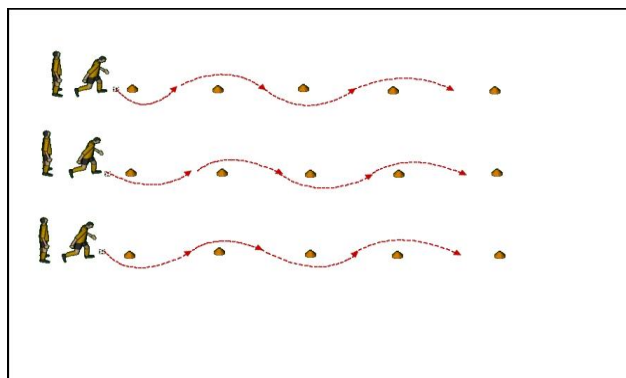


## Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 1 & 2

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

### Coaching Points:

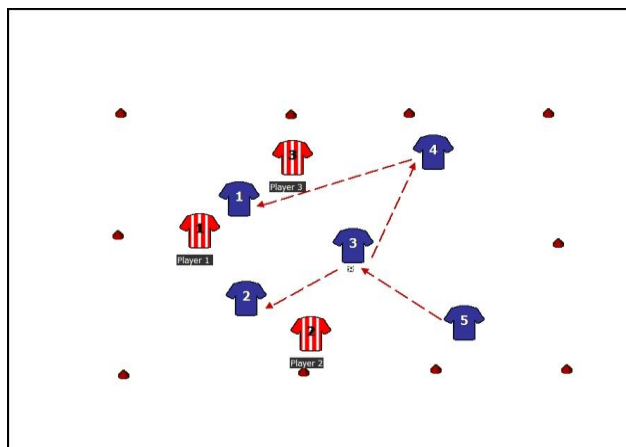
- ✓ Close control
- ✓ Various dribbling techniques: Sole of foot, inside outside, bells, toe taps
- ✓ Change in pace.



**5v3:** The game runs with the team of 5 players trying to keep the possession using the player overload 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:

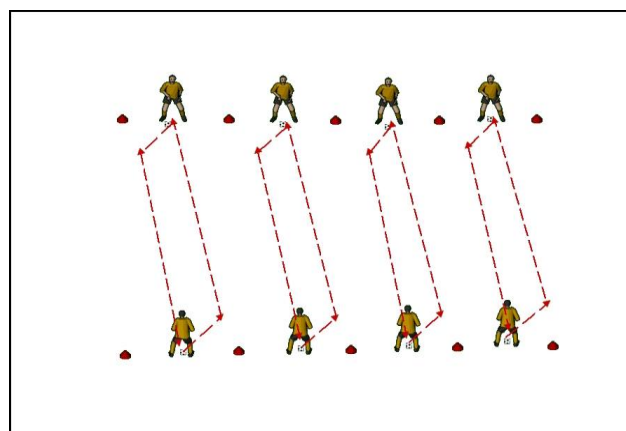
- ✓ Correct passing technique with body open
- ✓ First touch diagonally forward taking the ball away from the opposition players.
- ✓ Players on the sides positioning as wide and as high as they can. Team shape (One in each side, one in the middle and one far), line of pass and moving back and away.



