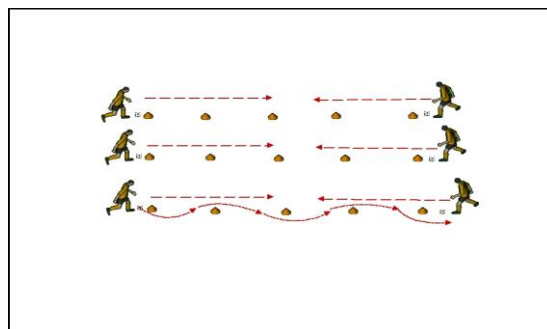


Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 11 & 12

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:

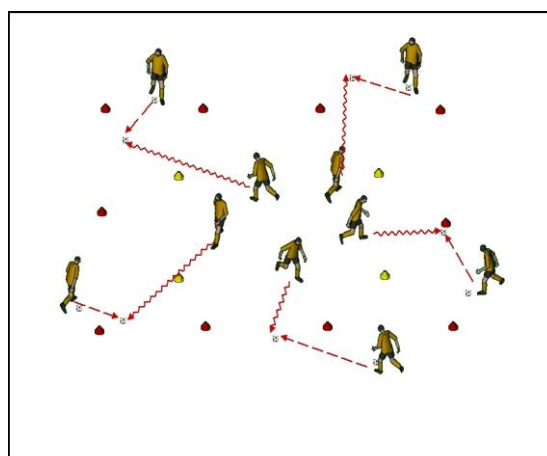
- ✓ Touches with insides and outside of both feet.
- ✓ Correct body position and team work.
- ✓ Various dribbling techniques: Sole of foot, inside outside, bells, toe taps



Half in Half out Touch Game: Each player in the centre of the square will move towards one player on the outside to receive the ball from them control and pass back. That can progress to receive the ball from one player and pass to another one, then get the players on the outside to move around the rectangle and also we can give the ball to the players on the inside to dribble, find a player on the outside pass and receive back (practicing 1-2's and overlaps)

Coaching Points:

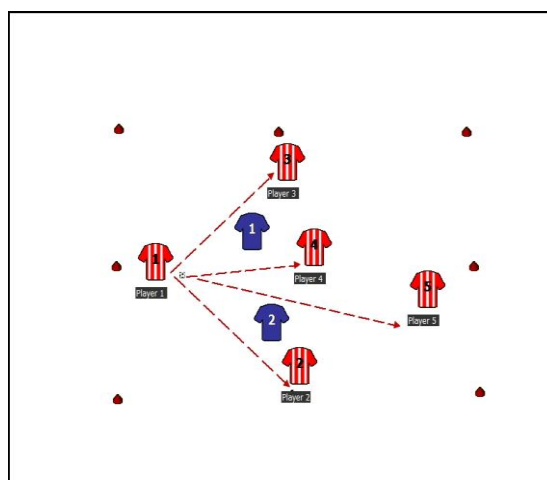
- ✓ Dribble to free space,
- ✓ Body position is open facing the field and not the sideline when controlling the ball
- ✓ Awareness of where other players are moving to before releasing the ball.



5v2: The game runs with the team of 5 players trying to keep the possession using the numerical advantage in relation to the other team. After 3-5min, bring the team (s) out in and half way through re shuffle the players into the teams so everybody will have a goal on both circumstances.

Coaching Points:

- ✓ Correct passing technique with body open
- ✓ First touch diagonally forward taking the ball away from the opposition players.
- ✓ Players on the sides positioning as wide and as high as they can. Team shape (One in each side, one in the middle and one far), line of pass and moving back and away.

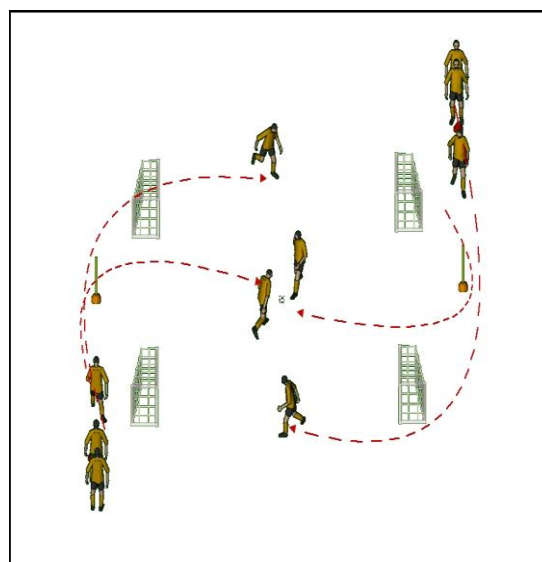


Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 11 & 12

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:

