

Cooperative Training Program Weekly Session Plan

Age Group: U6s & U7s – Weeks 6 & 7

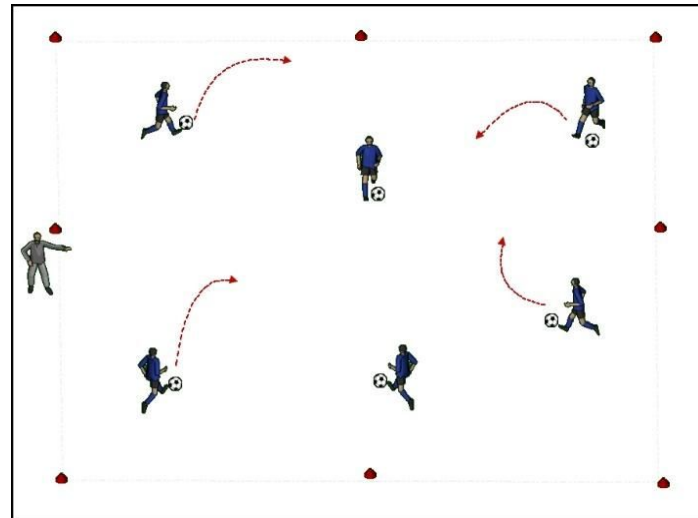
On the Ball Skills

Explanation

The coach should demonstrate dribbling into free space, keeping the ball close to their feet with small touches, using the inside and outside of the foot. Show the players one skill at a time and let them practice while dribbling. Allocate a number for each skill. As the coach calls the number, players perform that skill.

Coaching Points:

- ★ Soft touches with the insides and outsides of both feet
- ★ Keep heads up to dribble into space
- ★ Knees Bent when performing skills
- ★ Change the way the players dribble within the area, progressing to other dribbling techniques.
- ★ Introduce 1 skill at a time



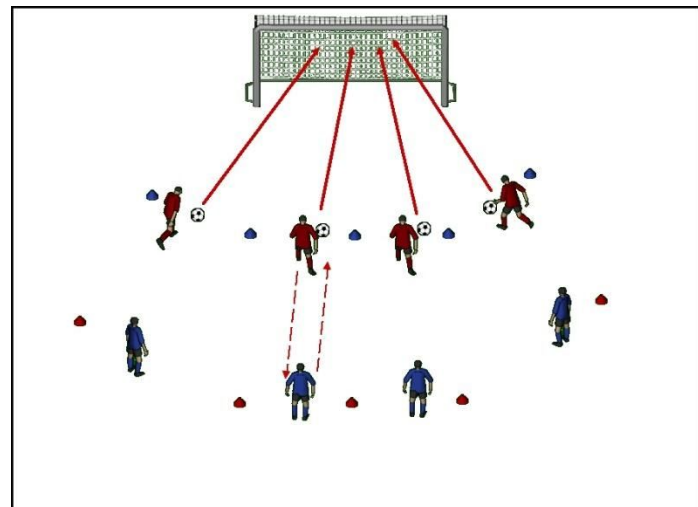
All shoot in goal with Laces

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





Dynamic 1v1's goals

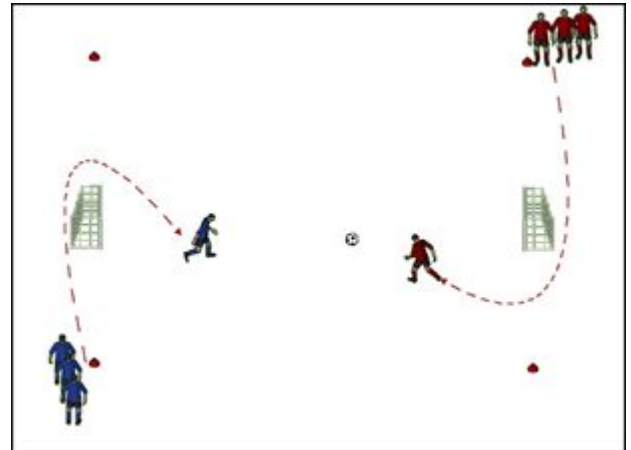
Explanation

On the coaches' signal of passing a ball into the middle of the field, the 1st player from each line run around their goal and into the field to compete 1v1. The coach should encourage the players to use On the Ball Skills to beat their defender. Once a goal is scored or the ball goes out of play, the players return to their teams and the next player starts.

Coaching Points:

Attacker

- ★ Soft touches with the insides and outsides of both feet.
- ★ Attack defender at speed
- ★ Change direction
- ★ Use On the Ball Skills e.g (Scissors, Sole Roll, Body Fake)



Restarts – Attacking Goalkicks

Explanation

Gameplay must be stopped once the ball leaves the field of play through the goal line. A goal kick is awarded if the attacking team misses a shot or the ball is deflected behind by the attacking team. The goal kick is taken on the 6 yard box line from the side of the goal where the ball crossed the goal line.

Coaching points:

- ★ Emphasise the need to pass to a player who is in a free space
- ★ Ask outfield players to make the field as big as possible
- ★ Encourage playing out from the back with a controlled pass on the ground
- ★ A longer goal kick can be played if counter-attacking or there is no option to play a simple pass out from the back

