



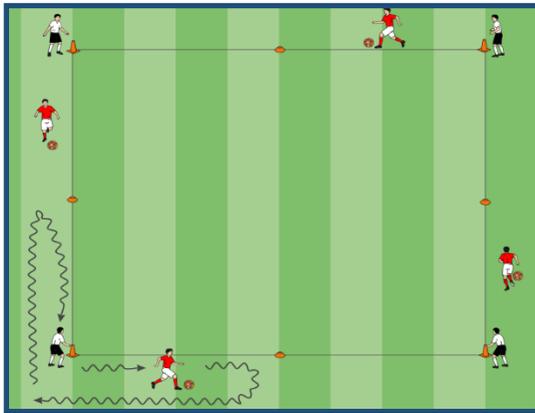
# *NSC Skills Curriculum*



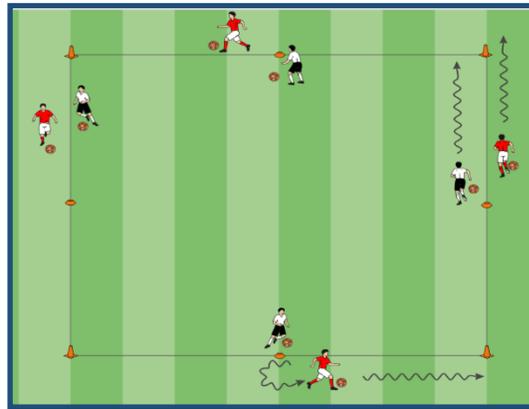
## Week 1 Change of Direction



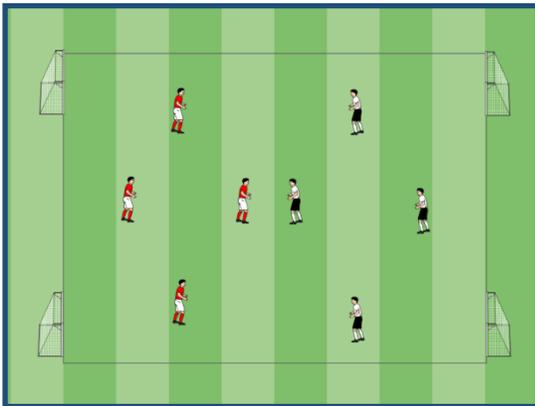
# Turning to Change Direction



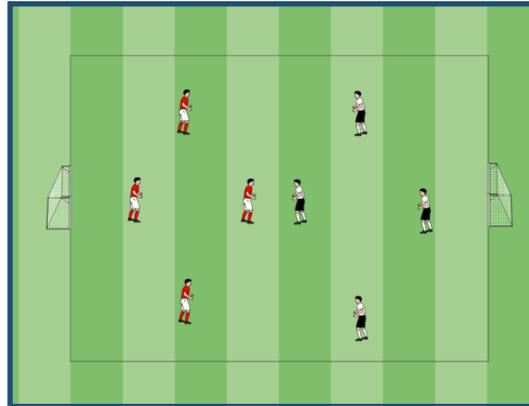
**Description:**  
20x20 grid. Players in pairs at corners with cone half way between groups. Player 1 dribbles to each cone and performs a turn before Hi fiving team mate. Player 2 repeats. Introduce different turns. Have a race/competition between groups.



**Description:**  
Players now start at central cone and use a side each for 1v1 game. Both players with ball. Attacker must dribble past either end cone before defender to score. They can turn as many times as they like to lose opponent. (Defenders must beat attacker past cone provided they don't turn around again!)

