

Cooperative Training Program Weekly Session Plan

Macquarie Dragons – Age Group: U8's - U9's – Week 1

Focus: Dribbling

Dribbling Relays

Set Up lines of cones and have a team split half on each side of each line

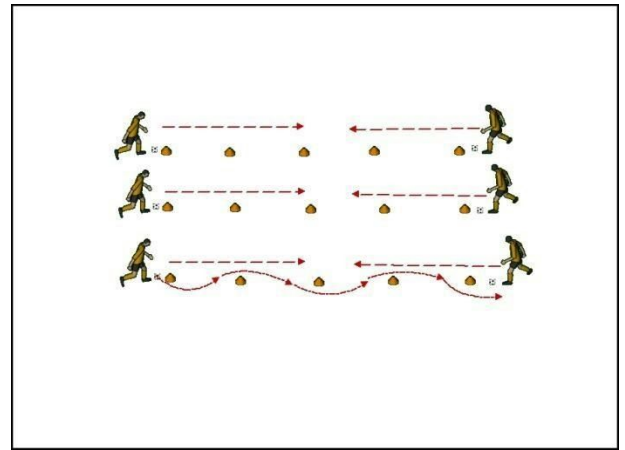
A player on one side starts dribbling the ball to deliver to the player on the other side, as soon as it is done the players go to the back of the opposite line and when the lines are completely on the opposite end the relays is finished.

Coaching Points:

- ✓ Touches with insides and outside of both feet.
- ✓ Correct body position and team work.
- ✓ Various dribbling techniques: Sole of foot, inside outside, bells, toe taps

Progression 1

- ✓ Dribble with laces in a straight line as fast as they can, toes pointed



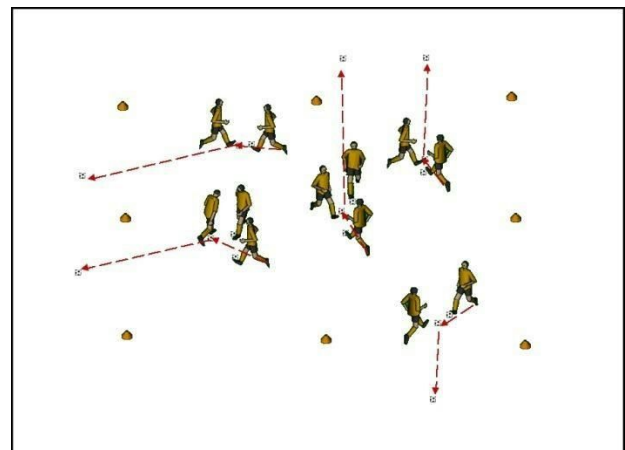
Kick it Out (Double Trouble)

Set Up a 30X30m square and give one ball per player.

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.



Dribbling Gates

Set up a 30 x 30 grid and place gates randomly within this square with enough room between each. Using different coloured gates is preferable. The aim of this exercise is to dribble through as many gates as possible within 1 minute. The coach demonstrates the particular dribbling technique required for this, changing after every minute. This can also progress to executing a turn within each gate for double points.

Coaching Points:

- ✓ Close control with soft touches.
- ✓ Head up to dribble to the free gate
- ✓ Accelerate into the free gate.

Progression 1

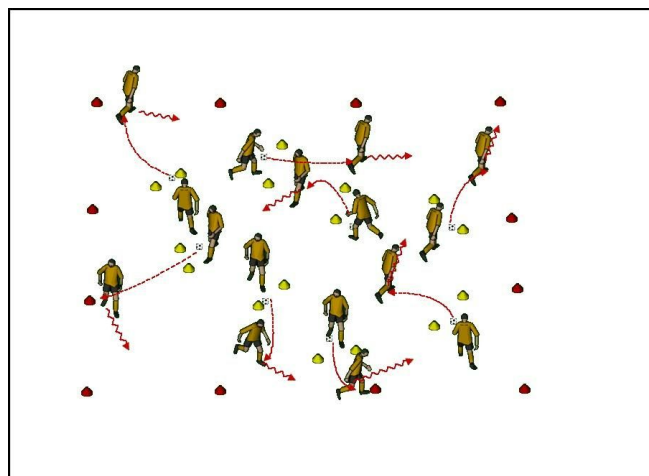
- ✓ Weaker foot only to dribble

Progression 2

- ✓ Double points for producing a drag back turn in the gates

Progression 3

- ✓ Sole of the foot only to dribble



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.

