

Cooperative Training Program Weekly Session Plan

Age Group: U8's & U9's – Week 3

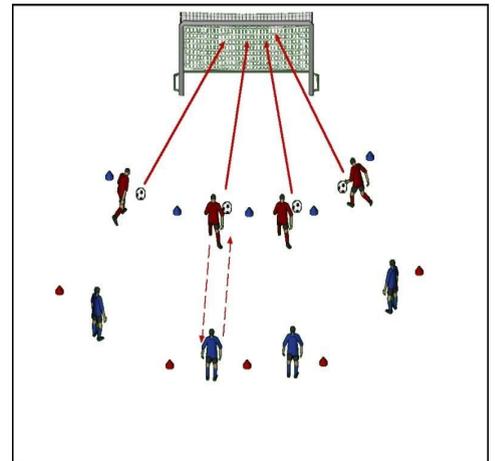
All shoot in goal with Laces

Explanation

The coach will demonstrate how to strike the ball using the laces to generate power. 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. The coach should continue to demonstrate the technique and reinforce the points. Progressing onto the other shooting techniques.

Coaching points:

- ★ Non-kicking foot plants next to the ball
- ★ Kicking leg sharp knee bend
- ★ Toes pointed ankle locked
- ★ Contact centre of the ball
- ★ Follow through
- ★ Ensure both feet are used to shoot



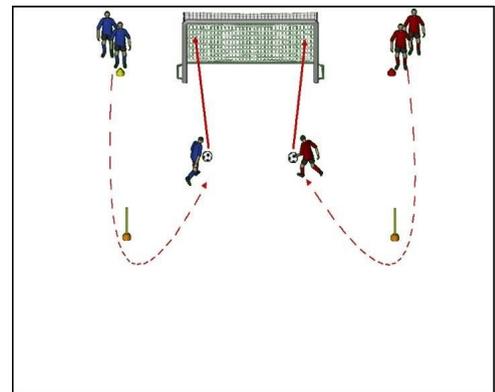
Run and Shoot – Static Ball

Explanation

When the coach says go, 1 player from each line will run out and around the pole in front of them towards the static ball and strike the ball at goal. They then must collect the ball and place it back on the marker for the next player. The coach should demonstrate the technique and reinforce the key points. Progressing onto the other shooting techniques.

Coaching Points:

- ★ Non-kicking foot plants next to the ball
- ★ Kicking leg sharp knee bend
- ★ Toes pointed ankle locked
- ★ Contact centre of the ball
- ★ Follow through
- ★ Different shooting technique can be applied: Laces, inside, outside
- ★ Ensure both feet are used to shoot



GK Specifics: 4 Saves – Scoop, Cup, W and High Ball:

Divide group into pairs with 1 ball between them. Coach demonstrates the technique of Scoop. The pairs will practice this technique for 10 repetitions, the coach will then demonstrate the next saving technique. Advanced players can jump to take a high ball.

Coaching points:

Scoop

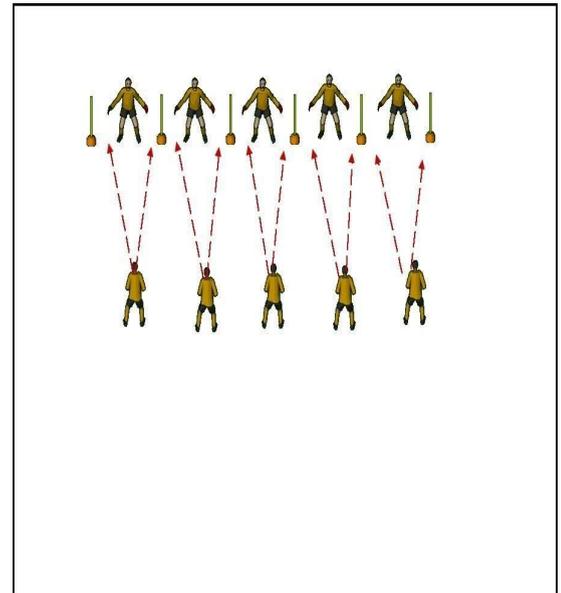
- ★ Ball is played straight towards goalkeeper along the ground
- ★ Knee is bent to form a wall
- ★ Fingers point towards the ground
- ★ As ball comes into hand, GK collapses forward and secures into chest

Cup

- ★ Ball is played mid-height between knees and stomach
- ★ Ball is caught with hands out in-front and secured into chest
- ★ Elbows slightly extended

W

- ★ Ball played between chest and face
- ★ Hand out in front of body to meet ball
- ★ Thumbs and index fingers forming a W shape
- ★ Soft hands



Gameplay – focusing on creating a line of pass

Explanation

The game play will run as normal, ensuring all the game rules are adhered to. Rotate positions throughout the game. The main emphasis will be on creating a line of pass. The coach can stop the game to demonstrate where a line of pass could have been created if a team loses possession.

Coaching points:

- ★ Line of pass
- ★ Movement to free space
- ★ Back and away
- ★ Receive on furthest foot

