



**Sample Session Plans for CCU Coaches**

**Lonestar SC Coaches Clinic, Feb 15<sup>th</sup> 2009**    **Age Group:** U9/U10    **Session Topic:** Passing & Possession

**DETAILS**

**DIAGRAMS**

	<b>DETAILS</b>	<b>DIAGRAMS</b>
<p><b>WARM UP</b> <b>Passing &amp; Receiving</b></p>	<p>Players dribble to cone, cut pass back to supporting players</p>	
<p><b>SOCCER RELATED ACTIVITY</b> <b>Possession &amp; Transition</b></p>	<p>Keep ball in your half by inter passing. Defensive team wins ball by passing into their half</p>	
<p><b>MATCH RELATED ACTIVITY</b> <b>3 Passes got o GOAL</b></p>	<p>Connect 3 passes attack either goal. Have #'s up for attacking team</p>	
<p><b>GAME</b> <b>8 v 8</b></p>	<p>Work on attacking and defending principles Height, width, depth Pressure, cover, balance</p>	
<p><b>COOL DOWN</b></p>	<p>5 – 7 minute stretch</p>	