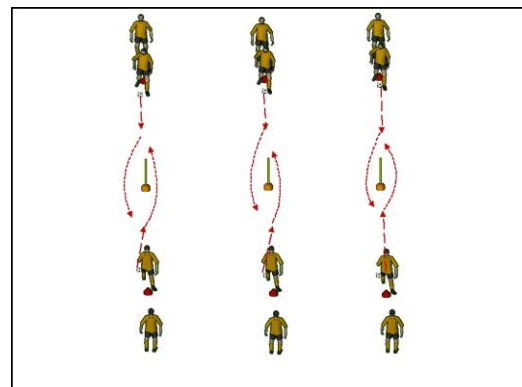


## Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 8 & 9

**On the ball waves:** The first player in each line will dribble towards the pole (at the same time) and will perform a skill using the pole as a defender and finishing at the line on the opposite side.

### Coaching Points:

- ✓ Close control with small touches
- ✓ Perform the skill at the right distance to avoid being tackled and do the skill towards the same side as the partner.
- ✓ Skills to be performed: Pull and push, body fake, outside step overs.

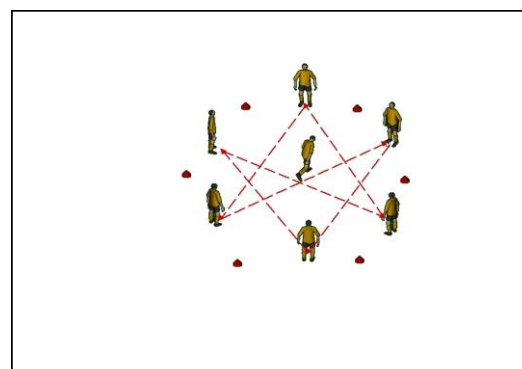


**Rondo:** Have one ball per group of players.

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:

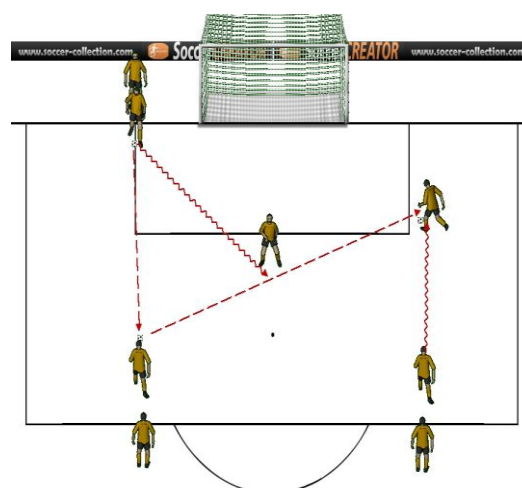
- ✓ Correct body position for a good first touch
- ✓ Body open to find the best option for passing
- ✓ Applying the correct passing technique to reach their target.



**2v1 Situation:** Set Up a goal and an 18 yards box in front of it. Have players lined up on each side of the box (One line facing the goal and the other line facing the top of the box, facing each other diagonally) Players on the line facing the top of the box will pass the ball (one at the time) to the players in the other line who will play two at the time, to use the numerical advantage on the defender to find space in the box to take a shot into the goal.

### Coaching Points:

- ✓ Passing and Movement off the ball
- ✓ Body open, free space, line of pass and quick finishing.
- ✓ Shooting with laces, toes pointed, ankles locked and follow through.

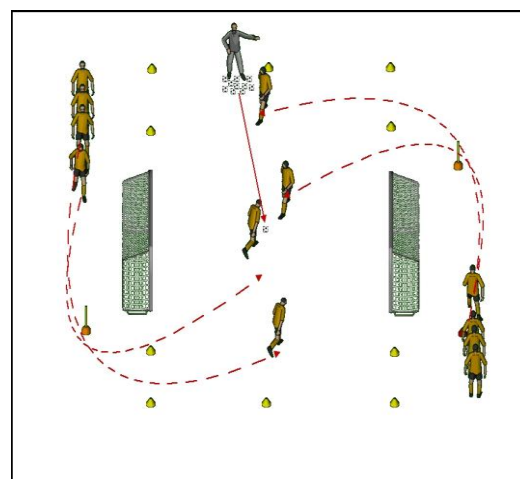


## Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 8 & 9

**Dynamic 2v2's:** 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:

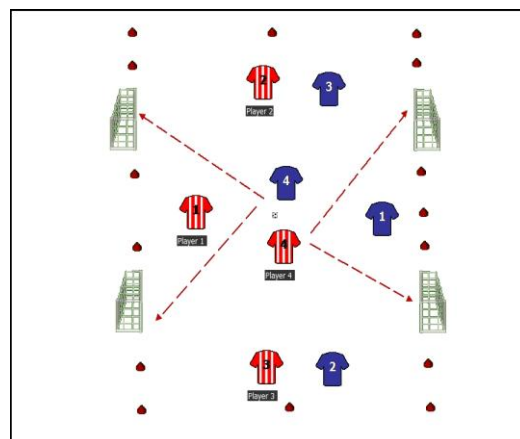
- ✓ Quick reactions to position body to take a good first touch
- ✓ Dribbling technique to find the best space to finish
- ✓ Accuracy when taking the shot as they have only ten seconds
- ✓ Passing and movement off the ball, 1-2's and Overlaps
- ✓ First defender closes down the ball and second defender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



**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.

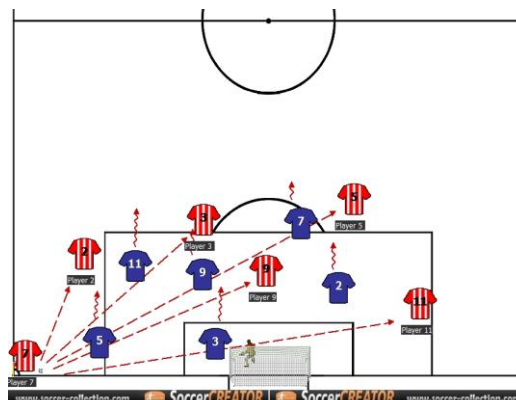


## Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 8 & 9

**Restarts – Corners & Goal kicks (Attack):** Gameplay must be stopped once the ball leaves the field of play through one of the sidelines or the goal line. A Corner is awarded to a team if the ball is kicked or deflected over the goal-line by the defending team. Therefore the ball must be placed at the corner of the field to be passed into the field by the attacking team. A Goalkick is awarded after an attacking team takes a shot or the ball is deflected and the ball leaves the field over the goal-line.

### Coaching points:

- ✓ Ensure all players have an equal share of corners and goalkicks.
- ✓ Always ask players to use the inside of their foot when performing a corner or goalkick.
- ✓ Emphasise the need to pass to a player who is in a free-space.
- ✓ Ask outfield players to move into a free space near the goal to receive a pass from the corner to shoot.
- ✓ 1 player from the attacking team must be back to cover any counter attacks.



**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.