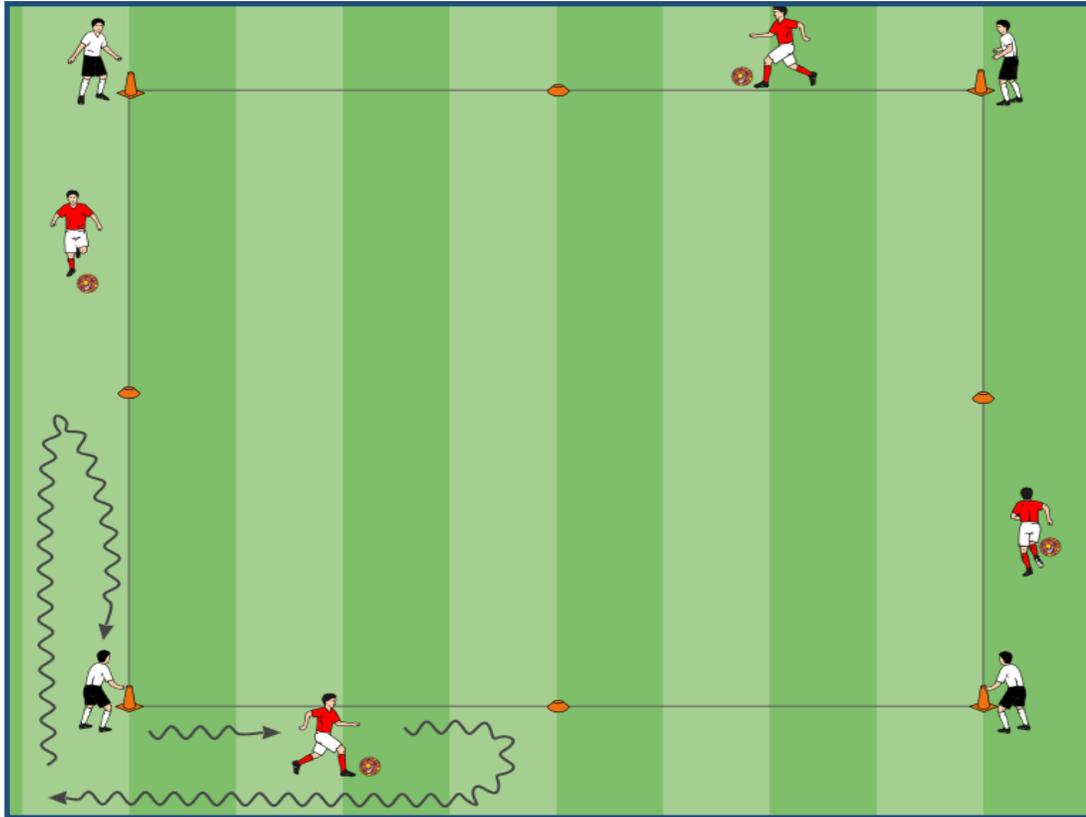


**Description:**  
4v4 game. Two goals at either end of the field for attacking team to choose from. Can players recognize moments to turn and attack space on the other side of the field.



**Description:**  
4v4 Game. One goal at each end. Where can players in a normal game utilize a change of direction turn to move away from an opponent successfully.

# SKILL DRILL 1



## **Set-up:**

20x20 playing area. Players in pairs on corner. Target cone placed either direction 10 yards from corners.

## **Description:**

Player 1 dribbles to first cone and performs change of direction move or turn. Accelerates round and past their partner to second cone, turns again then Hi fives partner.

