



## Cooperative Training Program Weekly Session Plan

### MDFC – Age Group: U6s & U7 – Weeks 3 & 4

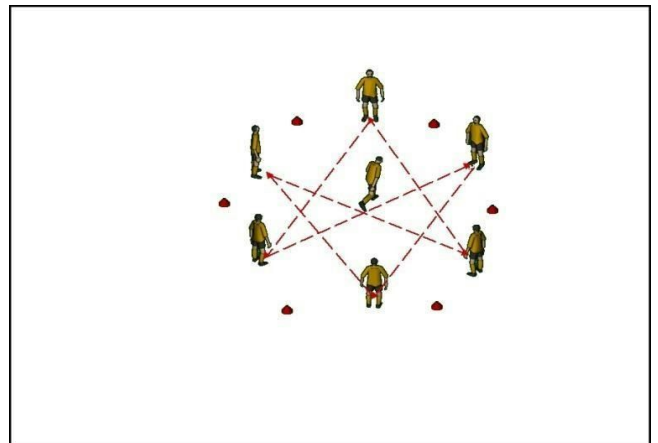
#### Rondo

Set up a circle with cones, being each cone a spot for each player. 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.

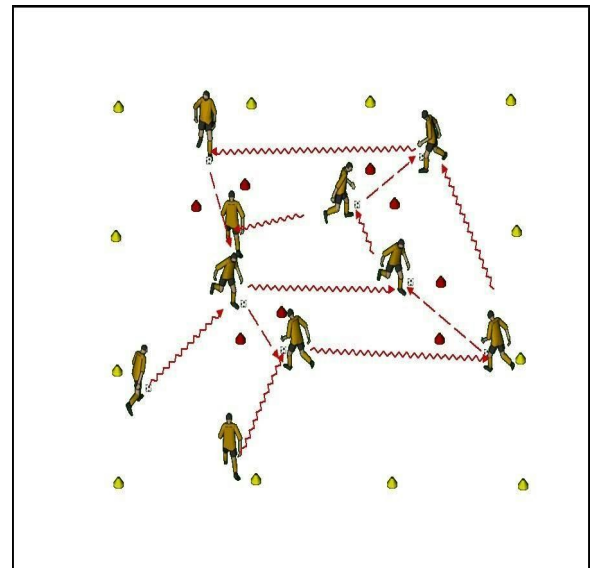


#### Passing gates

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 work on passing technique with the inside foot. Initially starting statically passing with a partner through a gate using 2 touches, with the aim to make as many passes as possible in 1 minute. Following this the coach asks the players to number themselves 1 or 2 in their pairs. Number 1 will dribble with number 2 finding the next free gate to complete a pass within. This time the pair make a one-two pass within a gate, then moving quickly to a new gate to complete another pass. The roles are changed after 1 minute.

#### Coaching Points:

- ✓ Inside foot control, inside foot pass
- ✓ Left foot only / right foot only
- ✓ Player not dribbling finds free gate (free space)
- ✓ Accelerate to free space quickly





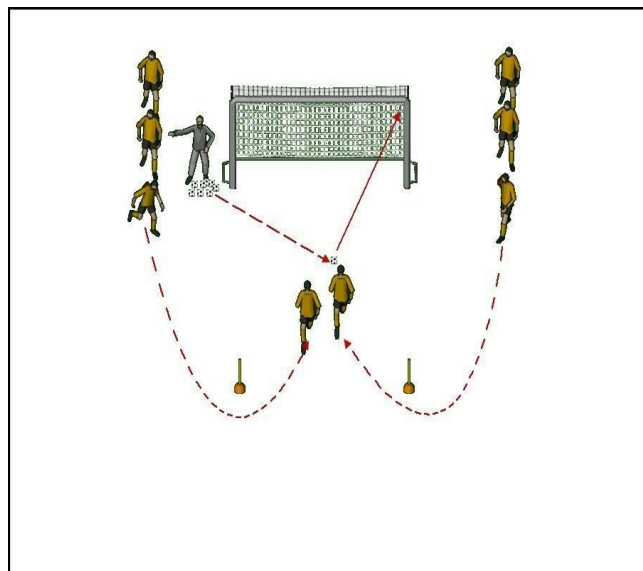
## Running and Shooting

Set up one goal with a cone next to each goal post. Set up two poles 10-15m in front of the goal on the goal posts direction.

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 the goal. The coach will then role a ball and the first player to gets to it will take a shot to goal. For younger players, the coach can role 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 other player opposing.
- ✓ Shooting techniques to be applied: laces, inside, outside.

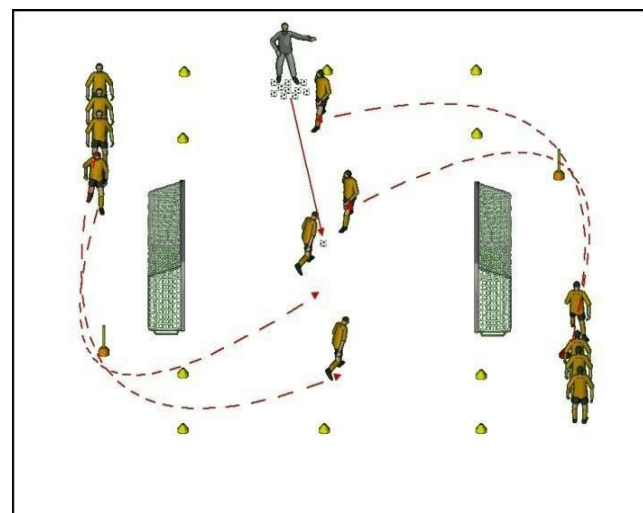


## Dynamic 2v2's

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 (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.

