

## Cooperative Training Program Weekly Session Plan

Quakers Hill – Age Group: U8's - U9's – Week 8

Focus: Shooting

### Dribble and shoot

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 collect the ball and head towards the opposite goal, dribbling along the channel on the other side.

#### Coaching Points:

- ✓ Dribbling / Running with the ball technique
- ✓ Last touch and final steps before taking a shot (to position and balance their bodies correctly).

#### Progression 1

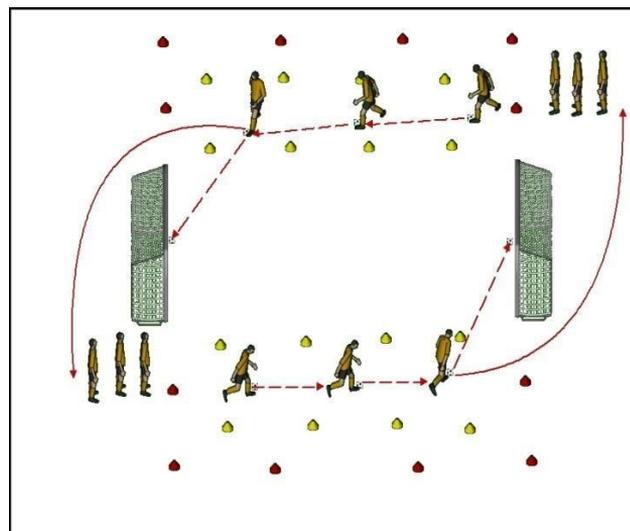
- ✓ Weaker foot only to shoot

#### Progression 2

- ✓ Inside bend into furthest corner away from goalkeeper

#### Progression 3

- ✓ Feeder at the end pass ball into them to serve for volley/header



### Running and Shooting

At the coach signal, players will run (first player in each line at the time) towards the pole, go around it and then run towards the goal. The coach will then role a ball and the first player to gets to it will take a shot to goal. For younger players, the coach can role one ball for each. Coach can also ask the players to take a touch before shooting.

#### Coaching Points:

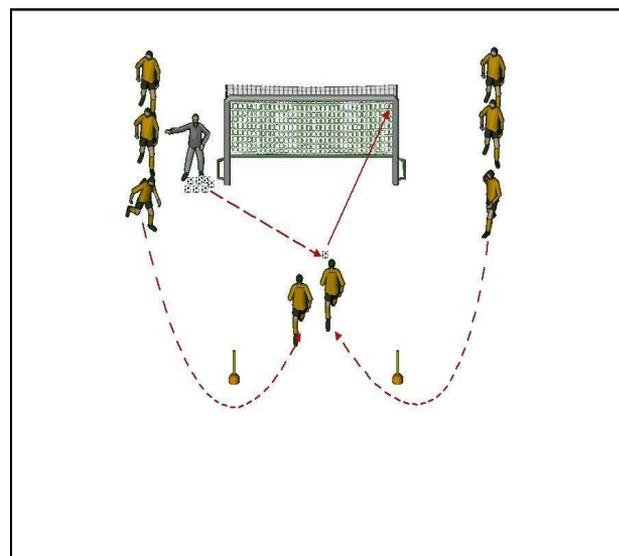
- ✓ Position body correctly to take a shot with the ball in movement
- ✓ Being aware of the other player opposing.
- ✓ Shooting techniques to be applied: laces, inside, outside.

#### Progression 1

- ✓ Throw ball in the air to practice headers / volleys

#### Progression 2

- ✓ Throw ball in the air, control the ball to the ground before shooting

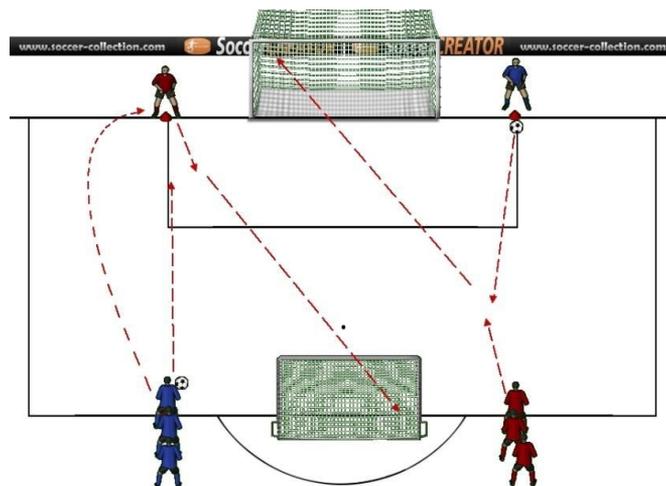


## Shooting pressured:

Set-up in a penalty box, using 2 large goals either side. 4 cones for players to divide onto evenly. The ball is passed across to the opposite player who takes a touch before striking the ball with their laces into the goal. The other side shoot into the opposite goal. Once the shot is taken, they follow their pass to the "serving line". This can be progressed to following the pass to put the player shooting under pressure, switching to use weaker foot only. All shooting variations can be applied.

### Coaching Points:

- ✓ Inside foot pass
- ✓ Striking the ball with laces
- ✓ Defender shut-down fast
- ✓ Soft first touch towards goal



## Shooting – Skill Game:

Set-up a 20x30 field with 2 endzones and 3 goals distributed evenly across the endzone. The aim of the game is to score in either of the 3 goals using precision shooting, by passing and moving. The endzone players try to stop them scoring in either of the goals, if they intercept the ball they pass out to their team to attack the other end. Progress to passing into endzone player and laying off to someone to finish first time.

### Coaching Points:

- ✓ Inside foot control, inside foot pass
- ✓ Passing and movement off the ball
- ✓ Creating space as a team
- ✓ Quick accurate passing
- ✓ Precision shooting with inside foot.

