



Cooperative Training Program Weekly Session Plan

Age Group: U8's & U9's – Week 4

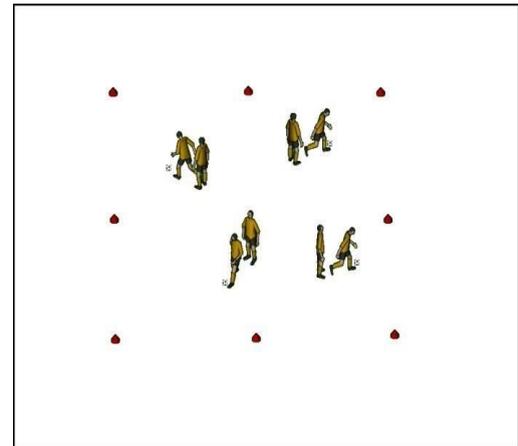
Shielding 1v1 Free Range

Explanation

The players will be numbered 1 and 2. Number 1 will dribble the ball into free space using the square provided, number 2 will follow their partner around the square. On the coaches call of “tackle” number 2 will attempt to win the ball from their partner. The player in possession of the ball must shield the ball from the defender using their body. When the defender wins the ball they must hold it in the air. The last player to keep possession of their ball is the winner and earns 10 points. The players will now swap roles.

Coaching Points:

- ★ Attackers knees bent for firm base
- ★ Attackers “side on” to defender
- ★ Attackers body between the defender and ball
- ★ Attackers eyes on ball and defender
- ★ Defender attempt to win the ball



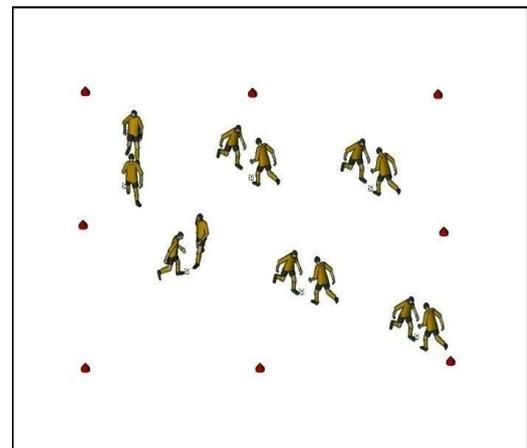
Tackling Partners

Explanation

The pairs will find a free space within the square provided, placing a ball between them. The coach will demonstrate with a player to show the correct technique of tackling using the inside of the foot and keeping the ankle locked. On the count of 3 both players connect with the centre of the ball. They then reset and repeat this for a few minutes. This can be progressed to each player taking a few steps back and moving towards the ball to make a tackle.

Coaching Points:

- ★ Non-kicking foot beside the ball
- ★ Count to 3 and connect with the centre of the ball
- ★ Ankle locked
- ★ Time tackle



1v1 Any Goal:

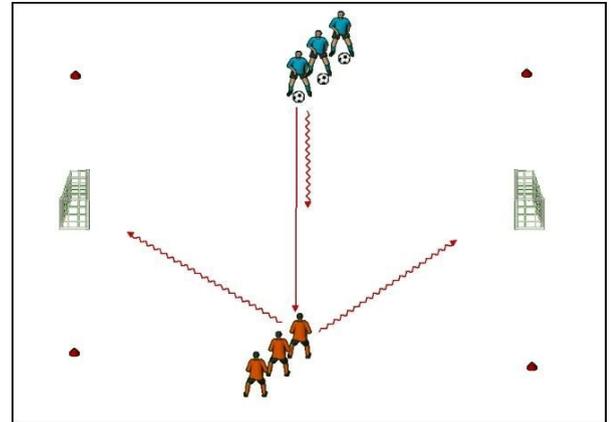
Explanation

The game starts with the player in possession of the ball, this player passes the ball into the opposite facing player. As soon as they touch the ball, the player in possession can now score in any of the two goals, the player without the ball aims to defend win possession of the ball and also score. The coach will intervene to demonstrate ideas for the players attacking such as tricks/fakes they may use and also best practice defending.

Coaching Points:

Attacker:

- ★ Attack at speed
- ★ Ball close to your feet
- ★ Put defender off balance
- ★ Use trickery/fakes



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

