

Cooperative Training Program Weekly Session Plan

Age Group: U8's & U9's – Week 8

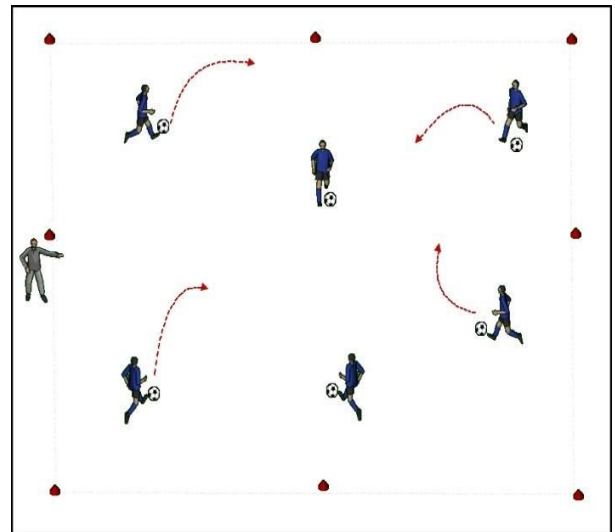
On the Ball Skills

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



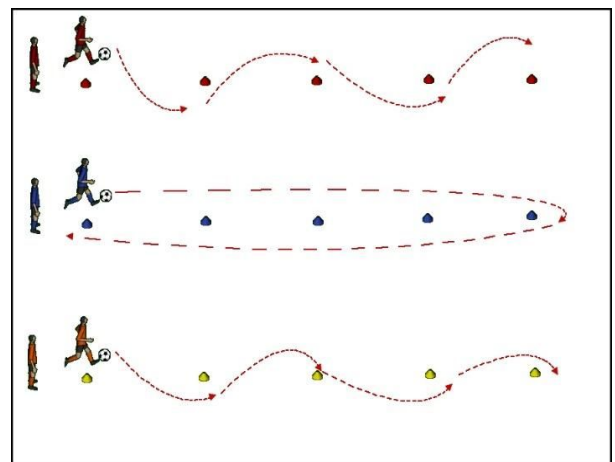
Dribbling Relays

Explanation

The first player in each line will dribble in and out of the cones to the end and back, using the dribbling technique demonstrated by the coach. Passing the ball to the next player in line. Once every player has dribbled through twice this can be progressed to other dribbling techniques.

Coaching Points:

- ★ Close control with small touches
- ★ Head up between touches
- ★ Change of pace
- ★ Knees bent to change direction



1v1 Back to Back Goal

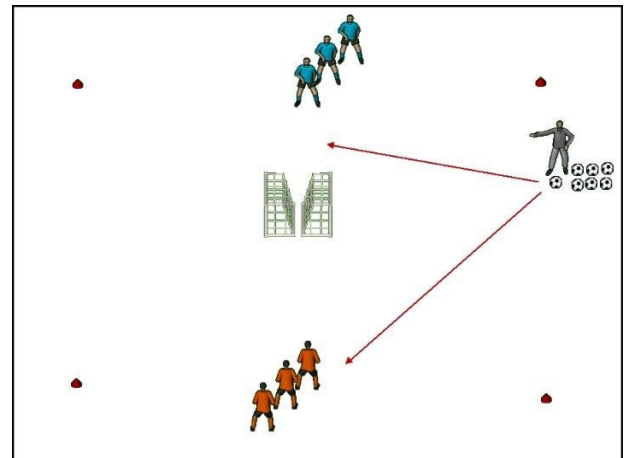
Explanation

The game starts with the coach serving a ball into the grid. As soon as the ball is in play, 1 player from each team will compete for the ball. Players can score in any of the 2 goals, the coach should encourage creativity using fakes, tricks and turns to score a goal. When a goal is scored or the ball leaves the field, the next ball will be served into the game.

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. It is important that a team creates very passing options, left, right, forward and back. Therefore the player in possession can decide the best option to either retain the ball or exploit space.

Coaching points:

- ★ Line of pass
- ★ Movement to free space
- ★ Back and away
- ★ Receive on furthest foot

