

Cooperative Training Program Weekly Session Plan

Age Group: U8's & U9's – Week 6

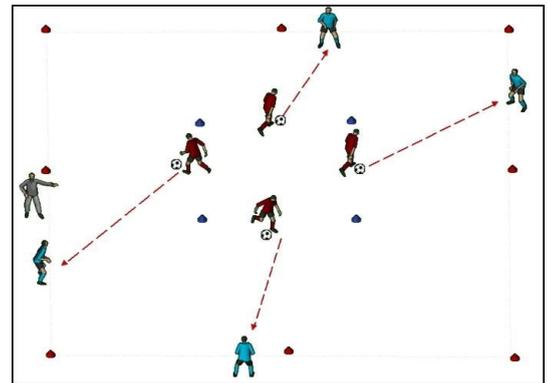
Half in Half out Touch Game

Explanation

Each player in the centre of the square will dribble towards a free player on the outside, pass them the ball and receive a return pass. Ask the players to communicate (One-Two). After the inside player passes the ball to the outside, they will move back and away to create an angle to receive the return pass.

Coaching Points:

- ★ Small touches, ball close to their feet
- ★ 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.
- ★ Create angle to receive the ball



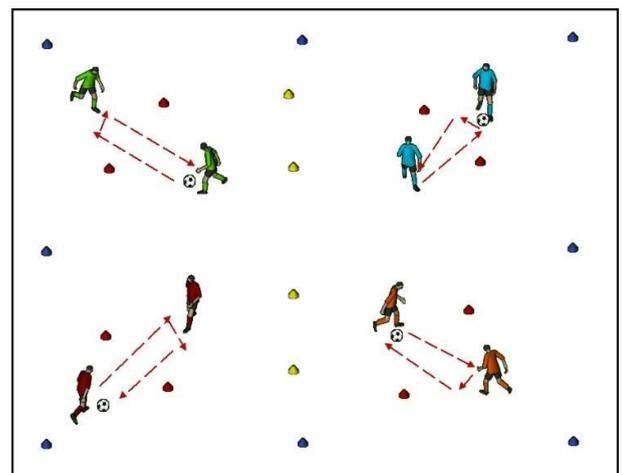
Passing gates

Explanation

The coach will then ask the players to number themselves 1 or 2 in their pairs. Number 1 will dribble with number 2 finding the next free gate to complete a pass within. This time the pair make a one-two pass within a gate, then moving quickly to a new gate to complete another pass. The roles are changed after 1 minute.

Coaching Points:

- ★ Inside foot control, inside foot pass
- ★ Left foot only / right foot only
- ★ Player not dribbling finds free gate (free space)
- ★ Accelerate to free space quickly



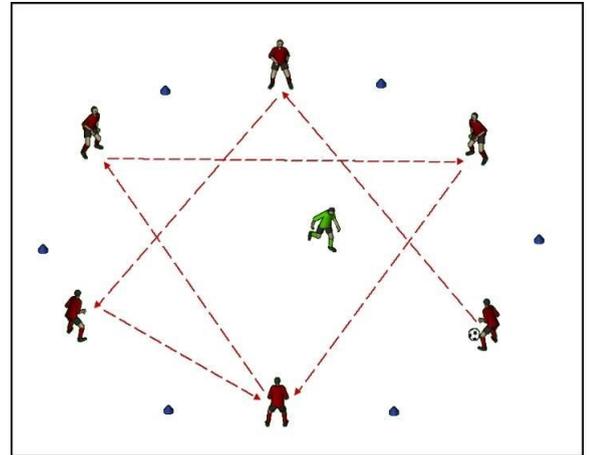
Rondo

Explanation

With one player in the middle of the circle trying to win the ball, the players at the edge of the circle will pass the ball to each other, keeping it away from the person in the middle. Players must stay on their toes to be ready to receive the ball, control the ball before passing and use both feet. Change the defender after they win the ball 3 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



Playing out from the Back – Training Game

Explanation

Goalkeeper starts with ball and attempts to play out to 1 of back 4. The aim of the exercise is to get one of the back 4 to score through one of the three gates on the half way line. If Blue win the ball they can shoot into the big goal

Coaching points:

- ★ 2,5 start high and wide as possible in line of pass
- ★ 3,4 split to either side of the 18 yard box
- ★ Progression: 6 and 8 start high and drop in to receive central
- ★ Controlled possession until line of pass created

