

## Cooperative Training Program – Macquarie Dragons – U6 & U7 – Weeks 3 & 4

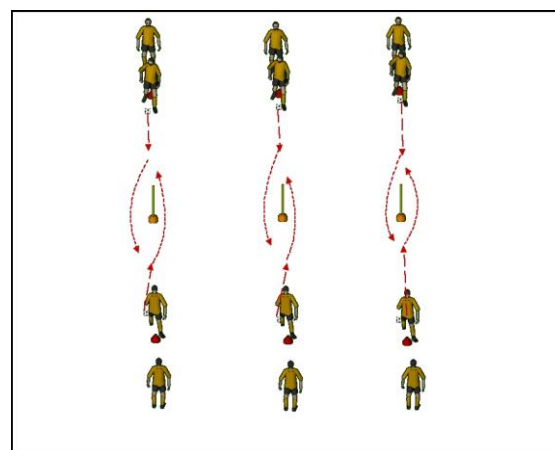
### On the ball waves:

Split the players into even lines, having sets of lines facing each other with a pole in the middle (lines to be 20m apart).

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.

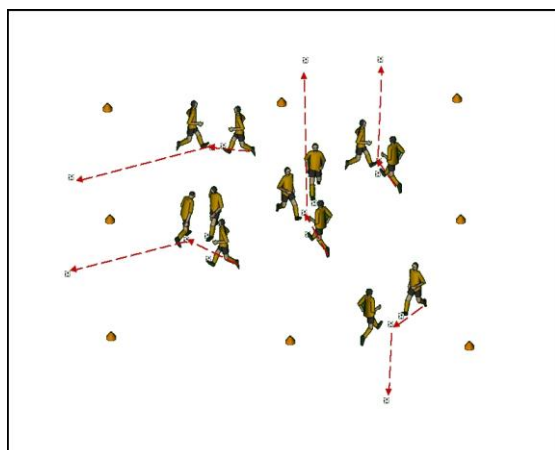


**Kick it Out (Double Trouble):** Set Up a 30X30m square and give one ball per player.

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.

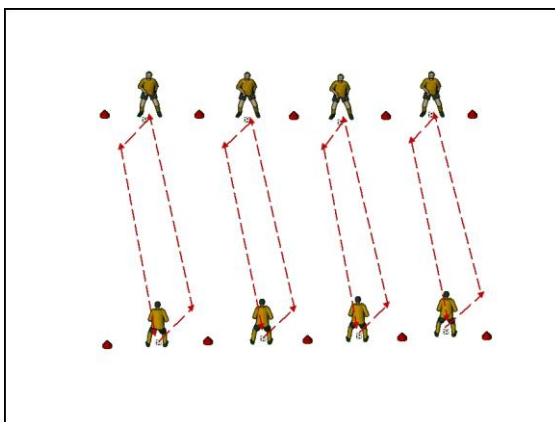


**Passing partners:** Set Up 2 lines of cones and split the players into pairs, with one player in each grid facing their partner.

Partners will pass the ball to each other keeping it in their individual grid.

#### Coaching Points:

- ✓ Turning knee out to pass the ball with the inside foot,
- ✓ Locking the ankle and push the ball straight through.
- ✓ Changing body position to angle it to receive the ball
- ✓ Touching it diagonally forward before passing. Use both feet and use different combinations to try each technique.

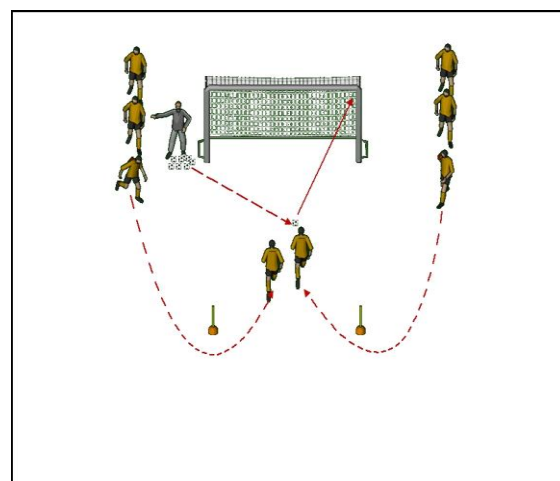


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**Running and Shooting:** Set up one goal with a cone next to each goal post. Set up two poles 10-15m in front of the goal on the goal posts direction. At the coach signal, players will run (first player in each line at the time) towards the pole, go around it and then run towards the goal. The coach will then role a ball and the first player to gets to it will take a shot to goal. For younger players, the coach can role one ball for each. Coach can also ask the players to take a touch before shooting.

### Coaching Points:

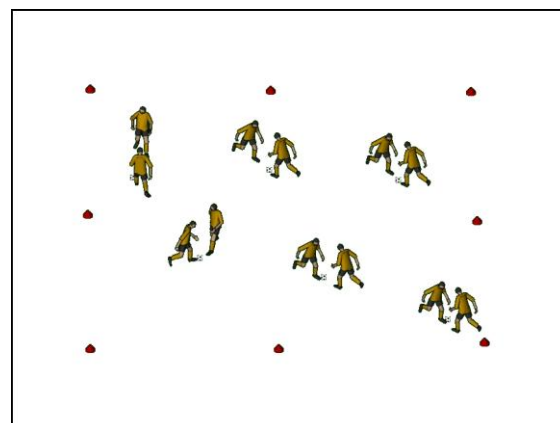
- ✓ Position body correctly to take a shot with the ball in movement
- ✓ Being aware of the other player opposing.
- ✓ Shooting techniques to be applied: laces, inside, outside.



**Tackling Partners:** Set Up a 30X30m square, split the players into pairs and give a ball per every two players. One player will dribble into the square trying to find space and the partner will try to win the ball.

### Coaching Points:

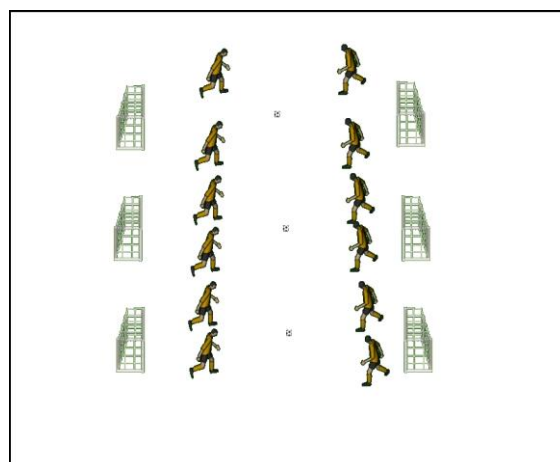
- ✓ Dribbling avoiding tackles
- ✓ Defender positions side on maintaining on toes, upper body is low.
- ✓ Anticipate the player with the ball's movement to successfully win the ball.



**2v2's:** Set up 3 fields of 15X20m each with small goals. Players will play a 2v2 game aiming to score on the goal at the opposite end.

### Coaching Points:

- ✓ 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.



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### 4v4 – focusing on 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 passing into free space.
- ✓ If there is a team mate that has free space then pass them the ball using the inside foot.
- ✓ Ensure all players are controlling the ball with before they pass the ball to a team mate.  
Once they pass the ball, ensure the player then moves to find a free space to receive the ball again.