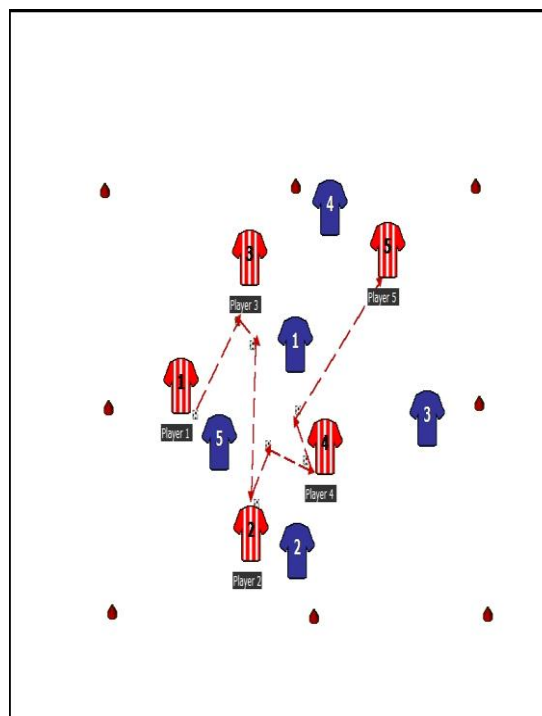
- ✓ Quick reactions to position body to take a good first touch
- ✓ Dribbling technique to find the best space to finish
- ✓ Accuracy when taking the shot as they have only ten seconds
- ✓ Passing and movement off the ball, 1-2's and Overlaps
- ✓ First defender closes down the ball and second defender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



5 v 5 – 2 touch game: Emphasise that all players can only take a maximum of 2 touches, 1 to control the ball and 1 to pass the ball. If a player takes more than 2 touches the ball will be transferred to the opposing team. A point is scored when 1 team can complete 5 successful passes using only 2 touches each. This can progress into a normal game whereby the restriction is having a maximum of 2 touches. The aim of this game is to emphasise quick passing and moving, accuracy of touch and pass with both feet.

Coaching points:

- ✓ Emphasise the need to find a free space to always be an option to receive the ball from your team mates.
- ✓ Explain how to occupy equal spaces, if you are standing too close to one of your own team mates this is not a good space to receive the ball.
- ✓ Explain how to create a line-of-pass, you must be able to draw a line between the player on the ball to a player in free space without having any defenders in the way.
- ✓ Emphasise pre-thinking, knowing what to do before a player receives the ball where to touch the ball into space and where the next pass is going to be played.

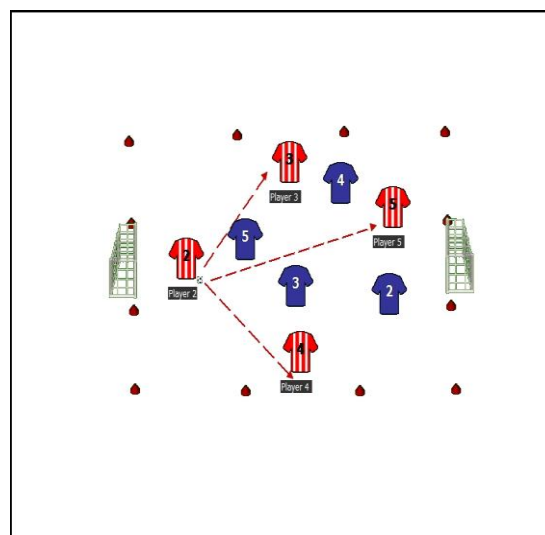


Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 11 & 12

4v4 – line of pass: 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 always creating a line of pass.
- ✓ Ensuring an imaginary line can be drawn on the ground between the feet of 2 players.
- ✓ Find free space which they can create a line of pass with the player on the ball.
- ✓ Freeze the play at key coaching windows to demonstrate how a player can make a simple movement to create a line of pass.



Specifics: Rolls and catches in partners (Bending knees and scooping the ball up), progressing to throws and high catches, also bouncing the ball (cushion zone with arms and catching with hands in diamond shape): In pairs, 1 player stands in a goal with a partner facing with a ball. The partner facing is the server, throwing the ball using their hands, or for advanced players can kick the ball. Progress through rolling, catching, throwing and high catches.

Coaching points:

- ✓ When catching, bend down in long barrier position – ensuring body is behind the ball and there are no gaps between their legs. Bend down and scoop the ball up with 2 hands into their chest.
- ✓ High catches, server throws the ball up for the goalkeeper to catch arms stretched up and collecting the ball from the highest point by jumping.
- ✓ Goalkeeper must be on their toes. Throws can be used for ball distribution, over arm throws, shoulder passes and over head throws using 2 hands.

