Sample Session Plans for T&C Coaches
Lonestar SC Coaches Clinic, LP7 Age Group: U7/8 **Session Topic:** Passing/Shooting

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

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