



Cooperative Training Program Weekly Session Plan

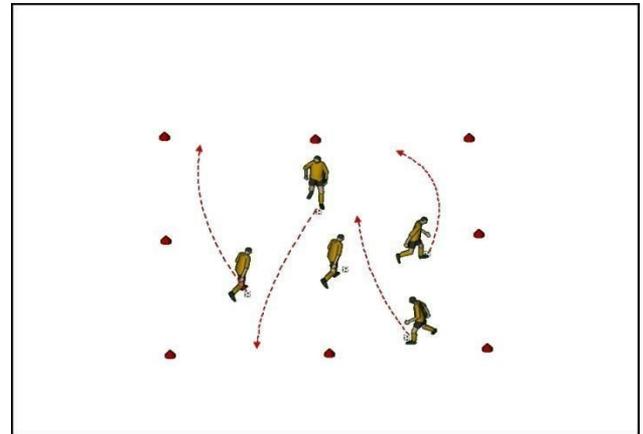
QHFC – Age Group: U6s & U7 – Weeks 13 & 14

On the Ball Skills

Set up a 30X30m square. Ask players to dribble into free space. Show the players one skill at a time and let them practice while dribbling.

Coaching Points:

- ✓ Soft touches with the insides and outsides of both feet
- ✓ Keep heads up to dribble into space
- ✓ Pull backs, Roll overs, inside and outside turns, Skip step, outside step overs, Body fake, Pull and push.



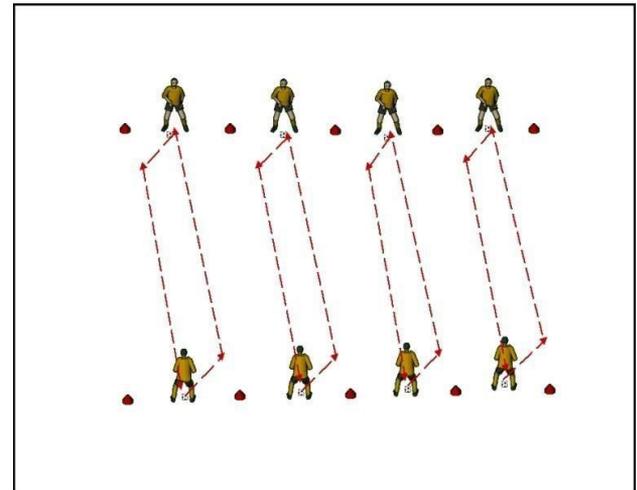
Passing partners

Set Up 2 lines of cones and split the players into pairs, with one player in each grid facing their partner.

Partners will pass the ball to each other keeping it in their individual grid.

Coaching Points:

- ✓ Turning knee out to pass the ball with the inside foot, Locking the ankle and push the ball straight through.
- ✓ Changing body position to angle it to receive the ball
- ✓ Touching it diagonally forward before passing. Use both feet and use different combinations to try each technique.



