

Cooperative Training Program Weekly Session Plan

Macquarie Dragons – Age Group: U8's - U9's – Week 3

Focus: Shooting

Dribble and shoot

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 balance their bodies correctly).

Progression 1

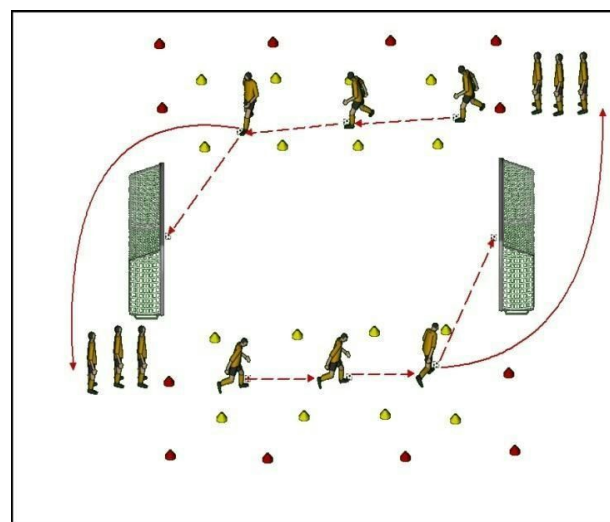
- ✓ Weaker foot only to shoot

Progression 2

- ✓ Inside bend into furthest corner away from goalkeeper

Progression 3

- ✓ Feeder at the end pass ball into them to serve for volley/header



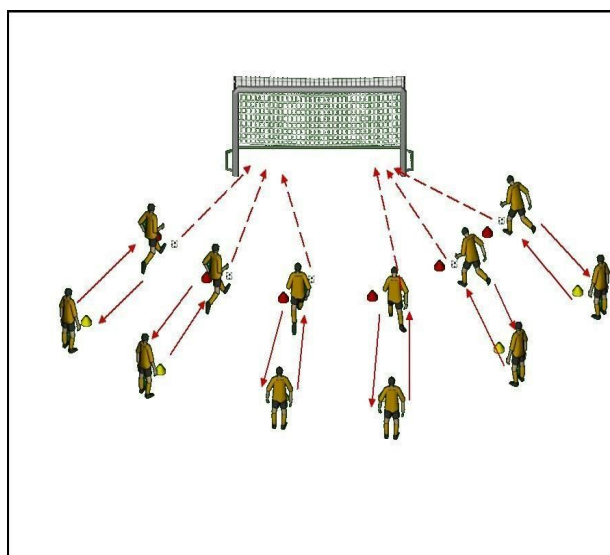
All shoot in goal

Set up a semicircle with cones or pancakes in front of the goal at 10m distance. Position each player next to a cone with a ball (on the ground) facing the goal from every angle.

Players will shoot all at the same time, then collect their balls, reposition it back on their spot and get ready for the next shot.

Coaching points:

- ✓ Non-kicking foot plants next to the ball, kicking leg sharp knee bend, toes pointed ankle locked and contact centre of the ball, follow through.
- ✓ Different shooting technique can be applied: Laces, inside, outside, lifted drive.
- ✓ Ensure both feet are used to shoot.



3 V 1 Shooting combinations:

Set up a 30X30 area. Have 2 good sized goals at each end, with a coned line down the centre of the field. Within each area create a 3 v 1 (3 attackers vs 1 defender). Players are not allowed to cross the middle line into the other area. The 3 attackers are required to pass the ball to create a shooting opportunity, with the 1 defender trying to win the ball from them. This encourages lots of shots at goal, if the defender wins the ball they can also shoot at sight of goal. This can be progressed to the 3 players attacking having the option of feeding the ball to their striker on the other side of the line to shoot.

Coaching points:

- Good first touch, inside foot pass
- Move to a new space following a pass.
- Pass to free space away from pressure.
- Shoot with laces for power
- Create clear shooting opportunity

Progression 1

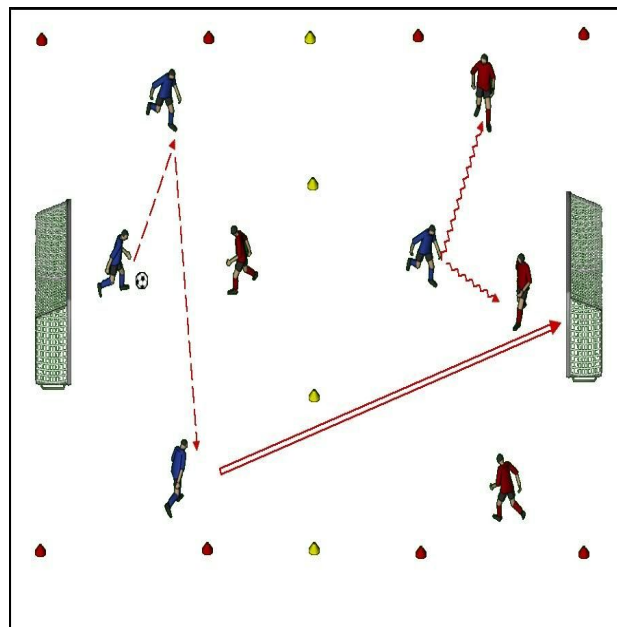
- ✓ Ball must be played into number 9 (striker) to lay off for a 1st time shot.

Progression 2

- ✓ Player who passes into number 9 can join to combine before scoring.

Progression 3

- ✓ Add another defender into the grid to increase pressure on passing.



Small-sided game play

Give players positions and explain the formation they will be playing. Describe the roles of the positions so that players understand. Explain the rules of the game whether its throw-ins or kick-ins when the ball crosses the sidelines.

Coaching points:

- ✓ Providing positions for players, when attacking everyone can push up as a team.
- ✓ When defending everyone drops back as a team to help win the ball back.
- ✓ Play out from goal-kick with defenders pulling high and wide to the side lines. 1 player must offer an option in the middle of the field
- ✓ Only the closest player to the ball closes the ball down, everyone else can remain in their positions.

