

## Cooperative Training Program Weekly Session Plan

**Macquarie Dragons – Age Group: U8's - U9's – Week 6**

**Focus: Dribbling**

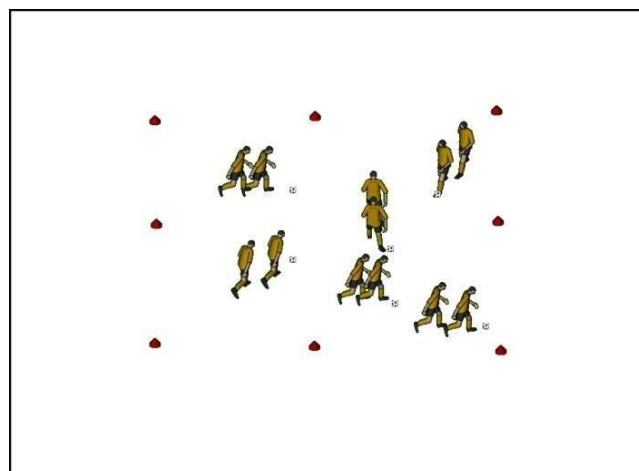
### Me and my shadow with the ball

Set up a 30X30m square and give one ball per every two players.

One player will dribble anywhere inside the square with their partners shadowing them.

#### Coaching Points:

- ✓ Correct Dribbling Technique
- ✓ Space awareness and anticipating someone else's movement.
- ✓ Change direction and speed to lose shadow.



### 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

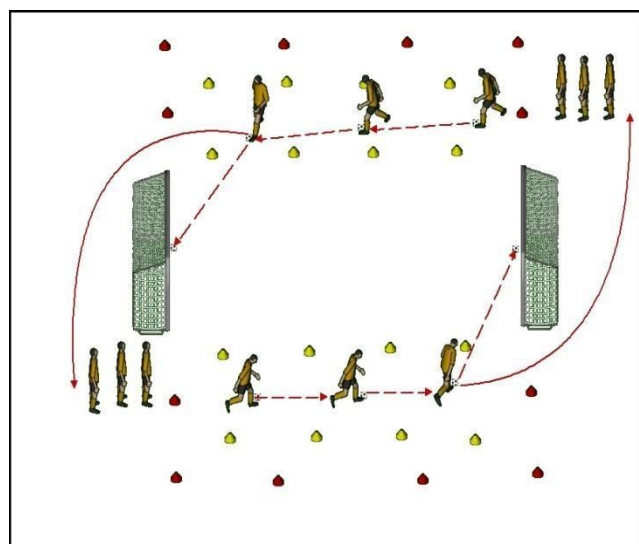
- ✓ Weaker foot only to shoot

#### 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

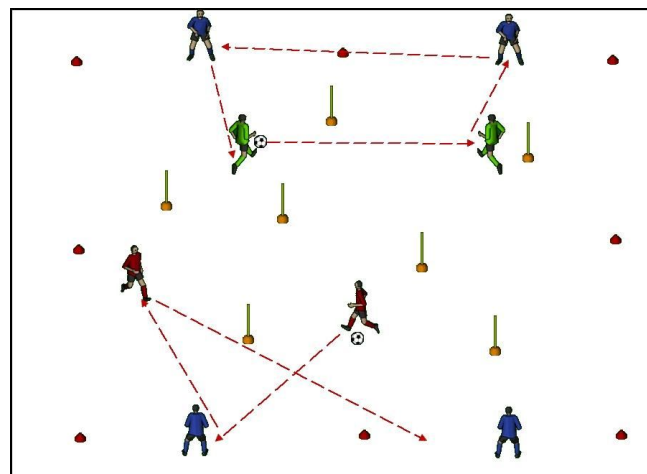


## Skill moves with poles (Half in half out)

Set up a 30X30 square with poles acting as defenders spread throughout the middle. Have half of the players on the outside, with half in the middle with a ball. Demonstrate a particular skill move that the player in the middle is required to do against a defender (pole) then they dribble to an outside player and give them the ball to do the same.

### Coaching points:

- Body fake, scissors, pull and push, roll overs, maradona spin.
- Approach slow, accelerate after skill move.
- Perform skill with 1 metre distance from pole.
- Small touches when dribbling with ball close to their feet.



## 1v1 – End Line

Set up a 20X30m rectangle with a 5m zone on each end.

Players will play a 1v1 game trying to dribble the ball and stop it on the end zone.

### Coaching Points:

- ✓ Dribbling technique and changing direction quickly to take the ball to the end zone.
- ✓ On the Ball skills can also be practiced to take the other player on.
- ✓ Close ball control to stop it at the end.

#### Progression 1

- ✓ Use weaker foot only to dribble

#### Progression 2

- ✓ Must perform a trick or a feint before scoring

