: center;">GAME Scrimmage 20 min</p>	<p style="text-align: center;">- Just play</p>	<p style="text-align: center;"> [X X O X O O] X O X O O* X O X O* </p>
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">5 min stretch</p>	