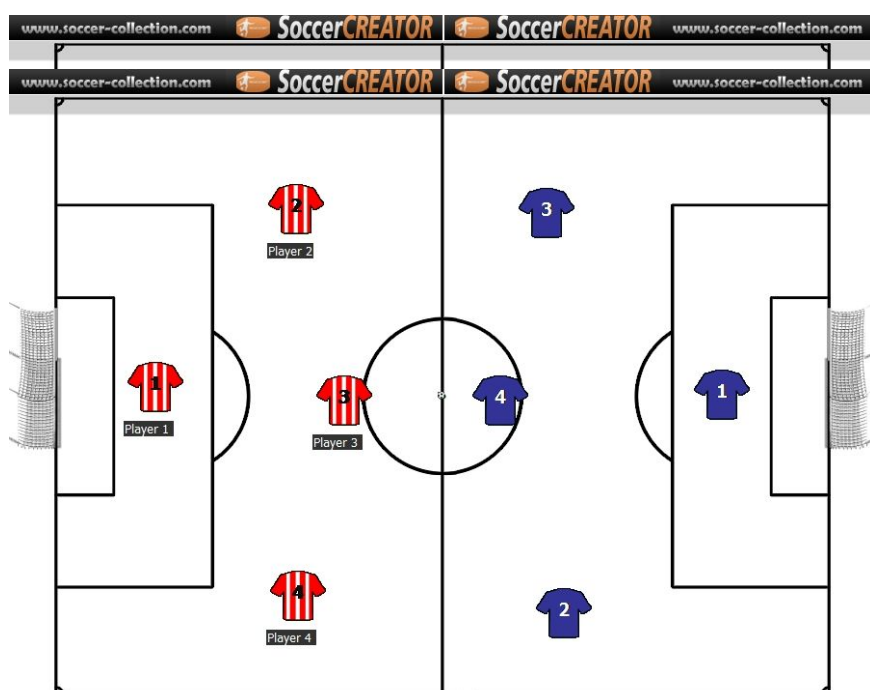


## Restarts – Kick-offs & Throw/kick-ins

Gameplay must be stopped once the ball leaves the field of play through one of the sidelines or the goal line. A throw/kick-in is awarded to the team who did not touch the ball last before the ball left the field of play. Therefore stop the play and explain who will restart the game from the side-line. A Kick-off is required when a goal has been scored, the team who was scored against will restart the game from the centre of the field by passing to one of his/her team mates.

### Coaching points:

- ✓ Ensure all players have an equal share of kick-ins and kickoffs.
- ✓ Always ask players to use the inside of their foot when performing a kick-in or kick off.
- ✓ Emphasise the need to pass to a player who is in a freespace.

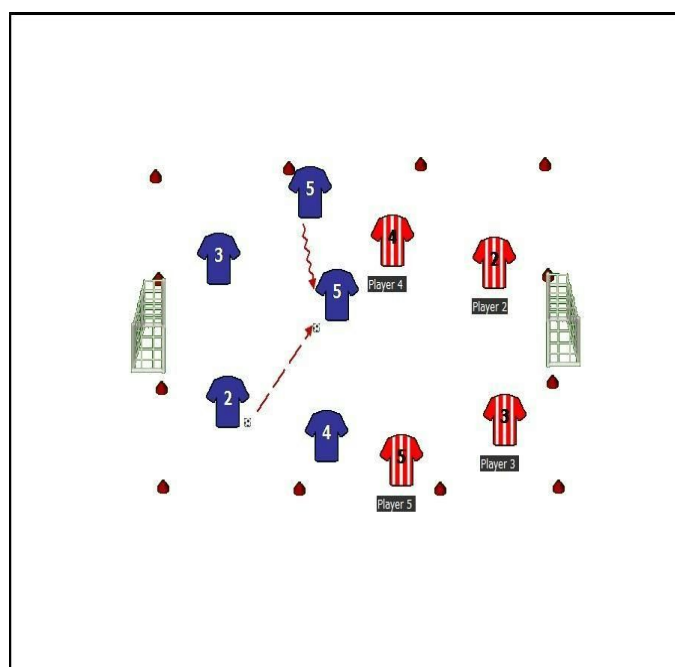


## 4v4 – focusing on passing to free space

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 passing into free space.
- ✓ If there is a team mate that has free space then pass them the ball using the inside foot.
- ✓ Ensure all players are controlling the ball with before they pass the ball to a team mate.
- ✓ Once they pass the ball, ensure the player then moves to find a free space to receive the ball again.





## Dribblers and Collectors (Rob the Nest)

Set up a 30X30m square and split the players into 4 groups positioning each group on each corner. Put all the soccer balls in the middle of the square.

When the coach gives a sign, players run to the middle to take one soccer ball each at the time and dribble it towards their teams "Nest". If the coach feels comfortable with their group's skills when the balls in the middle are gone they can start stealing from each other. The team with the most balls inside of the nest wins.

### Coaching Points:

- ✓ Dribbling technique
- ✓ Correct body position
- ✓ Team work and anticipation of other player's movement.

