



Cooperative Training Program Weekly Session Plan

Age Group: U8's & U9's – Week 2

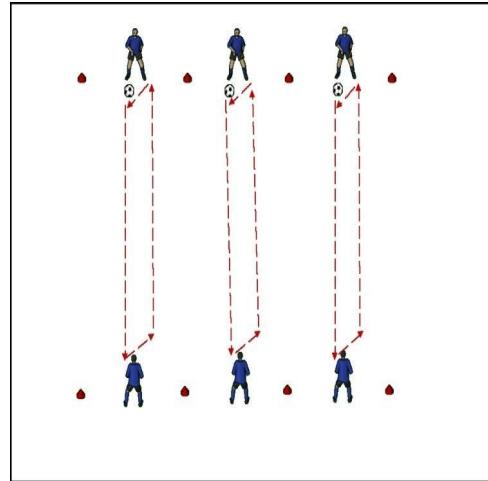
Passing partners

Explanation

Partners will pass the ball to each other keeping it in their individual grid. Initially starting with the inside of the foot to control and inside foot to pass. Players must remain on their toes ready to receive the ball at all times.

Coaching Points:

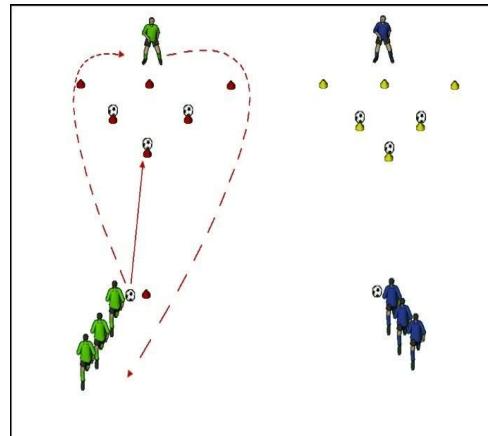
- ★ On toes, body in line of the ball ready to receive a pass
- ★ Soft first touch
- ★ Turning foot out to pass the ball with the inside foot
- ★ Locking the ankle and connecting with the ball in the centre
- ★ Follow through keeping toes turned out



Soccer Bowling

Explanation

The coach will explain the rules of the game, players must only use the inside of the foot to pass their ball into the pins and the pass must be in-line or behind the cone. Once the shot is taken, the collector picks up the ball and brings it back to the start for the next players turn. If a ball is knocked off the pins, the player that knocked this ball off will pick up the ball and balance it on the other teams cones. The aim of the game is for the first team to knock off all 3 balls and balance them on the other teams station. The game can be reset to start again. The coach must enforce players to use their inside foot only, the distance of the pass can be varied at the discretion of the coach.



Coaching Points:

- ★ Inside foot to pass
- ★ Ankle Locked
- ★ Toes Turned out
- ★ Follow through the centre
- ★ Soft first touch



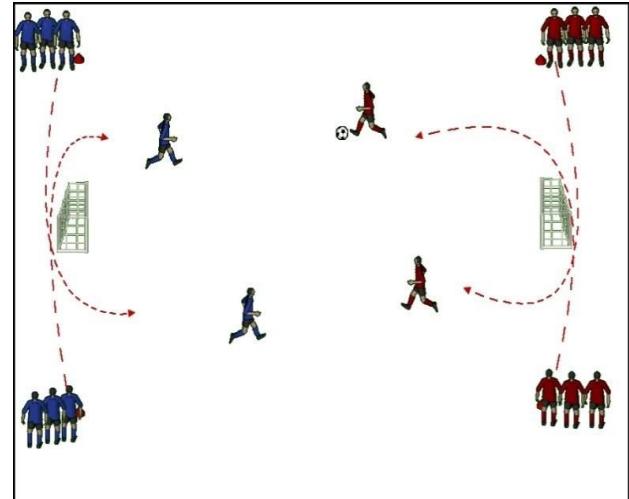
Dynamic 2v2's

Explanation

On the coaches signal of passing a ball into the centre, 1 player from each line will run around their goal to oppose in a 2 v 2 situation. Once a goal is scored or the ball leaves the field, the players reset and the next players will go on the coaches signal.

Coaching points:

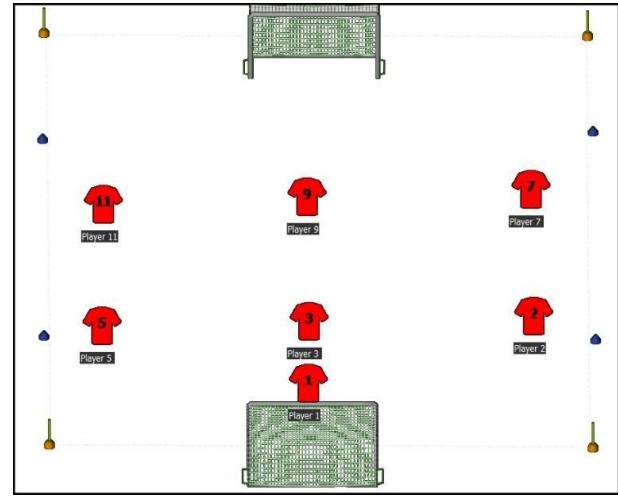
- ★ Passing and movement off the ball, 1-2's and Overlaps
- ★ First defender closes down the ball and second defender marks player off the ball
- ★ Use on the ball skills to beat a defender 1 on 1



Formation - 7-aside (1-3-3)

Explanation

For young players to understand, set them up in this shape and explain that these positions are their 'starting positions'. Therefore, when the shape is lost, you can ask your players to return to their starting positions. Also explain that only 1 player should close down a player with the ball, everyone else maintains shape in their position. This is also referred to as the closest player to the ball closes down. Encourage your team to play out from the back into wide defenders and throw ins to be taken by the left or right back, with corners being taken by the wingers.



Coaching points:

- ★ 1 left, 1 right, 1 middle
- ★ Starting Positions
- ★ Closest player to the ball closes down
- ★ 1 player to the ball
- ★ Defend as a team, attack as a team



★ Play out from the back

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