



# Sample Session Plans for T&C Coaches

Lonestar SC Coaches Clinic, LP 8 Age Group: U12 + Session Topic: Passing

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



COOL DOWN	5 min stretch	
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