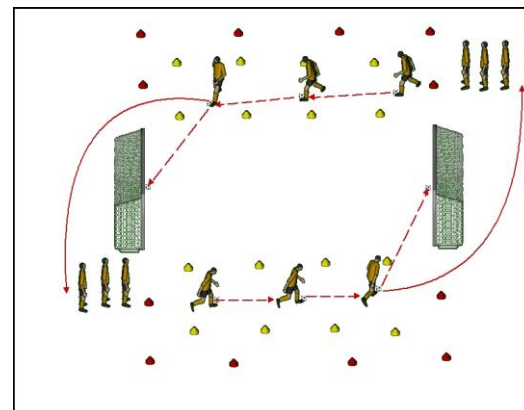


Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 6 & 7

Dribble and shoot: Players will start one side, dribble through the channel, take their final touch 10m away from the goal in front of them and take a shot at goal. They will collect the ball and head towards the opposite goal, dribbling along the channel on the other side.

Coaching Points:

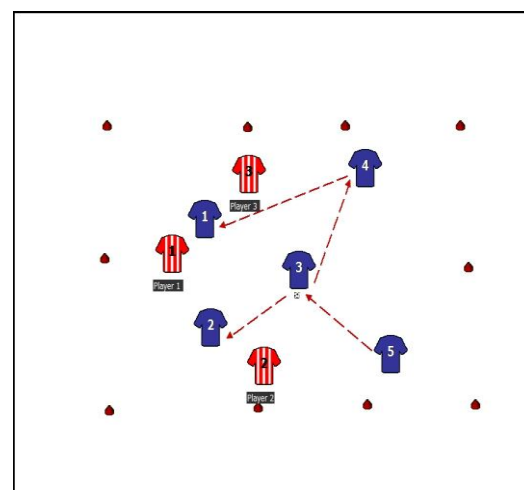
- ✓ Dribbling / Running with the ball technique
- ✓ Last touch and final steps before taking a shot (to position and balance their bodies correctly).
- ✓ Different shooting techniques



5v3: Keep one of each in the field and put the remaining players on the outside to retrieve the ball and re feed it in. 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:

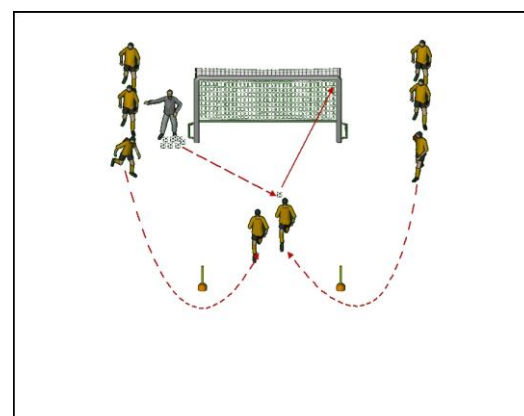
- ✓ Correct passing technique with body open
- ✓ First touch diagonally forward taking the ball away from the opposition players.
- ✓ Players on the sides positioning as wide and as high as they can. Team shape (One in each side, one in the middle and one far), line of pass and moving back and away.



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.

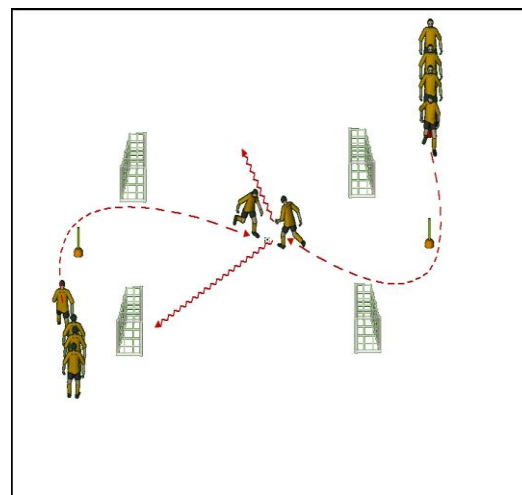


Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 6 & 7

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:

