

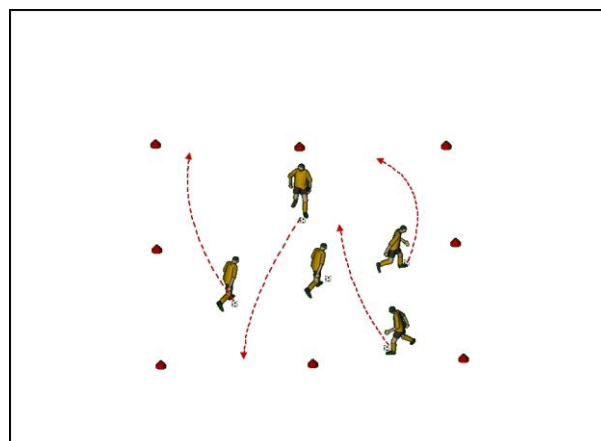
Cooperative Training Program – Macquarie Dragons – U6 & U7 – Weeks 1 & 2

On the Ball Skills

Set up a 30X30m square. Ask players to dribble into free space. Show the players one skill at a time and let them practice while dribbling.

Coaching Points

- ✓ Soft touches with the insides and outsides of both feet
- ✓ Keep heads up to dribble into space
- ✓ Pull backs, Roll overs, inside and outside turns, Skip step, outside step overs, Body fake, Pull and push.



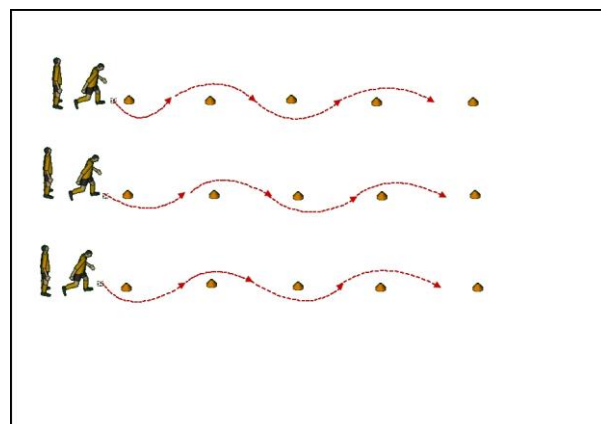
Dribbling Cones

Set up lines of cones and have equal lines of players behind each of them.

Players will dribble in and out of the cones, following the line till the end and then dribble back

Coaching Points

- ✓ Close control
- ✓ Various dribbling techniques: Sole of foot, inside outside, bells, toe taps
- ✓ Change in pace.



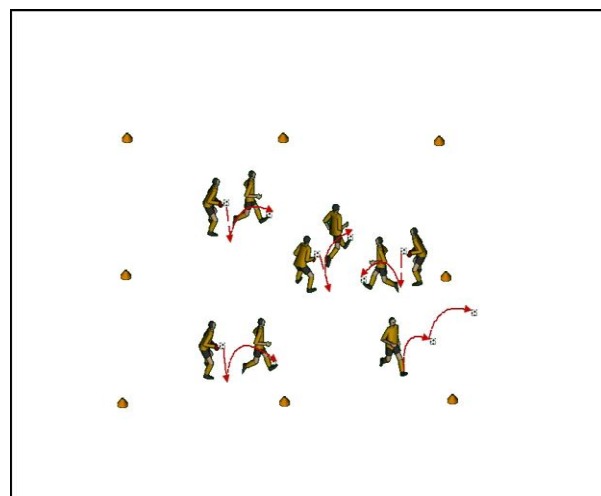
Juggling

Set up a 20X20 square and distribute one ball per player.

