

Cooperative Training Program Weekly Session Plan

Age Group: U8's & U9's – Week 7

3 V 1 Shooting Combinations:

Explanation

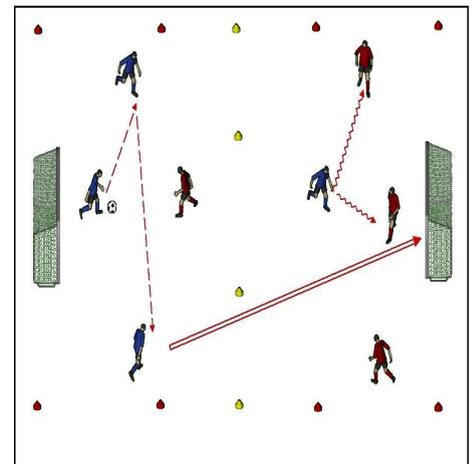
Players are not allowed to cross the middle line into the other area. The 3 attackers are required to pass the ball to create a shooting opportunity, with the 1 defender trying to win the ball from them. This encourages plenty of shots at goal, if the defender wins the ball they can also shoot at sight of goal.

Coaching Points:

- ★ Good first touch, inside foot pass
- ★ Move to a new space following a pass.
- ★ Pass to free space away from pressure.
- ★ Shoot with laces for power
- ★ Create clear shooting opportunity

Progressions:

This can be progressed to the 3 players attacking being restricted to feeding the ball into their number 9 striker before they can score. The number 9 may pass the ball back for a player to shoot, or shoot themselves.



GK Specifics: Diving Exercises – Basic Technique

Divide group into pairs with 1 ball between them. Coach demonstrates the technique of diving. The pairs will practice this technique for 10 repetitions. Once mastered technique can progress to multiple reps and sets. E.g touch cone, dive, get up and repeat.

Progression 1

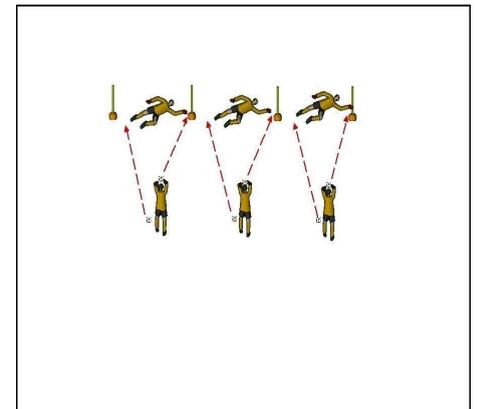
Players start sitting down with legs behind body. Server will roll ball straight at them, or pass the ball straight at them.

Progression 2

Players start with 1 knee bent, in lunge position. Chest over the front knee. As ball is played dive forward, head and hands must go to the ball. Variation from ground ball, to mid-height.

Progression 3

Players standing, stepping diagonally forward towards ball. Chest over the front of the knee. Head and hands must go towards ball. Take ball and secure in your hands.





Coaching Points:

- ★ Ball is played straight towards goalkeeper along the ground
- ★ Head and hands simultaneously meet the ball as far forward as possible
- ★ Step diagonally forwards
- ★ Always land on leading leg side

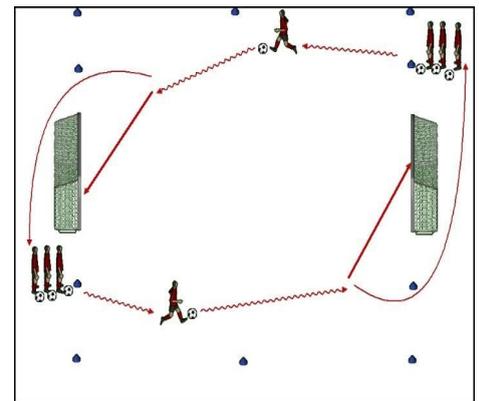
Dribble and Shoot

Explanation

The coach will demonstrate running with the ball using their laces and longer touches, before shooting into the goal when they approach the goal. Players will start one side, dribble through the channel, take their final touch 10m away from the goal in front of them and take a shot at goal. They will then collect the ball and line up beside the opposite goal.

Coaching Points:

- ★ Running with the ball using laces for longer touches
- ★ Head up between touches
- ★ Last touch towards goal before shooting
- ★ Various shooting techniques



Playing out from the Back - Game Training

Explanation

Goalkeeper starts with ball and attempts to play out to 1 of back 4. The defence can maintain possession in order to progress up the field. Once a ball is dribbled through one of the 3 goals on the half way line the goalkeeper starts again. Positions can be rotated to improve the teams understanding from different positions.

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

