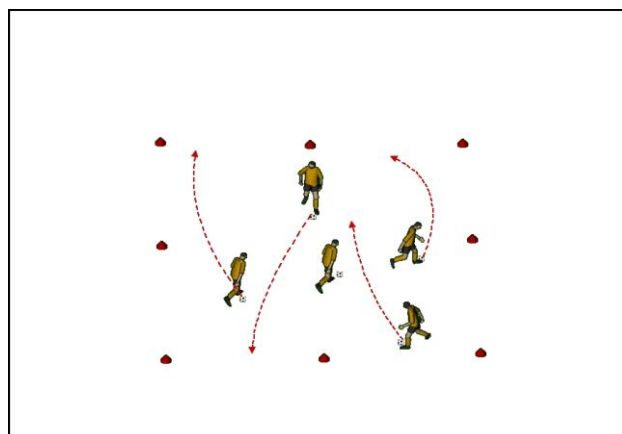


Cooperative Training Program – Macquarie Dragons – U6 & U7 – Weeks 13 & 14

On the Ball Skills: Ask players to dribble into free space. Show the players one skill at a time and let them practice while dribbling.

Coaching Points:

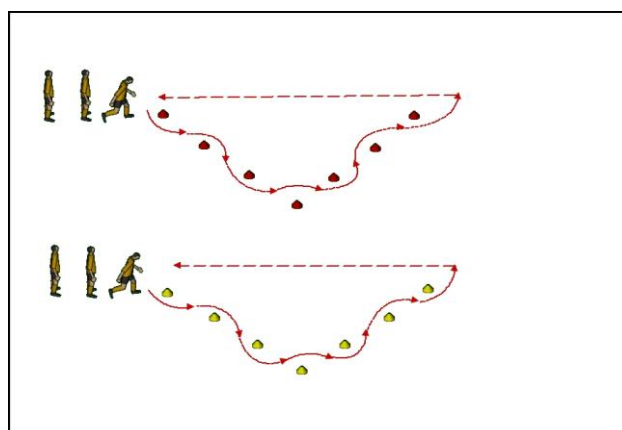
- ✓ Soft touches with the insides and outsides of both feet
- ✓ Keep heads up to dribble into space
- ✓ Pull backs, Roll overs, inside and outside turns, Skip step, outside step overs, Body fake, Pull and push.



Dribbling Cones- Boomerang: Players dribble in and out of the cones for the whole Boomerang ("V" shape) and dribble back

Coaching Points:

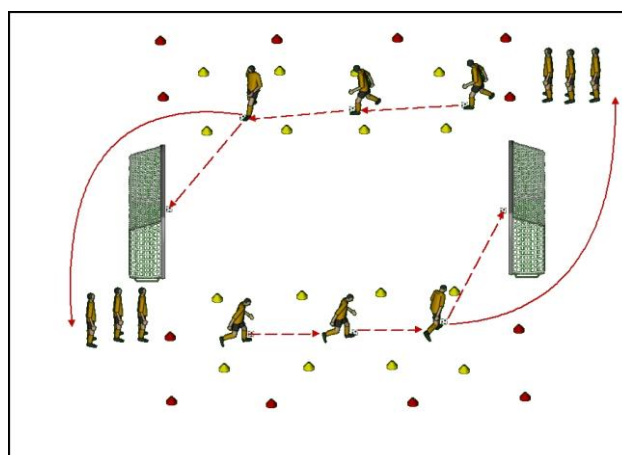
- ✓ Soft touches with the insides and outsides of the feet to control the ball
- ✓ Quickly changing direction and pace to make to the end of the Boomerang.
- ✓ Various dribbling techniques: Sole of foot, inside outside, bells, toe taps



