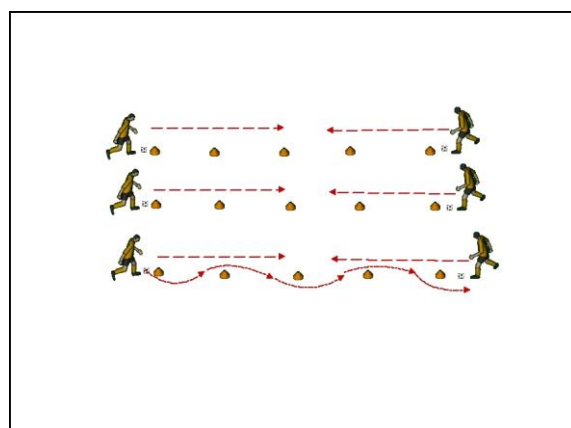


Cooperative Training Program – Macquarie Dragons – U6 & U7 – Weeks 6 & 7

Dribbling Relays: A player on one side starts dribbling the ball to deliver to the player on the other side, as soon as it is done the players go to the back of the opposite line and when the lines are completely on the opposite end the relays is finished.

Coaching Points:

- ✓ Touches with insides and outside of both feet.
- ✓ Correct body position and team work.
- ✓ Various dribbling techniques: Sole of foot, inside outside, bells, toe taps

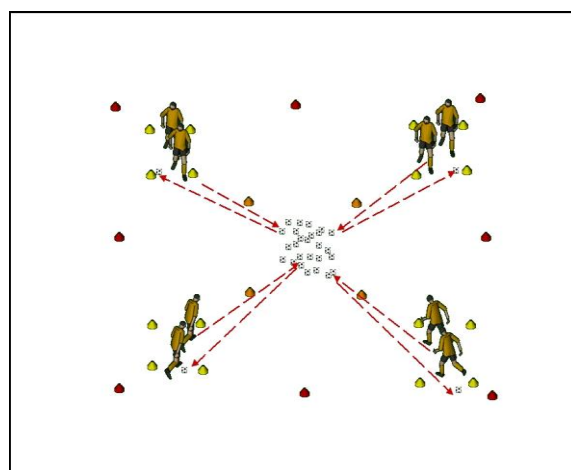


Dribblers and Collectors (Rob the Nest)

When the coach gives a sign, players run to the middle to take one soccer ball each at the time and dribble it towards their teams “Nest”. If the coach feels comfortable with their group’s skills when the balls in the middle are gone they can start stealing from each other. The team with the most balls inside of the nest wins.

Coaching Points:

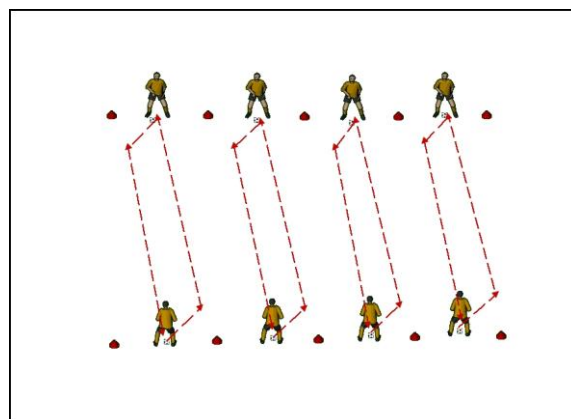
- ✓ Dribbling technique
- ✓ Correct body position
- ✓ Team work and anticipation of other player’s movement.



Passing partners: 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.

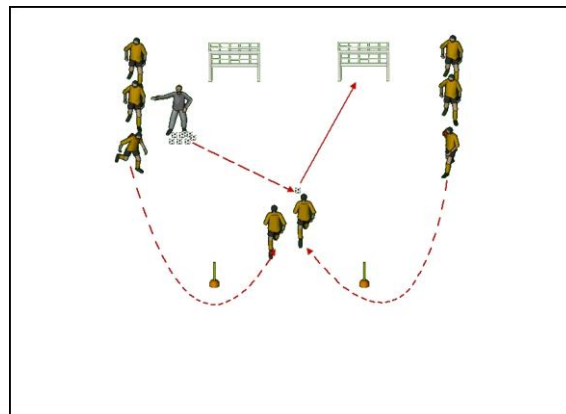


Cooperative Training Program – Macquarie Dragons – U6 & U7 – Weeks 6 & 7

Running and Shooting – 2 Goals: 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 one of the goals. The coach will then roll a ball and the first player to gets to it will take a shot to goal. For younger players, the coach can roll one ball for each. Coach can also ask the players to take a touch before shooting.

Coaching Points:

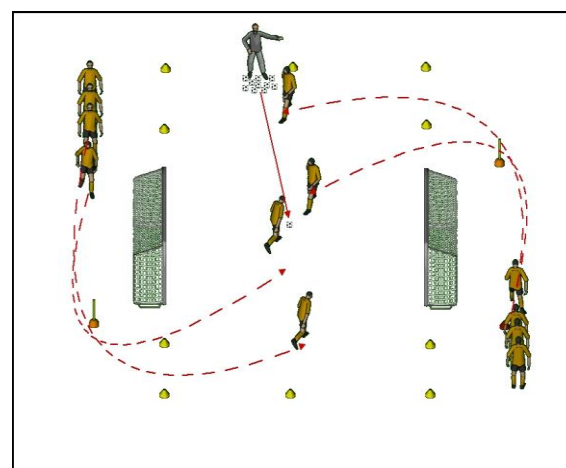
- ✓ Position body correctly to take a shot with the ball in movement
- ✓ Being aware of the opposing player
- ✓ Shooting techniques to be applied: laces, inside, outside.
- ✓ Classy finish on the corners, shots going along the ground



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:

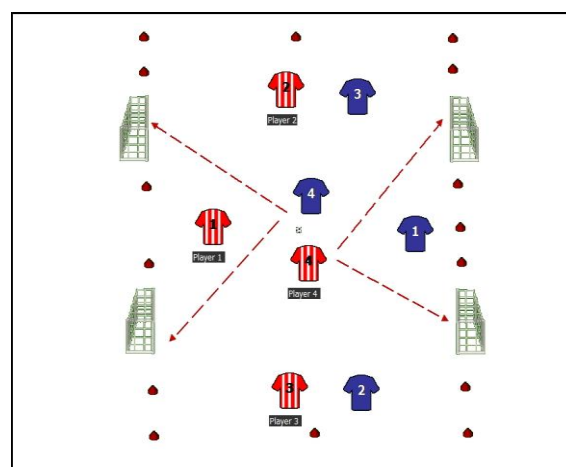
- ✓ Quick reactions to position body to take a good first touch
- ✓ Dribbling technique to find the best space to finish
- ✓ Accuracy when taking the shot as they have only ten seconds
- ✓ Passing and movement off the ball, 1-2's and Overlaps
- ✓ First defender closes down the ball and second defender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



4 goal game: 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.



Cooperative Training Program – Macquarie Dragons – U6 & U7 – Weeks 6 & 7

4v4 – focusing on dribbling to free space:

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.

