

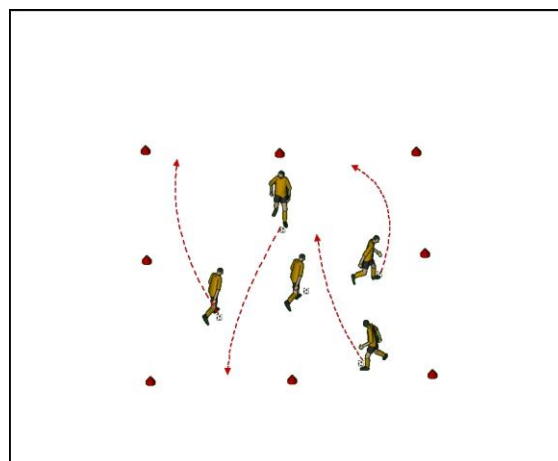
Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 3 & 4

On the Ball Skills:

Set up a 30X30m square. Ask players to dribble into free space. Show the players one skill at a time and let them practice while dribbling.

Coaching Points:

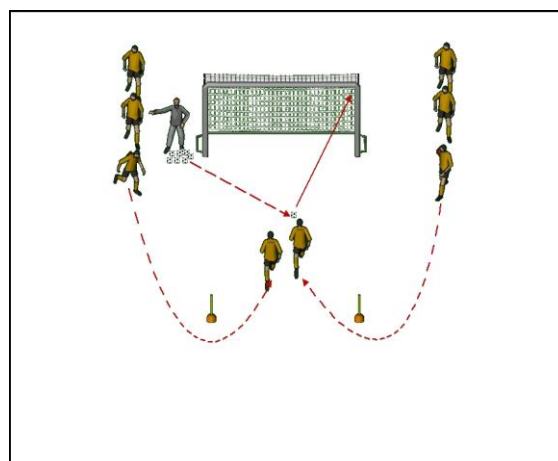
- ✓ Soft touches with the insides and outsides of both feet
- ✓ Keep heads up to dribble into space
- ✓ Pull backs, Roll overs, inside and outside turns, Skip step, outside step overs, Body fake, Pull and push.



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:

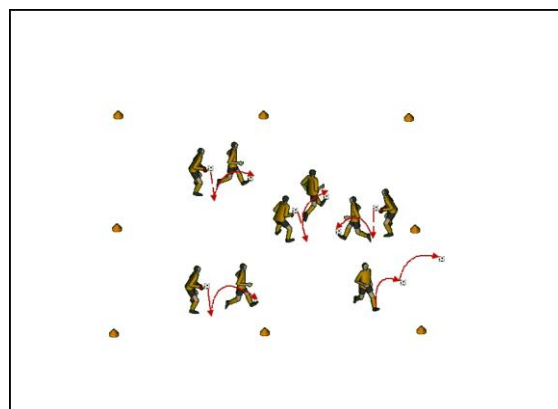
- ✓ Position body correctly to take a shot with the ball in movement
- ✓ Being aware of the other player opposing.
- ✓ Shooting techniques to be applied: laces, inside, outside.



Juggling: Players can start with the ball in their hands, dropping it on the ground, letting it bounce, take a soft touch with the top part of their dominant foot and then catch. Can progress to continuously kicking the ball slightly higher than the waist line after a bounce, moving onto continuously kicking with no bounce. Players can also use another body parts to control the ball: i.e.: head, shoulders, chest and thigh.

Coaching Points:

- ✓ Close control
- ✓ Soft touches
- ✓ All joints relaxed using all surfaces: feet, thighs, head.

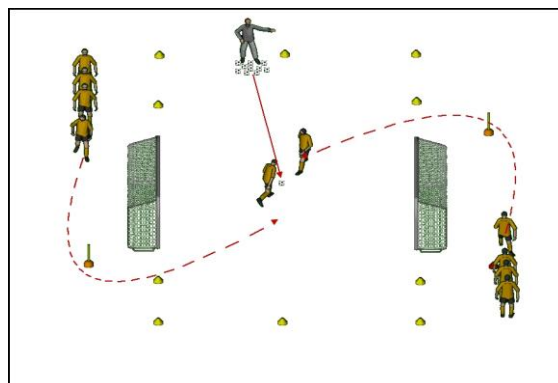


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Dynamic 1v1's goals: Players will line up behind the cones and at the coach's signal they will run towards the pole going around it (1 at the time) to meet each other in the field and play a 10 seconds 1 v1 game.

Coaching Points:

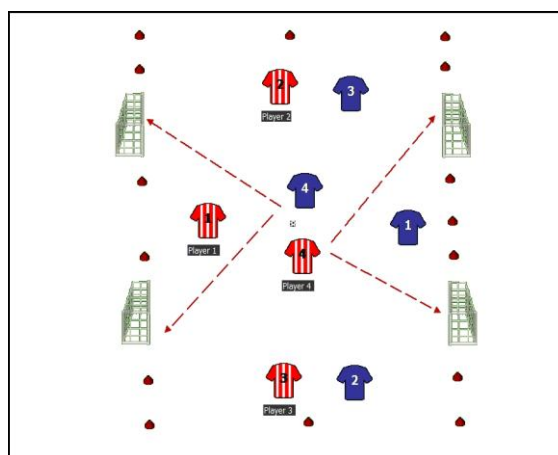
- ✓ Quick reactions to position body to take a good first touch
- ✓ Dribbling technique to find the best space to finish
- ✓ Accuracy when taking the shot as they have only ten seconds.



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:

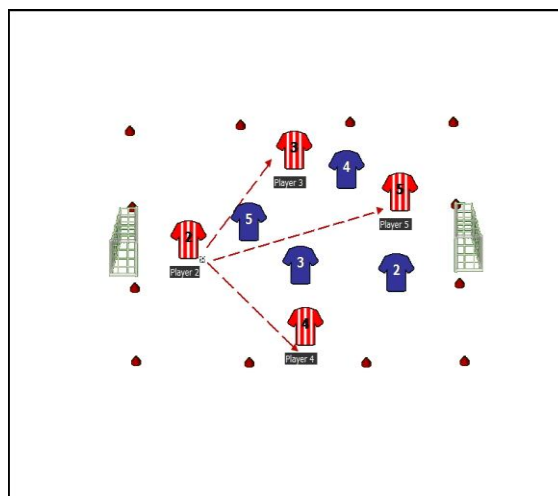
- ✓ When attacking everyone can push up as a team.
- ✓ Only the closest player to the ball closes the ball down, everyone else can remain in their positions.
- ✓ Attempt to shift defending team around to create an opening at one of the goals.
- ✓ Switch the ball to the other side and attack the other goal.



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.



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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.

