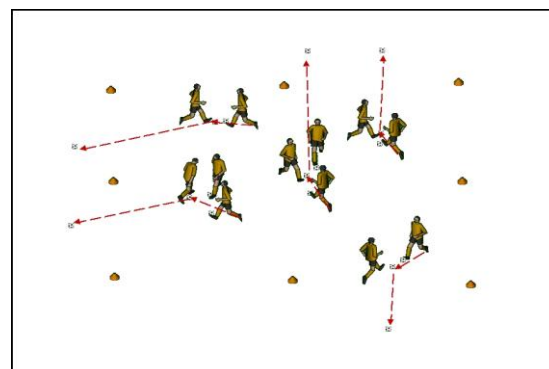


## Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 13 & 14

**Kick it Out (Double Trouble):** The players will dribble inside the square and will have to keep the ball at their feet at the same time as they try to kick everybody else's ball out of the square. If a player's ball is kicked out, they are out of the game and can have a drinks break.

### Coaching Points:

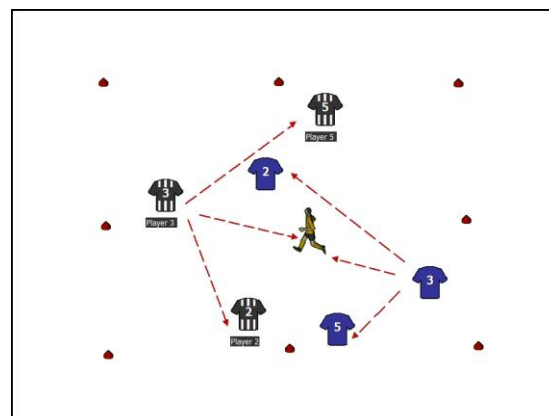
- ✓ Dribbling with insides and outsides
- ✓ Spatial awareness
- ✓ Body position and decision making.



**Possession Game with Joker:** Each team will keep the ball away from the other passing it and moving to find space in the rectangle, utilising the spare player as an additional. The spare player plays alongside with the team which has the ball.

### Coaching Points:

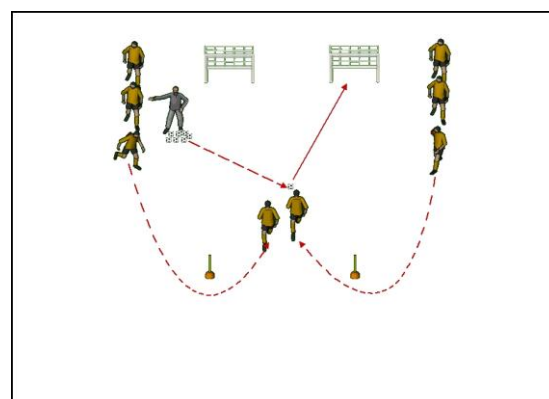
- ✓ Correct passing technique with body open
- ✓ First touch diagonally forward taking the ball away from the opposition players.
- ✓ Players on the sides positioning as wide and as high as they can. Team shape (One in each side, one in the middle and one far), line of pass and moving back and away.



**Running and Shooting – 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 get 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

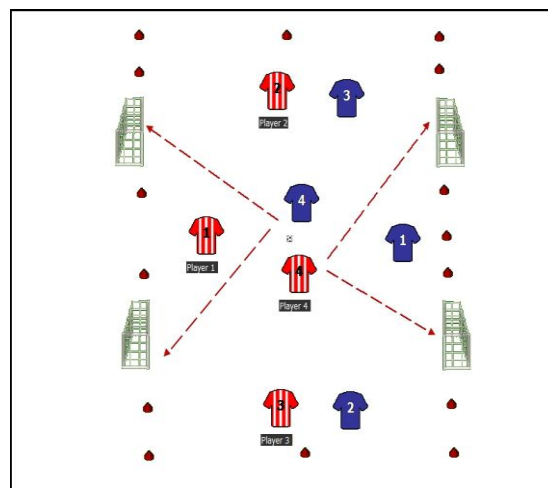


## Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 13 & 14

**4 goal game (short and wide):** Give players positions and explain the formation they will be playing, there is no goalkeeper. The aim of this game is to emphasise the role of attacking wide areas 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:

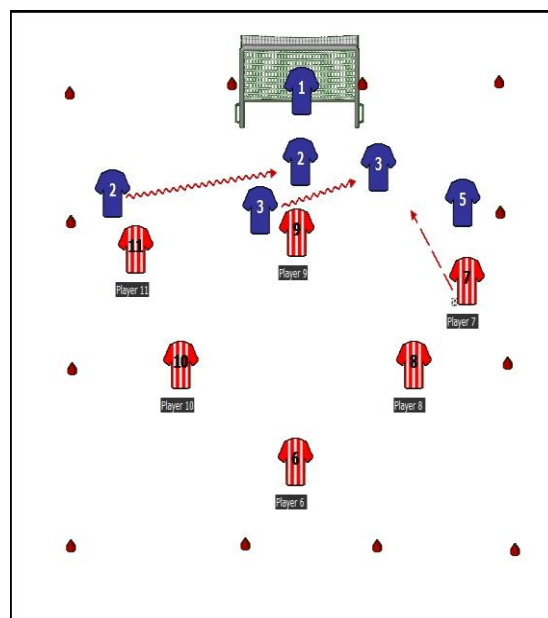
- ✓ Play out from goal-kick with defenders pulling high and wide to the side lines.
- ✓ Attempt to shift defending team around to create an opening at one of the goals.
- ✓ Switch the ball to the other side and attack the other goal. Emphasise the wide player staying high and wide and attacking at speed.



**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.

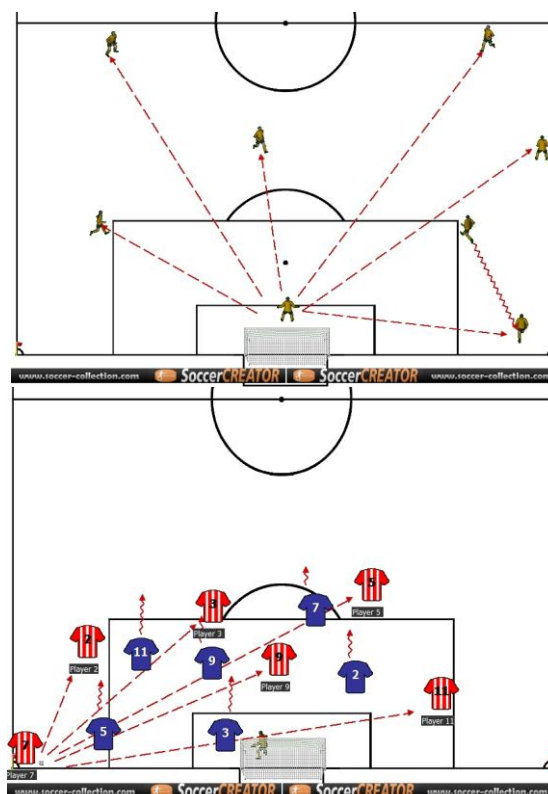


## Cooperative Training Program – Macquarie Dragons – U8 & U9 – Weeks 13 & 14

**Restarts – Corners & Goalkicks (Defend):** 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 defending players are marking an opposing attacking player.
- ✓ Ask them to keep as close as possible to avoid a player having free space to receive the ball and take a shot on goal.
- ✓ Once the corner has been taken then ask defending players to win the ball, if they win the ball can they pass the ball to 1 of their team mates in space. If they are in doubt and no one to pass to clear the ball.
- ✓ Ensure that defenders are tracking the runs of attackers between the defensive line.



**1v1 – End Line:** Players will play a 1v1 game trying to dribble the ball and stop it on the end zone.

### Coaching Points:

- ✓ Dribbling technique and changing direction quickly to take the ball to the end zone.
- ✓ On the Ball skills can also be practiced to take the other player on.
- ✓ Close ball control to stop it at the end.