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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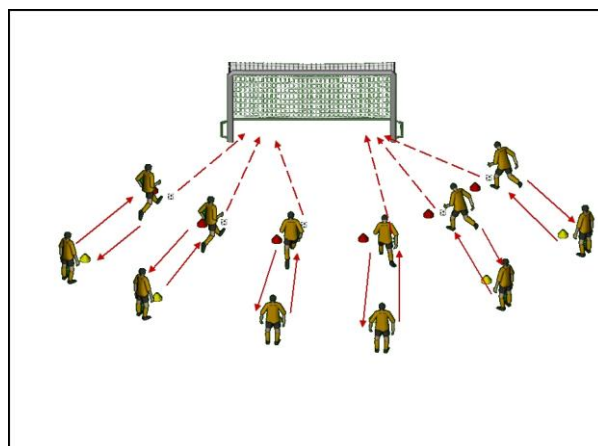
All shoot in goal

Set up a semicircle with cones or pancakes in front of the goal at 10m distance. Position each player next to a cone with a ball (on the ground) facing the goal from every angle.

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.

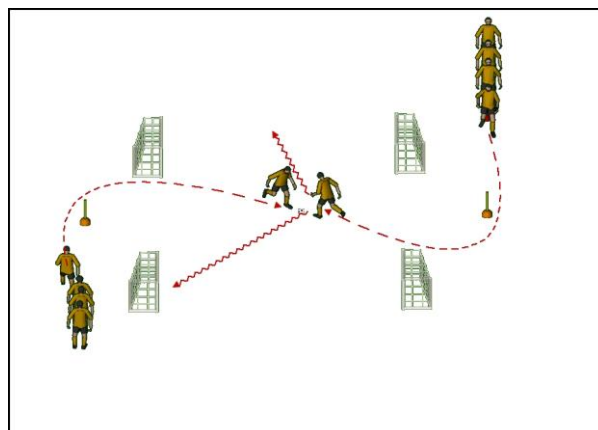


Dynamic 1v1's goals

Set up 3 sets of 20X10m fields with small goals. Behind each goal put one cone and 10m ahead of the cone one agility pole. Players will line up behind the cones and at the coach's signal they will run towards the pole going around it (1 at the time) to meet each other in the field and play a 10 seconds 1 v1 game.

Coaching Points

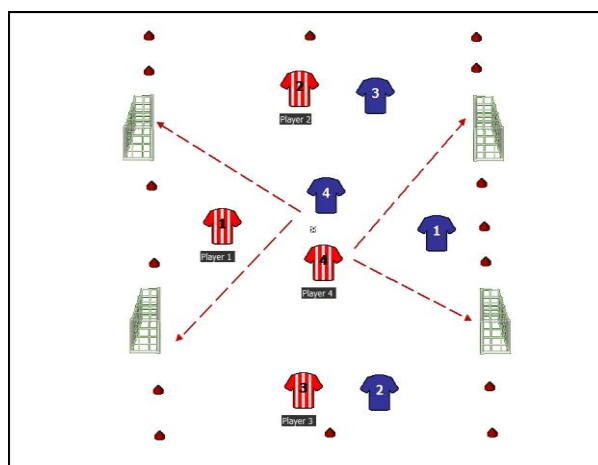
- ✓ Quick reactions to position body to take a good first touch
- ✓ Dribbling technique to find the best space to finish
- ✓ Accuracy when taking the shot as they have only ten seconds.



4 goal game Give players positions and explain the formation they will be playing, there is no goalkeeper. Explain the rules of the game whether its throw-ins or kick-ins when the ball crosses the sidelines. The aim of this game is to emphasise 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

- ✓ When attacking everyone can push up as a team.
- ✓ Only the closest player to the ball closes the ball down, everyone else can remain in their positions.
- ✓ 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.



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4v4 – focusing on dribbling 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.
- ✓ Demonstrate that once you receive the ball and get the ball under control if there is free space in front of you dribble into that space using small touches as fast as you can.
- ✓ Ensure all players are controlling the ball with their inside foot before they dribble with the ball then ask them to look up to find the free space.
- ✓ This can be progressed to dribbling with weaker foot only or dribbling with the sole of foot.

