

## Cooperative Training Program Weekly Session Plan

**Macquarie Dragons – Age Group: U8's - U9's – Week 4**

**Focus: 1 v 1**

### 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

#### Progression 1

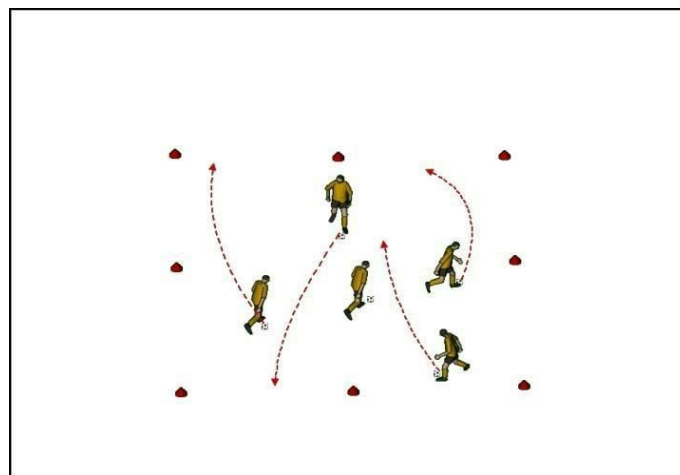
- ✓ Pull backs, Roll overs, inside and outside turns,

#### Progression 2

- ✓ Skip step, outside step overs, Body fake, Pull and push.

#### Progression 3

- ✓ Maradona spin, elastico, cruyff turn

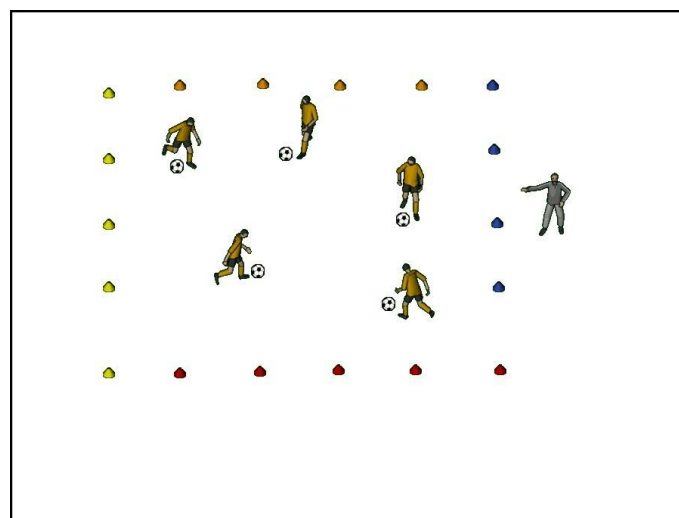


### Dribble line colour

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.

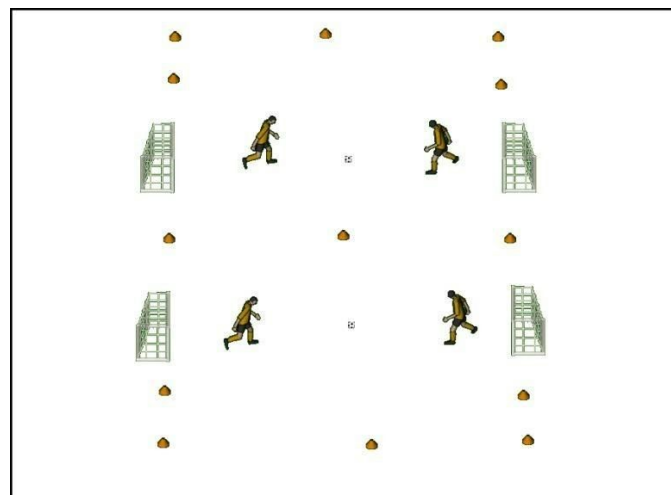


## 1v1's – Goals

Set up 3 fields of 15X20m each with small goals. Players will play a 1v1 game aiming to score on the goal at the opposite end.

### Coaching Points:

- ✓ Dribbling technique to find the best space to finish
- ✓ Accuracy when taking the shot
- ✓ Usage of On the Ball skills to take players on
- ✓ Take the ball diagonally in front of the defender to gain space and make harder for them to turn and tackle.



### Progression 1

- ✓ Use weaker foot only to dribble

### Progression 2

- ✓ Must perform a trick or a feint before scoring

## 4 goal game

Give players positions and explain the formation they will be playing, there is no goalkeeper. Explain the rules of the game whether its throw-ins or kick-ins when the ball crosses the sidelines. The aim of this game is to emphasise when attacking one goal, if this goal becomes defended well a switch pass can be made to the other side to attack the open goal.

### Coaching points:

- ✓ When attacking everyone can push up as a team.
- ✓ Only the closest player to the ball closes the ball down, everyone else can remain in their positions.
- ✓ Attempt to shift defending team around to create an opening at one of the goals.
- ✓ Switch the ball to the other side and attack the other goal.

