



Cooperative Training Program Weekly Session Plan

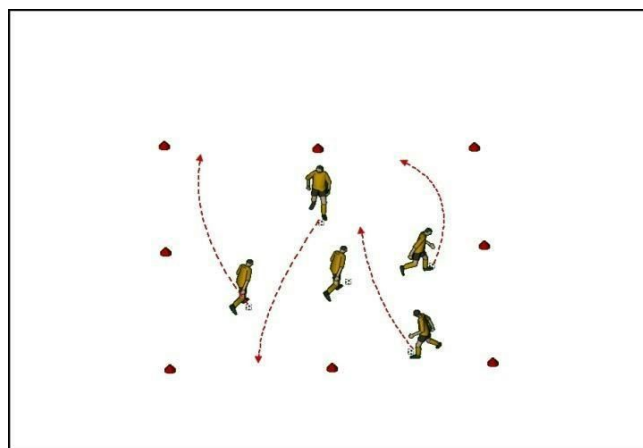
MDFC – Age Group: U6s & U7 – Weeks 1 & 2

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.

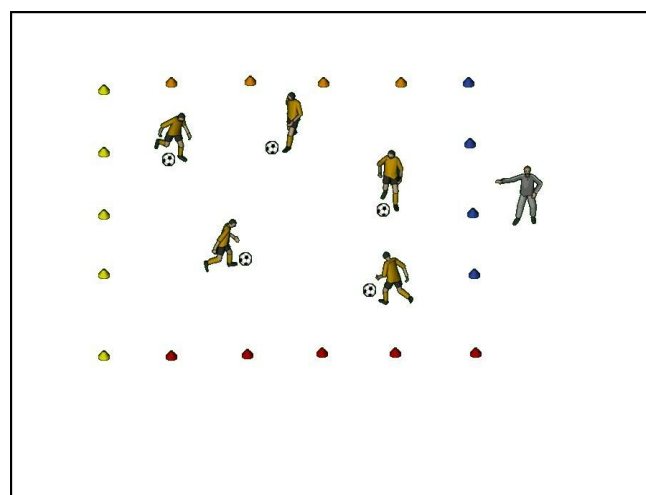


Dribble line colour

Set up a 30X30 square with each line of cones being a different colour and give one ball per player. Players will dribble inside the square (anywhere). On the coaches call of a colour the participants must dribble to that line as quickly as they can. This emphasises dribbling as well as turning, as the coach can change the colour to encourage sharp turning.

Coaching points:

- Small touches dribbling
- Spatial awareness
- Turning technique (Drag back, Cryuff turns)
- Change in pace after turning with the ball.



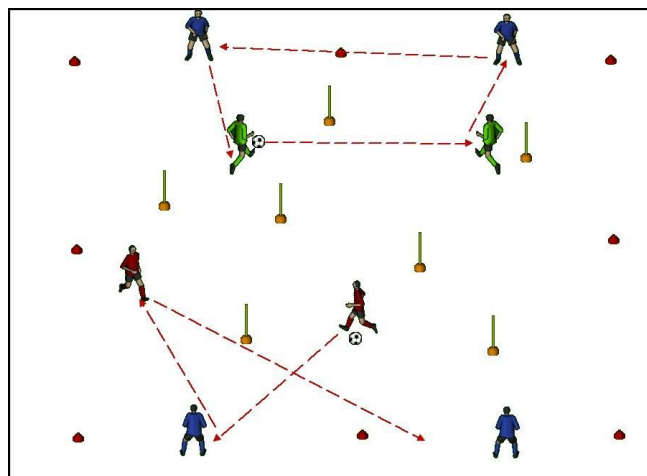


Skill moves with poles (Half in half out)

Set up a 30X30 square with poles acting as defenders spread throughout the middle. Have half of the players on the outside, with half in the middle with a ball. Demonstrate a particular skill move that the player in the middle is required to do against a defender (pole) then they dribble to an outside player and give them the ball to do the same.

Coaching points:

- Body fake, scissors, pull and push, roll overs, maradona spin.
- Approach slow, accelerate after skill move.
- Perform skill with 1 metre distance from pole.
- Small touches when dribbling with ball close to their feet.