**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.

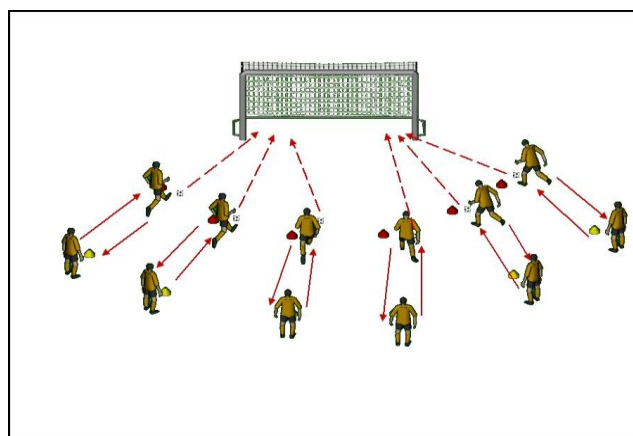


## Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 1 & 2

**All shoot in goal:** 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:

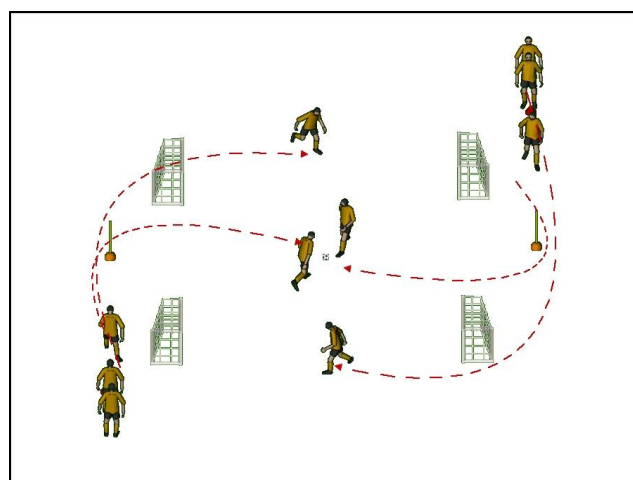
- ✓ Non-kicking foot plants next to the ball, kicking leg sharp knee bend, toes pointed ankle locked and contact centre of the ball, follow through.
- ✓ Different shooting technique can be applied: Laces, inside, outside, lifted drive.
- ✓ Ensure both feet are used to shoot.



**Dynamic 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.



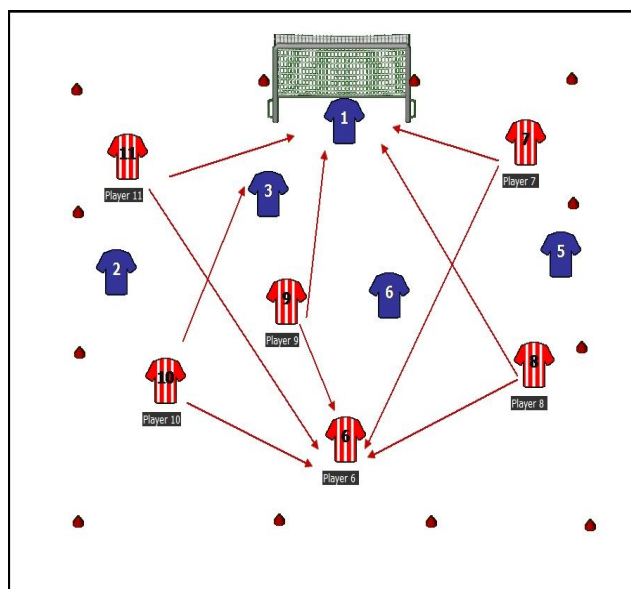
## Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 1 & 2

### Gameplay – focusing on body position when

**receiving the ball:** The game play will run as normal, ensuring all the game rules are adhered to. Rotate positions throughout the game. The main emphasise will be on body positioning when receiving the ball.

### Coaching points:

- ✓ Demonstrate to the players that when receiving the ball, if they can open their body to see as much of the field as possible.
- ✓ Receive the ball on their furthest foot to ensure their first touch is forward.
- ✓ If a player is seen to receive the ball without opening their body, freeze the play and show them how a small movement can help them see more of the field and also where their next pass can be.



**Goalkeeping and Shooting Penalties:** 1 player is the goalkeeper and the other is shooting. Rotate positions after 10 shots.

### Coaching points:

- ✓ For the goalkeeper focus the players attention on making themselves as big as possible, with arms out stretched to the side, feet shoulder width apart, knees bent and on their toes ready to react to the shot taken.
- ✓ Move their feet when the shot is taken to get their body behind the ball
- ✓ Collapse knees, hips, then shoulders to the ground if diving to save the ball is required.
- ✓ For the shooting player, ask them to use accuracy and aim for the corners to work the goalkeeper.

