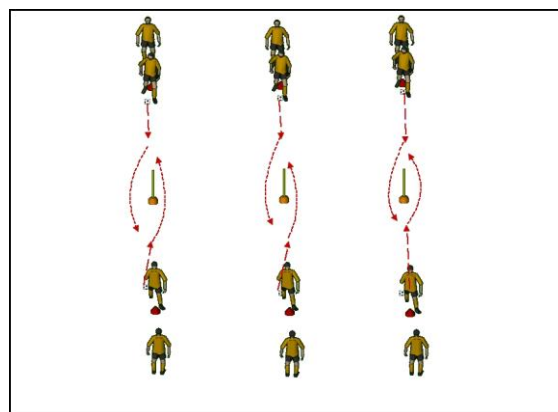


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On the ball waves: The first player in each line will dribble towards the pole (at the same time) and will perform a skill using the pole as a defender and finishing at the line on the opposite side.

Coaching Points:

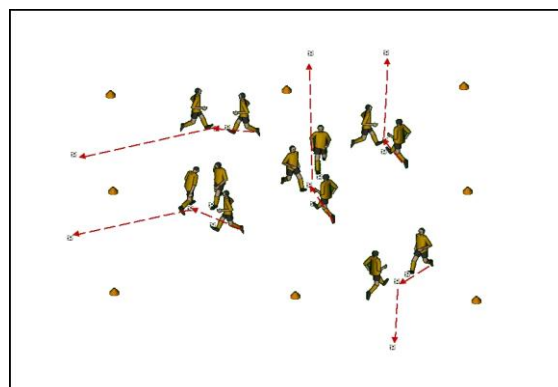
- ✓ Close control with small touches
- ✓ Perform the skill at the right distance to avoid being tackled and do the skill towards the same side as the partner.
- ✓ Skills to be performed: Pull and push, body fake, outside step overs.



Kick it Out (Double Trouble): The players will dribble inside the square and will have to keep the ball at their feet at the same time as they try to kick everybody else's ball out of the square. If a player's ball is kicked out, they are out of the game and can have a drinks break.

Coaching Points:

- ✓ Dribbling with insides and outsides
- ✓ Spatial awareness
- ✓ Body position and decision making.

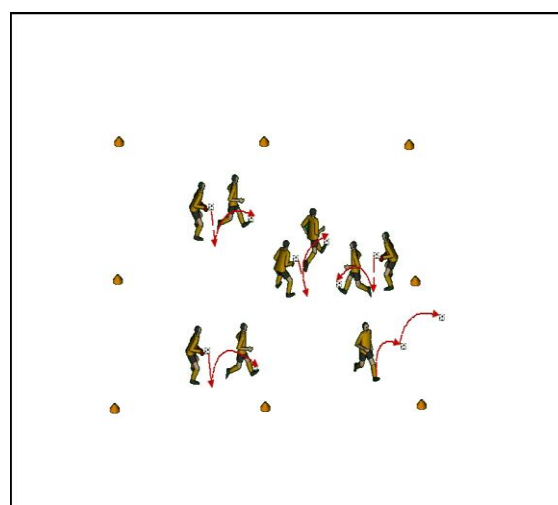


Juggling:

Players can start with the ball in their hands, dropping it on the ground, letting it bounce, take a soft touch with the top part of their dominant foot and then catch. Can progress to continuously kicking the ball slightly higher than the waist line after a bounce, moving onto continuously kicking with no bounce. Players can also use another body parts to control the ball: i.e.: head, shoulders, chest and thigh.

Coaching Points:

- ✓ Close control
- ✓ Soft touches
- ✓ All joints relaxed using all surfaces: feet, thighs, head.

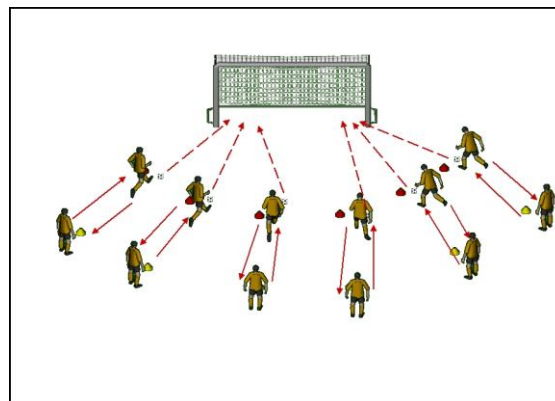


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All shoot in goal: Players will shoot all at the same time, then collect their balls, reposition it back on their spot and get ready for the next shot.

