



Cooperative Training Program Weekly Session Plan

Macquarie Dragons – Age Group: U8's - U9's – Week 2

Focus: Passing

Rondo

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:

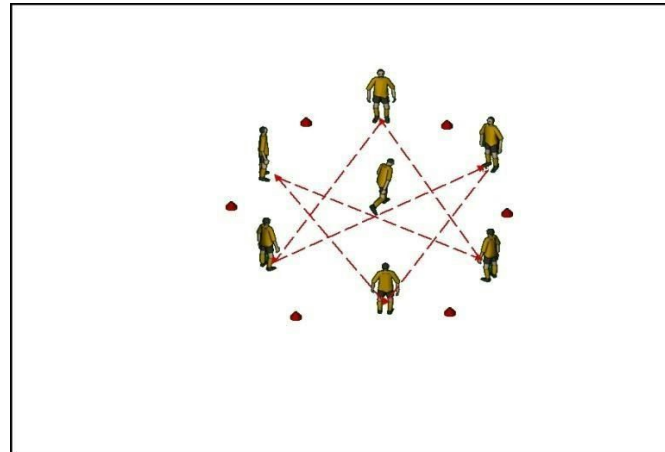
- ✓ Correct body position for a good first touch
- ✓ Body open to find the best option for passing
- ✓ Applying the correct passing technique to reach their target.

Progression 1

- ✓ Moving from side to side to create a better line of pass

Progression 2

- ✓ Make the area bigger and add an additional defender



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.

Progression 1

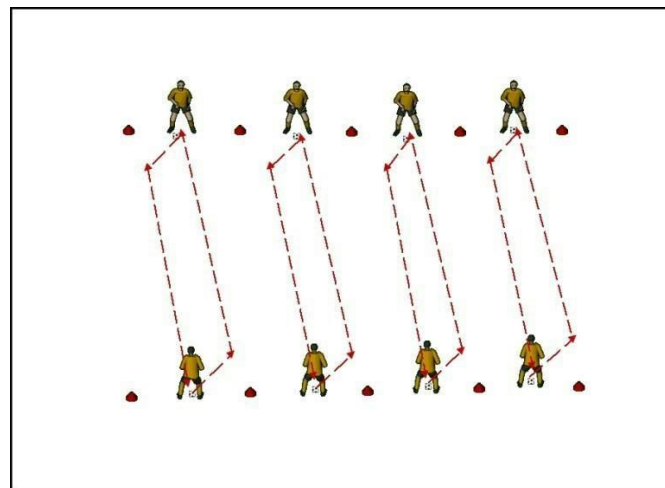
- ✓ After passing quick movement to the left or right to circle the cone before receiving return pass.

Progression 2

- ✓ Controlling the ball with outside foot to push the ball to one side before returning pass

Progression 3

- ✓ Extend pass to further distance, increase weight of pass, low driven technique.





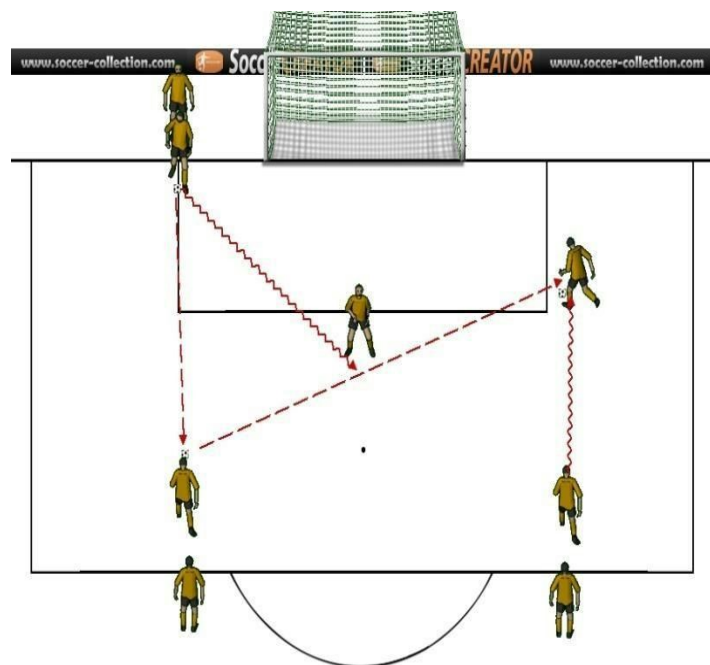
2v1 Situation

Set Up a goal and an 18 yards box in front of it. Have players lined up on each side of the box (One line facing the goal and the other line facing the top of the box, facing each other diagonally)

Players on the line facing the top of the box will pass the ball (one at the time) to the players in the other line who will play two at the time, to use the numerical advantage on the defender to find space in the box to take a shot into the goal.

Coaching Points:

- ✓ Passing and Movement off the ball
- ✓ Body open, free space, line of pass and quick finishing.
- ✓ Shooting with laces, toes pointed, ankles locked and follow through.



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.