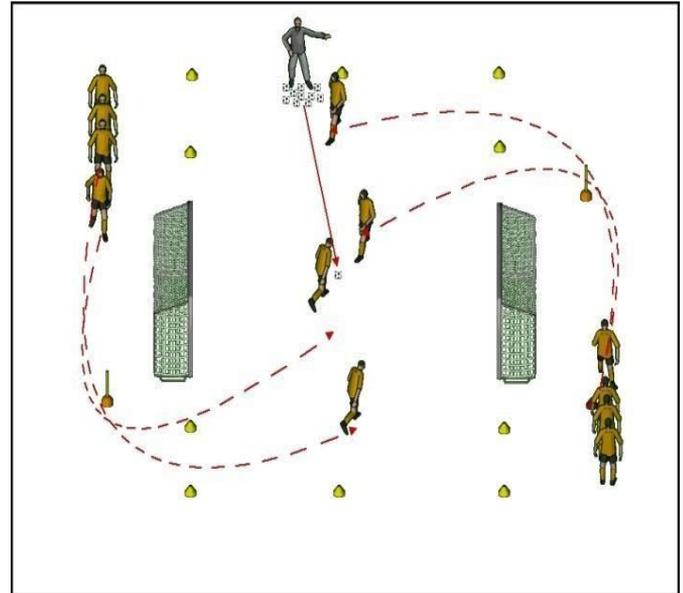


Dynamic 2v2's

Set up 3 sets of 20X10m fields with small goals. Behind each goal put one cone and 10m ahead of the cone one agility pole. Players will line up behind the cones and at the coach's signal they will run towards the pole going around it (2 at the time) to meet each other in the field and play a 10 seconds 2 v2 game.

Coaching points:

- ✓ Quick reactions to position body to take a good first touch
- ✓ Dribbling technique to find the best space to finish
- ✓ Accuracy when taking the shot as they have only ten seconds
- ✓ Passing and movement off the ball, 1-2's and Overlaps
- ✓ First defender closes down the ball and second defender marks player off the ball.

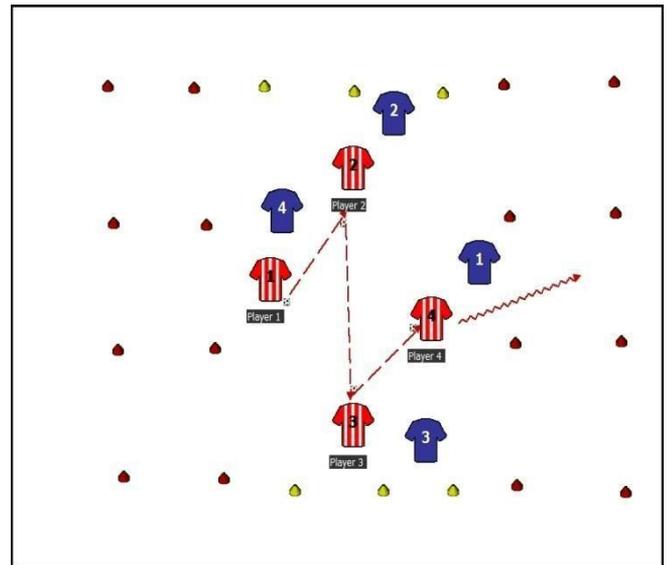


Endzone Game

Set Up a 20X30m field with 2 designated endzone areas at each end of the field. Divide players into 2 teams wearing bibs. A goal is scored by a player who dribbles into an endzone and stops the ball under control. Allocate an endzone for each team to attack.

Coaching points:

- ✓ Emphasise dribbling with the ball at speed to take on opponents, using close dribbling control, little touches, inside & outside of the foot.
- ✓ Encourage fakes and trickery to beat defenders.
- ✓ Also emphasise decision making, when a player should dribble with the ball and when the ball should be passed.
- ✓ Emphasise equal spacing and finding free space on the field.





GK Specifics: Rolls and catches in partners (Bending knees and scooping the ball up), progressing to throws and high catches, also bouncing the ball (cushion zone with arms and catching with hands in diamond shape)

Use poles to make multiple goals in one line, goals can be 5 meters wide. In pairs, 1 player stands in a goal with a partner facing with a ball. The partner facing is the server, throwing the ball using their hands, or for advanced players can kick the ball.

Progress through rolling, catching, throwing and high catches. **Coaching points:**

- ✓ When catching, bend down in long barrier position – ensuring body is behind the ball and there are no gaps between their legs. Bend down and scoop the ball up with 2 hands into their chest.
- ✓ High catches, server throws the ball up for the goalkeeper to catch arms stretched up and collecting the ball from the highest point by jumping.
- ✓ Goalkeeper must be on their toes. Throws can be used for ball distribution, over arm throws, shoulder passes and over head throws using 2 hands.