Coaching points:

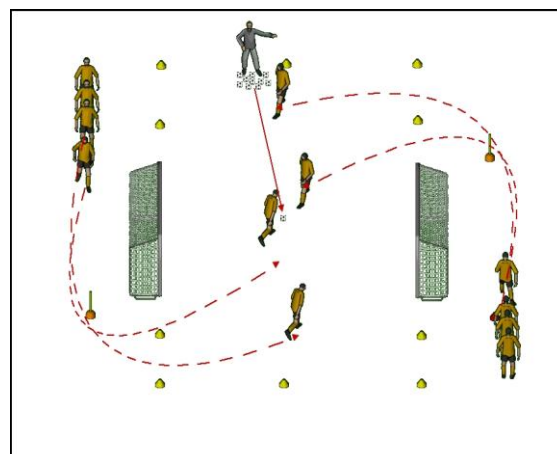
- ✓ Non-kicking foot plants next to the ball, kicking leg sharp knee bend, toes pointed ankle locked and contact centre of the ball, follow through.
- ✓ Different shooting technique can be applied: Laces, inside, outside, lifted drive.
- ✓ Ensure both feet are used to shoot.



Dynamic 2v2's Players will line up behind the cones and at the coach's signal they will run towards the pole going around it (2 at the time) to meet each other in the field and play a 10 seconds 2 v2 game.

Coaching points:

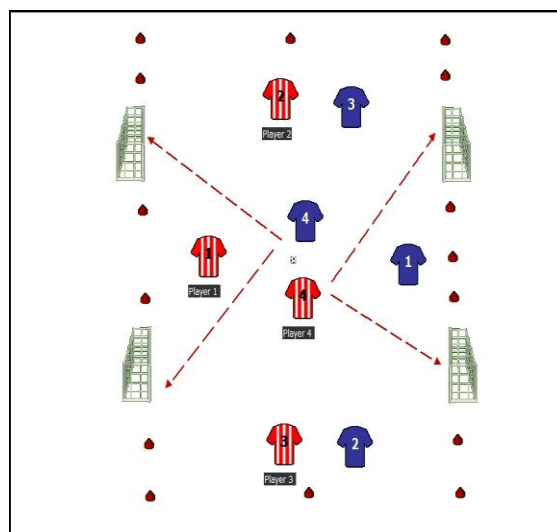
- ✓ Quick reactions to position body to take a good first touch
- ✓ Dribbling technique to find the best space to finish
- ✓ Accuracy when taking the shot as they have only ten seconds
- ✓ Passing and movement off the ball, 1-2's and Overlaps
- ✓ First defender closes down the ball and second defender marks player off the ball.



4 goal game (short and wide): Give players positions and explain the formation they will be playing, there is no goalkeeper. The aim of this game is to emphasise the role of attacking wide areas when attacking one goal, if this goal becomes defended well a switch pass can be made to the other side to attack the open goal.

Coaching points:

- ✓ Play out from goal-kick with defenders pulling high and wide to the side lines.
- ✓ Attempt to shift defending team around to create an opening at one of the goals.
- ✓ Switch the ball to the other side and attack the other goal. Emphasise the wide player staying high and wide and attacking at speed.



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4v4 – focusing on dribbling and passing to free space:

Set-up a 4 v 4 game with 1 team wearing bibs. Each player will be given a position to play within either a diamond formation or 2-2 formation. The game play will run as normal, ensuring all the game rules are adhered to. Rotate positions throughout the game.

Coaching points:

- ✓ Focus the player's attention on the key coaching point of dribbling into free space, followed by passing the ball to a player that has free space.
- ✓ If there is free space in front of you dribble into that space using small touches as fast as you can followed by a pass to a teammate in space.
- ✓ This can be progressed to dribbling with weaker foot only or dribbling with the sole of foot and passing with their weaker foot only.

