



Cooperative Training Program Weekly Session Plan

Age Group: U6s & U7s – Weeks 3 & 4

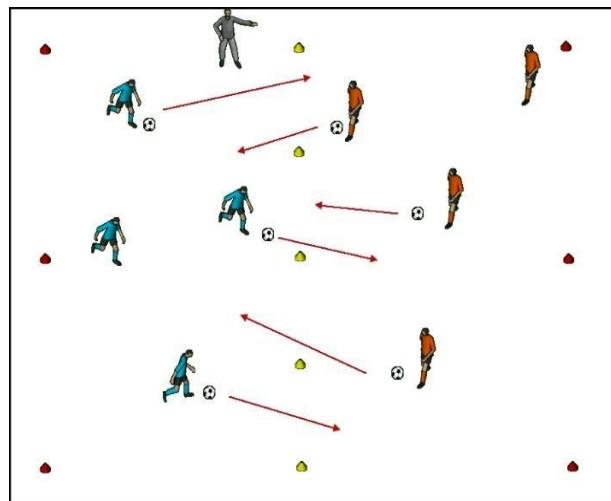
Clean Your Room

Explanation

The game starts when the coach says 'go'. Both teams will aim to pass their ball over the dividing line and continue to do so until the coach stops the game. The team with the least amount of balls in their grid are the winners and will earn 10 points. The coach will then re-divide the balls evenly into each grid before the next round starts. The coach must ensure all players are using the inside of their foot and encourage to keep the balls on the floor. If any balls are played in the air, that player will serve a penalty 10 second time-out of the game.

Coaching Points:

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



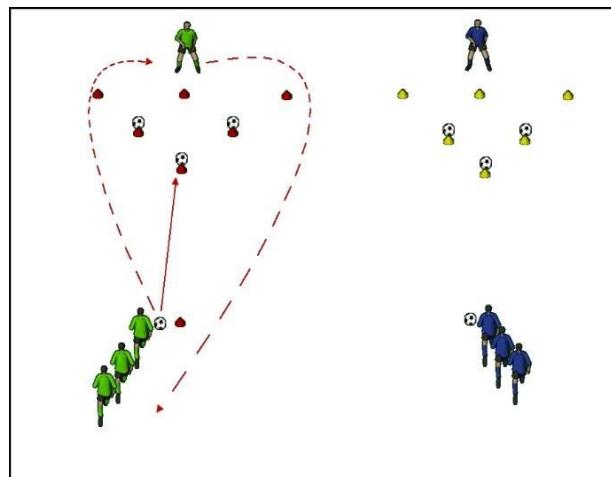
Soccer Bowling

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





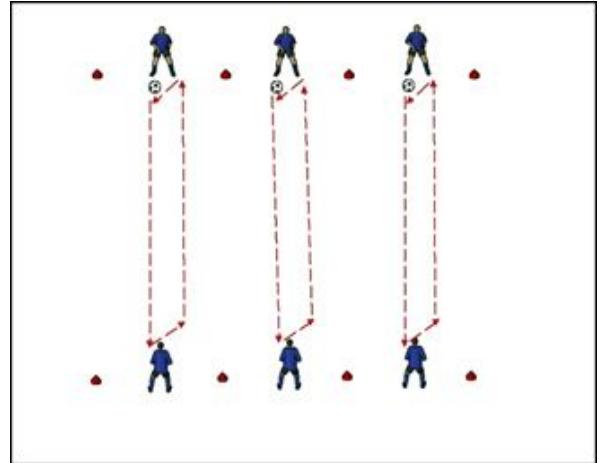
Passing partners

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



4v4 - line of pass

Explanation

A coach should stop the game play occasionally when there are instances of error when a pass could have been played or when a player off the ball does not move to create an angle to receive. This can also be stopped if a player decides to dribble the ball and loses possession when there was a pass that was a better option. Ask open questions to the players to encourage the answers that you are looking for.

Coaching points:

- ★ Focus the player's attention on the key coaching point of always creating a line of pass
- ★ Ensuring an imaginary line can be drawn on the ground between the feet of 2 players
- ★ Find free space which they can create a line of pass with the player on the ball
- ★ Freeze the play at key coaching windows to demonstrate how a player can make a simple movement to create a line of pass

