

Cooperative Training Program Weekly Session Plan

Age Group: U6s & U7s – Weeks 8 & 9

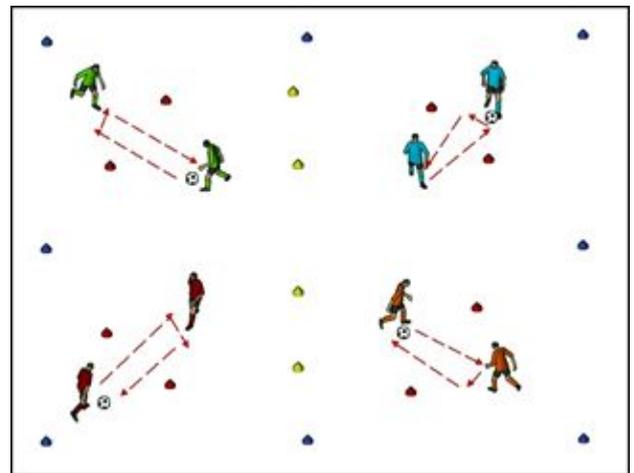
Passing gates

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



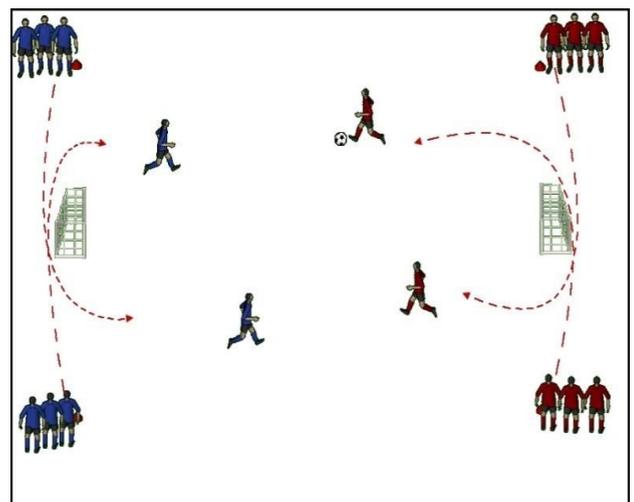
Dynamic 2v2's

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



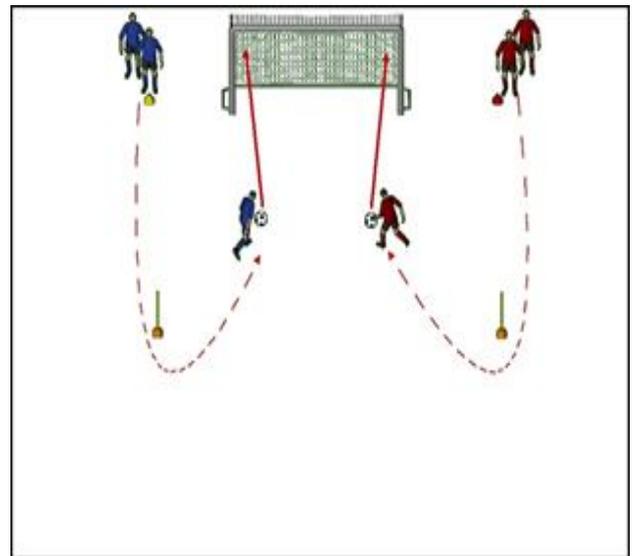
Run and Shoot – Static Ball

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



4v4 – focusing on passing to free space

Explanation

Focus the players attention on the key coaching point of passing into free space. Stop the practice and demonstrate that when a player has free space you can pass the ball to them and move to receive a return pass. The coach should focus the players to ensure they control the ball before they pass to ensure an accurate, controlled pass is made. Ask open questions to the players to encourage the answers that you are looking for.

Coaching points:

- ★ Inside foot control
- ★ Inside foot pass
- ★ Head up to find free space to pass to
- ★ After you pass, find a free space
- ★ Body position to ensure line of pass

