

NSC Week 3 Session

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Change pace

KEY QUALITIES: Optimal technical

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AGE: U11-U12 / 9v9 / players

MOMENT: Attacking

DURATION: 45 min

NSC Week 3 Exercise 1

OBJECTIVE: Improve Dribbling Abilities

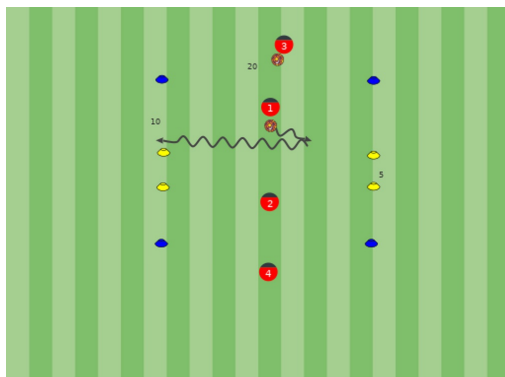
ORGANIZATION: 22 by 25 Square 16 blue cones and 16 yellow cones. 4 of each for every quadrant. Player with the ball is the attacker. Please without the ball is the defender. Player with the ball must lose the defender. Players can NEVER enter the buffer zone.

KEY WORDS: Accelerate small touch big touch

GUIDED QUESTIONS: What can I do to beat the player?

ANSWERS: change speed and direction. Accelerate

NOTES:



NSC Week 3 Exercise 1 Variation 2

OBJECTIVE: Improve Dribbling Abilities

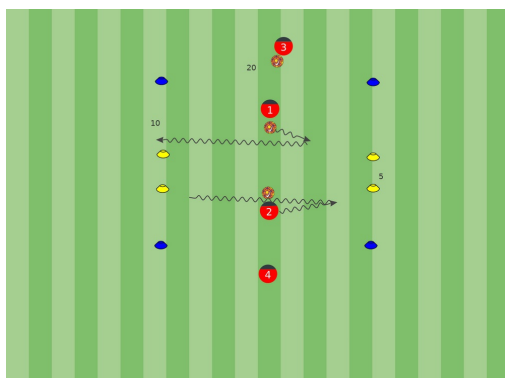
ORGANIZATION: Same as exercise 1 Variation 1 except this time both player and defender have a ball.

KEY WORDS: Same as exercise 1 Variation 1

GUIDED QUESTIONS: Same as exercise 1 Variation 1

ANSWERS: Same as exercise 1 Variation 1

NOTES: Grit, determination and focus is needed for the defending player.



NSC Week 3 Exercise 2

OBJECTIVE: Improve Dribbling Abilities

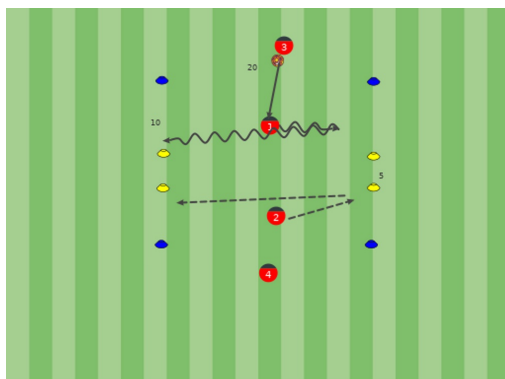
ORGANIZATION: Same as exercise 1 Variation 1 except this time the attacker receives the ball to turn

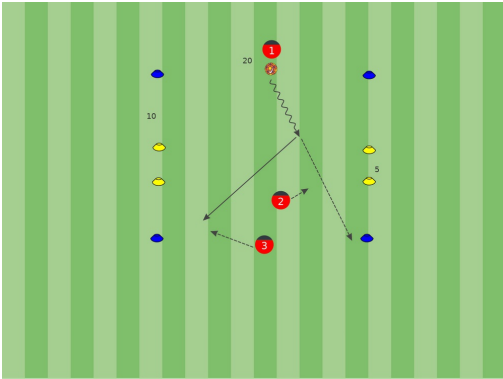
KEY WORDS: Body position Front foot Back foot Head Check Disguise turn

GUIDED QUESTIONS: How do I know where to turn? can you find different way to receive the ball to turn?

ANSWERS: head check Inside foot, outside foot, Cruyff turns etc...

NOTES: Grit, determination and focus is needed for the defending player.





NSC Week 3 Exercise 3 (3 players minimum needed)

OBJECTIVE: Improve Dribbling Abilities

ORGANIZATION: Same as exercise 1 except this time the attacker must decide to either dribble to the side or pass the ball to the teammate behind the defender for a give and go

KEY WORDS: Accelerate Change of Speed and Direction Make a decision Disguise Pass

GUIDED QUESTIONS: How do I know when to pass when to dribble When do I pass the ball How can I be unpredictable

ANSWERS: By keeping my head up/ visual cues When I commit the defender Disguise pass/make a move/ fake?

NOTES: Grit, determination and focus is needed for the defending player.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?