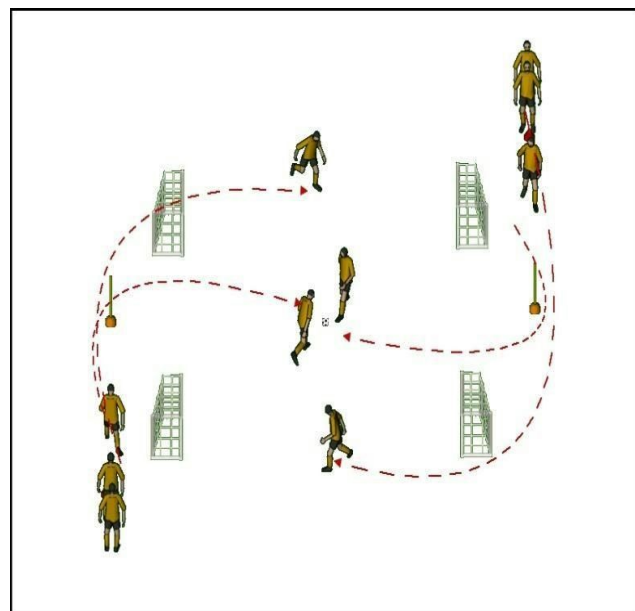


Dynamic 1v1's with 4 goals

Set up 3 sets of 20X10m fields with 2 small goals in each side (4goals per field). Behind every 2 goals 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 1v1 game.

Coaching points:

- ✓ Quick reactions to first touch and control the ball
- ✓ Dribbling and running with the ball technique to maximize space and time
- ✓ Defender side on, keeping their upper body low focusing on the ball
- ✓ Defender to compress striker to the sideline and try to either anticipate the striker's movement or lead them into a mistake.

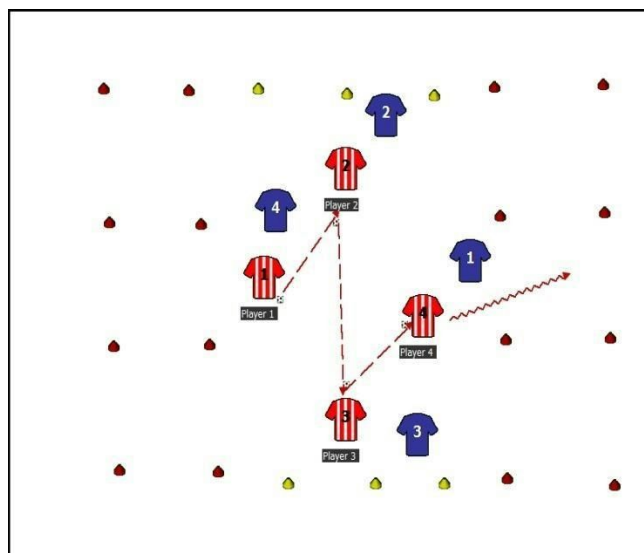


Endzone Game

Set Up a 20X30m field with 2 designated endzone areas at each end of the field. Divide players into 2 teams wearing bibs. A goal is scored by a player who dribbles into an endzone and stops the ball under control. Allocate an endzone for each team to attack.

Coaching points:

- ✓ Emphasise dribbling with the ball at speed to take on opponents, using close dribbling control, little touches, inside & outside of the foot.
- ✓ Encourage fakes and trickery to beat defenders.
- ✓ Also emphasise decision making, when a player should dribble with the ball and when the ball should be passed.
- ✓ Emphasise equal spacing and finding free space on the field.

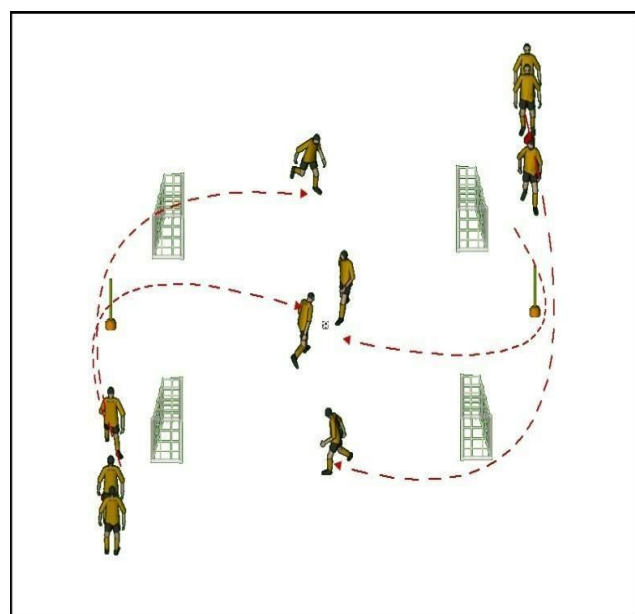


4v4 – focusing on dribbling to free space

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 dribbling into free space.
- ✓ Demonstrate that once you receive the ball and get the ball under control if there is free space in front of you dribble into that space using small touches as fast as you can.
- ✓ Ensure all players are controlling the ball with their inside foot before they dribble with the ball then ask them to look up to find the free space.
- ✓ This can be progressed to dribbling with weaker foot only or dribbling with the sole of foot.





Dribble and shoot

Set up two goals facing each other (in a 30X40m field) and one long channel on each side of the field right next to each goal post (3x5m distance in between cones).

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