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

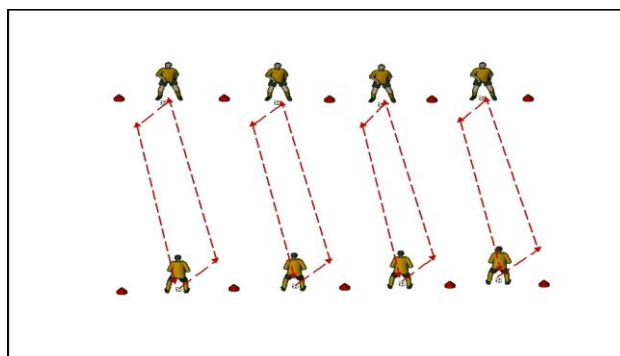


Cooperative Training Program – Macquarie Dragons – U6 & U7 – Weeks 13 & 14

Passing partners: Partners will pass the ball to each other keeping it in their individual grid.

Coaching Points:

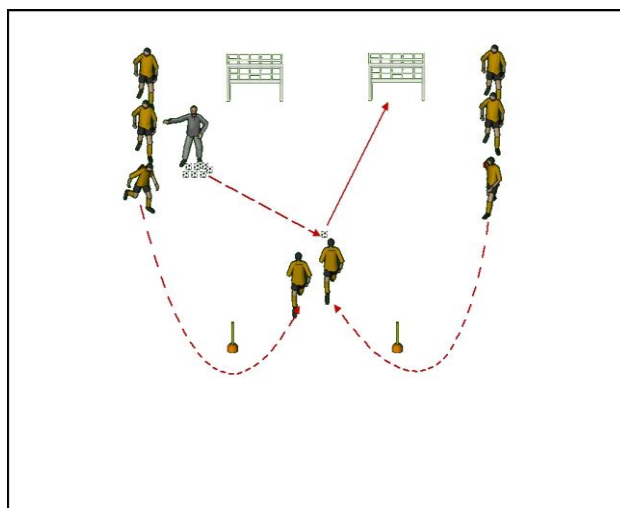
- ✓ Turning knee out to pass the ball with the inside foot,
- ✓ Locking the ankle and push the ball straight through.
- ✓ Changing body position to angle it to receive the ball
- ✓ Touching it diagonally forward before passing. Use both feet and use different combinations to try each technique.



Running and Shooting – 2 Goals: 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 one of the goals. The coach will then roll a ball and the first player to gets to it will take a shot to goal. For younger players, the coach can roll one ball for each. Coach can also ask the players to take a touch before shooting.

Coaching Points:

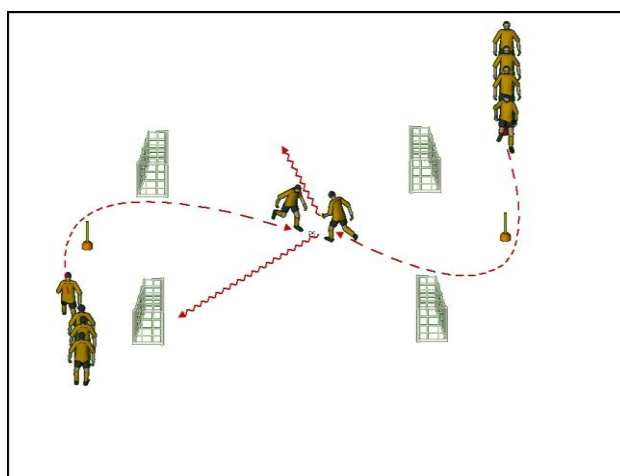
- ✓ Position body correctly to take a shot with the ball in movement
- ✓ Being aware of the opposing player
- ✓ Shooting techniques to be applied: laces, inside, outside.
- ✓ Classy finish on the corners, shots going along the ground



Dynamic 1v1's goals: Set up 3 sets of 20X10m fields with small goals. Behind each goal put one cone and 10m ahead of the cone one agility pole. 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.



Cooperative Training Program – Macquarie Dragons – U6 & U7 – Weeks 13 & 14

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.

