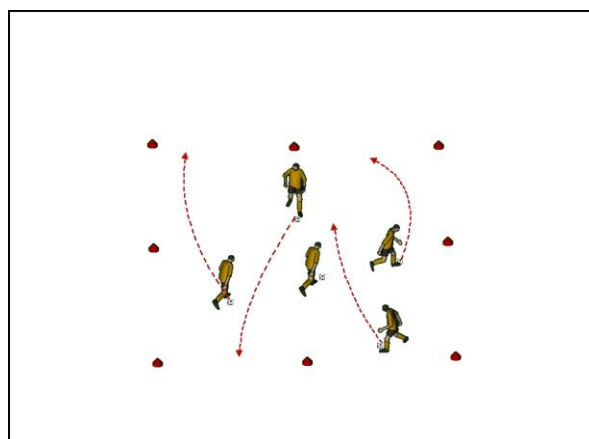


## Cooperative Training Program – Macquarie Dragons – U6 & U7 – Weeks 8 & 9

**On the Ball Skills:** Ask players to dribble into free space. Show the players one skill at a time and let them practice while dribbling.

### Coaching Points:

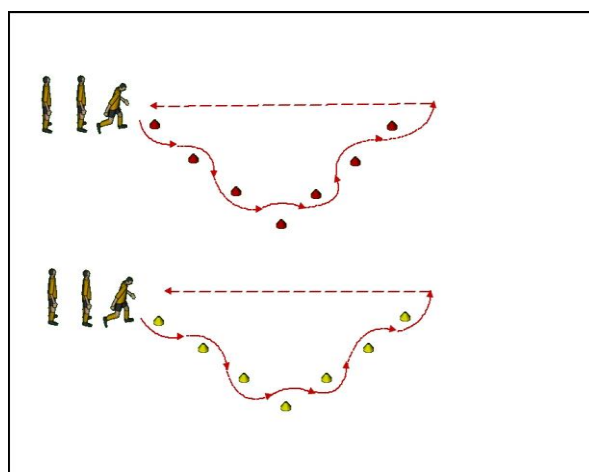
- ✓ Soft touches with the insides and outsides of both feet
- ✓ Keep heads up to dribble into space
- ✓ Pull backs, Roll overs, inside and outside turns, Skip step, outside step overs, Body fake, Pull and push.



**Dribbling Cones- Boomerang:** Players dribble in and out of the cones for the whole Boomerang ("V" shape) and dribble back

### Coaching Points:

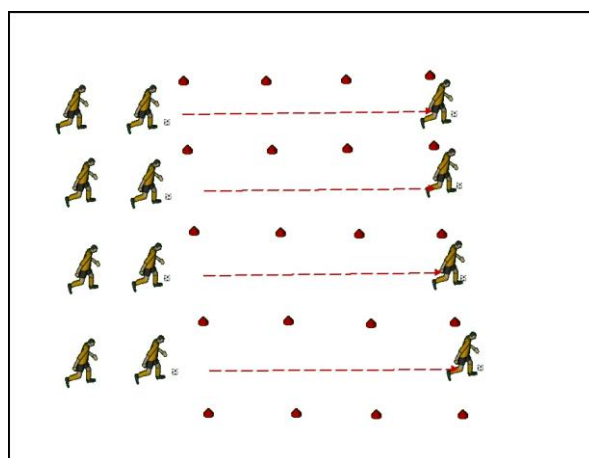
- ✓ Soft touches with the insides and outsides of the feet to control the ball
- ✓ Quickly changing direction and pace to make to the end of the Boomerang.
- ✓ Various dribbling techniques: Sole of foot, inside outside, bells, toe taps



**Running with the ball in grid:** Set up 4 grids, with cones 3m apart from each other longways and 5m sideways. Players to run as fast as they can with the ball inside the grid in one straight line.

### Coaching Points:

- ✓ Laces touches with leg extension
- ✓ Dribble in straight lines
- ✓ Take as many touches as possible to control ball whilst sprinting

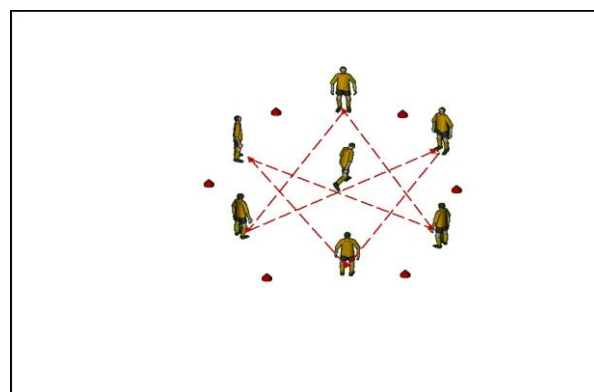


## Cooperative Training Program – Macquarie Dragons – U6 & U7 – Weeks 8 & 9

**Rondo:** With one player in the middle of the circle trying to win the ball, the players at the edge of the circle will pass the ball to each other, keeping it away from the person in the middle.

### Coaching Points:

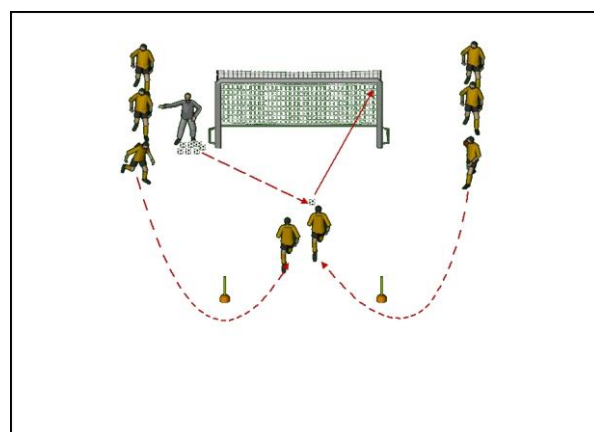
- ✓ Correct body position for a good first touch
- ✓ Body open to find the best option for passing
- ✓ Applying the correct passing technique to reach their target.



**Running and Shooting:** 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:

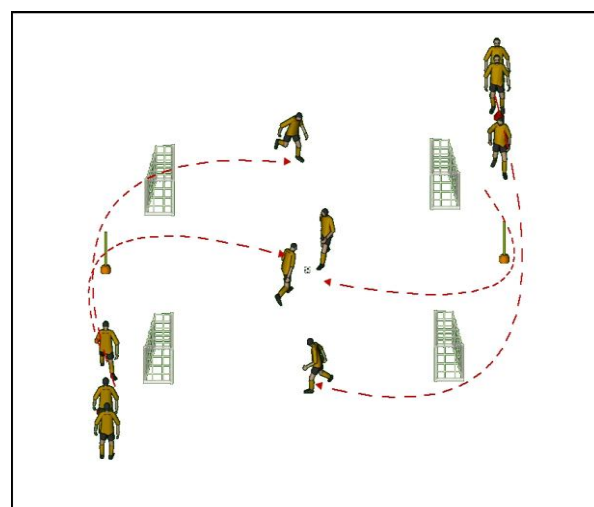
- ✓ Position body correctly to take a shot with the ball in movement
- ✓ Being aware of the other player opposing.
- ✓ Shooting techniques to be applied: laces, inside, outside.



**Dynamic 2v2's - 4 goals:** 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.
- ✓ Usage of the 4 goals to make sure that players will play as wide as they can and defenders will slide across to keep the formation.



## Cooperative Training Program – Macquarie Dragons – U6 & U7 – Weeks 8 & 9

### 4v4 – focusing on passing 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 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.

