



Official Development Partner & Community Pathways Cooperative Program



Cooperative Training Program Weekly Session Plan

Age Group: U6s & U7 – Weeks 1 & 2

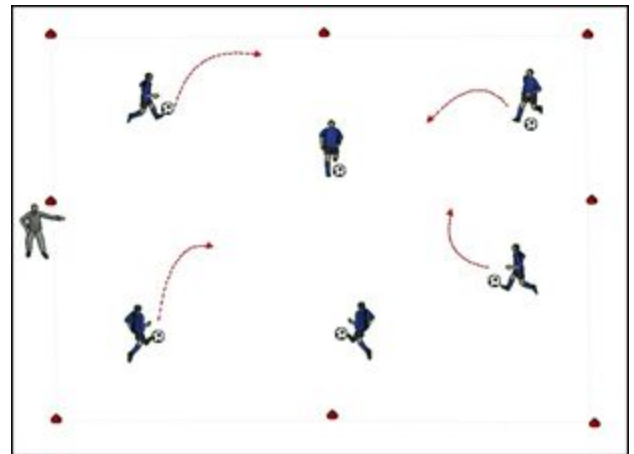
On the Ball Skills

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



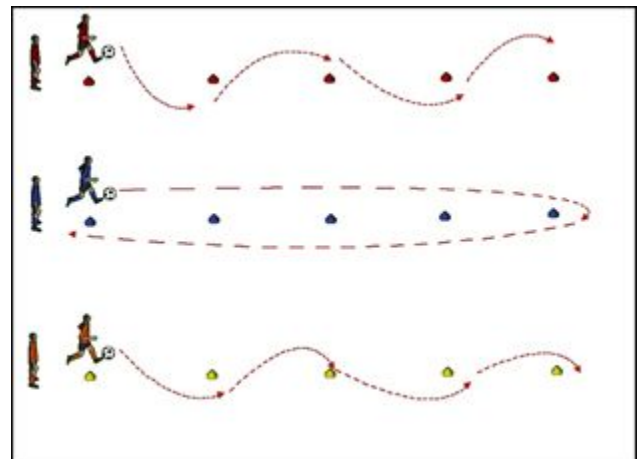
Dribbling Relays

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





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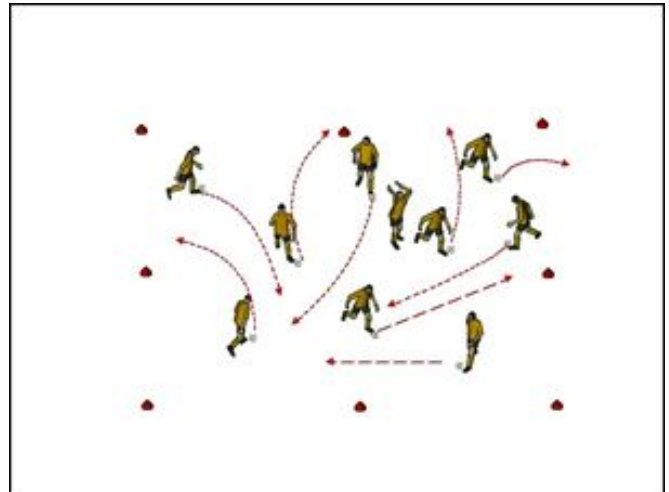
Stuck in the mud

Explanation

Players will dribble inside the square into free space and one designated player will be the tagger. Once a player gets tagged they become 'stuck in the mud' whereby they hold their ball in the air and create a tunnel between their legs. Any other player that is still dribbling can free the players 'stuck in the mud' by passing the ball between their legs. Change the taggers after 2-3 minutes.

Coaching points:

- ★ Inside, outside, sole of the foot dribbling.
- ★ Change direction at speed to lose tagger.
- ★ Head up to dribble to free space
- ★ Close control with soft touches



Formation – 4-aside (1-2-1)

Explanation

For young players to understand, set them up in this shape and explain that these positions are their 'starting positions'. Therefore, when the shape is lost, you can ask your players to return to their starting positions. Also explain that only 1 player should close down a player with the ball, everyone else maintains shape in their position. This is also referred to the closest player to the ball closes down.

Coaching points:

- ★ Diamond Shape
- ★ Starting Positions
- ★ Closest player to the ball closes down
- ★ 1 player to the ball
- ★ Defend as a team, attack as a team