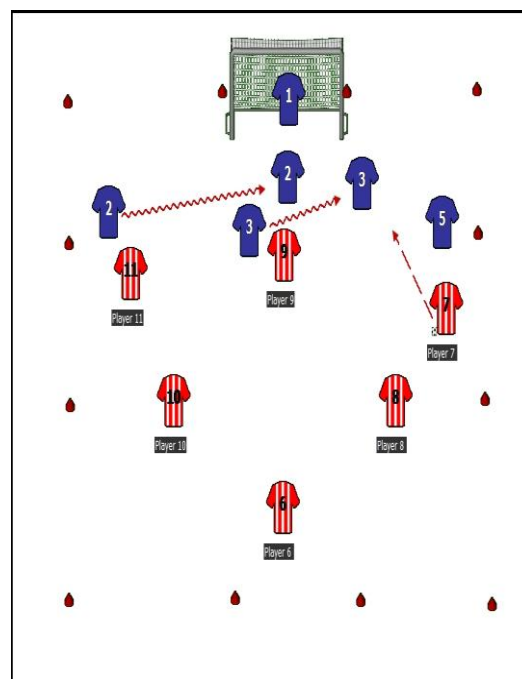
- ✓ Quick reactions to position body to take a good first touch
- ✓ Dribbling technique to find the best space to finish
- ✓ Accuracy when taking the shot as they have only ten seconds.



Back 3 defending drill: Divide players into 2 teams, 1 team attacking with midfielders and attackers and 1 team has just defenders and a goalkeeper. 1 team wearing bibs. Each player will be given a position to play in a particular formation. The game will focus on the role of each of the defenders and the movement required with an opposition team advancing up the field. The ball will start with an attacking team who will advance towards the goal, keeping possession of the ball until they reach a shooting opportunity.

Coaching points:

- ✓ Focus the player's attention on the closest player to the ball pressures the ball, with the rest of the defenders keeping in-line but are also aware of other advancing players from the opposition.
- ✓ If the ball is on one side of the field the closest defender pressures, with the other players shuffling across creating a 'Banana Shape'
- ✓ Freeze play and physically demonstrate when the defence has not shuffled across to maintain equal space or their 'banana' shaped line of defence.
- ✓ Ensure that defenders are tracking the runs of attackers between the defensive line.

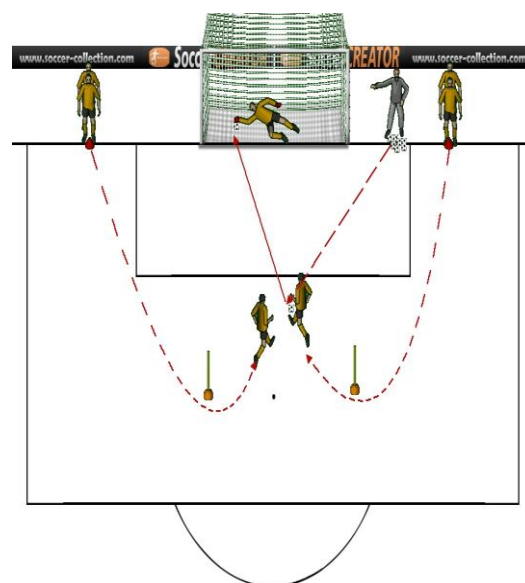


Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 6 & 7

Run and Shoot with Goalkeeper: 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:

- ✓ 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 hot 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.



Specifics: Diving on corners (Rolling on the ground and high throws in partners): 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. The goalkeeper is required to collapse on the ball on both sides, this is achieved by stretching out and landing knees, hips, shoulders. Collecting the ball and rolling or throwing back to the server.

Coaching points:

- ✓ Collapse on ball, knees, hips then shoulders.
- ✓ Stretch as far as possible and scope ball into chest before rolling/throwing back to server
- ✓ Soft landing to avoid any injuries.