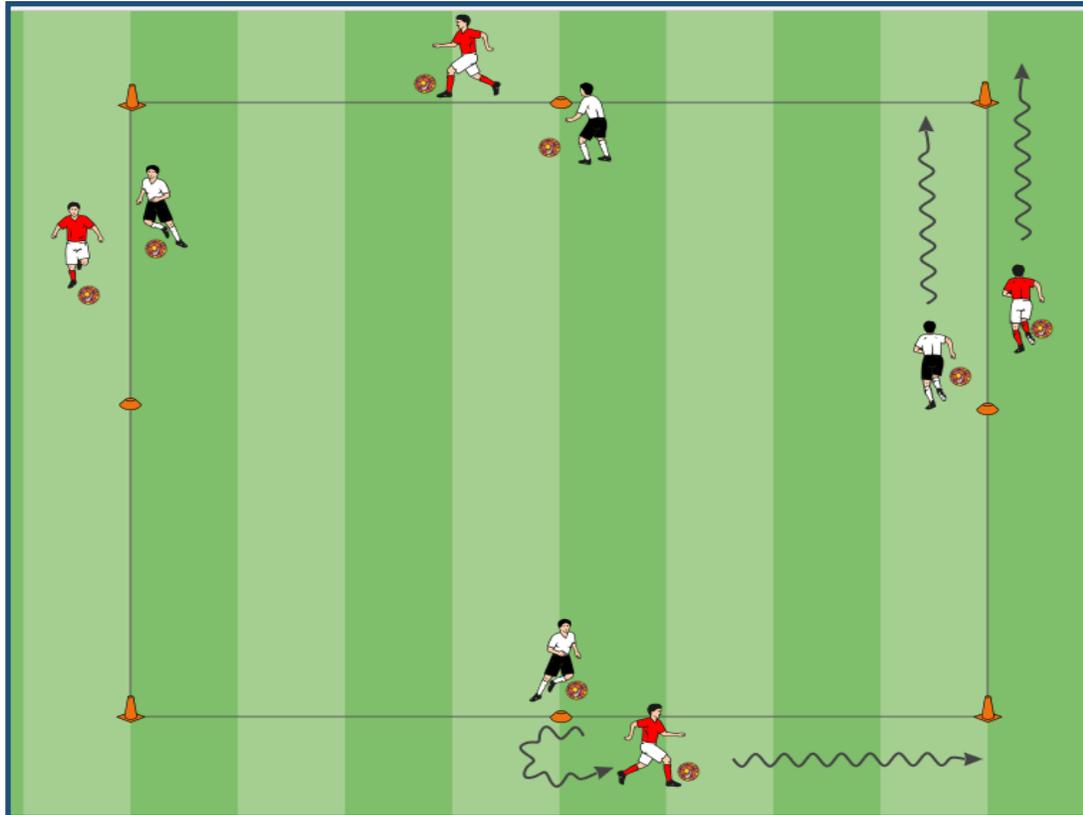
## **Coaching Points:**

Various change of direction moves e.g inside or outside hook, ribery etc. Accelerate out of the turn with a positive touch.

## **Progression:**

Add a competition / race. First team to have both players complete the game twice and be back to the start wins.

# SKILL DRILL 2



### **Set-up:**

Same 20x20 box and central cones on each side. Pairs now start at the center of one side.

### **Description**

Both players with a ball. 'Attacker' must dribble past either corner cone to score a point – turning to lose their partner. Defender wins if they pass the cone first – provided the attacker does not turn around!

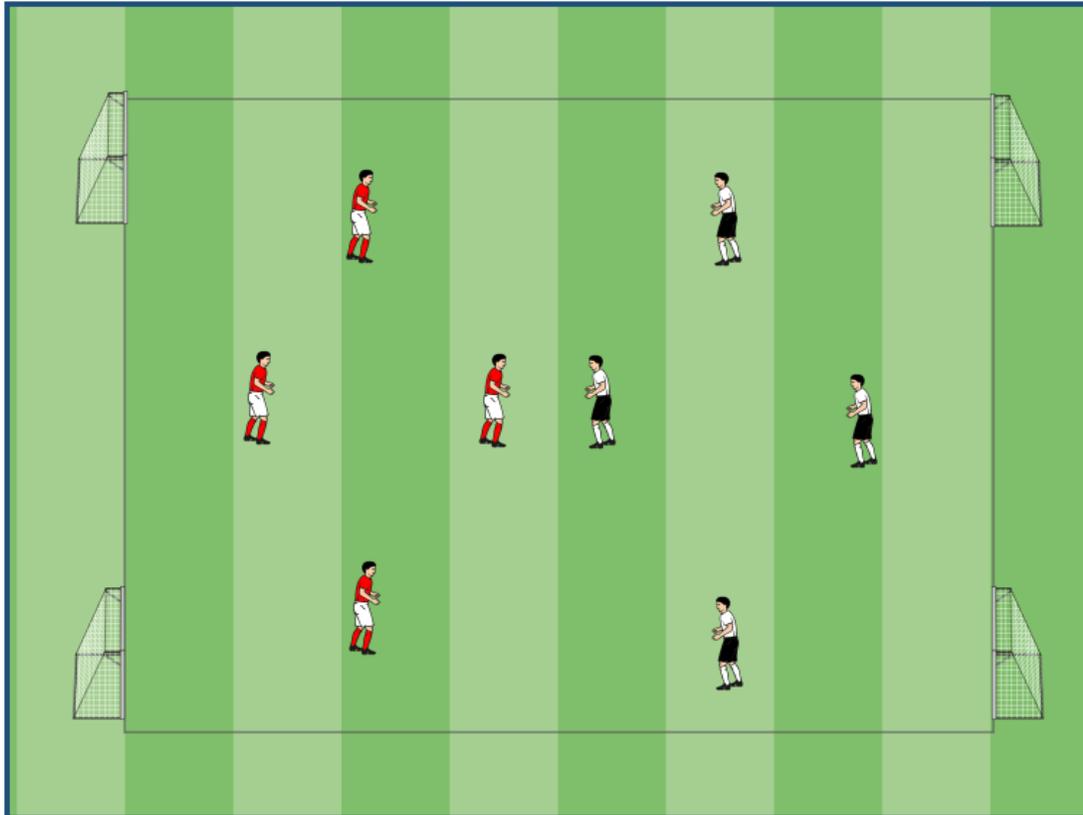
### **Coaching Points:**

Can we add disguise to the turn e.g. fake a large touch then change direction. Positive touch and acceleration out of the turns to explode away from opponents.

### **Progression:**

Defender does not have a ball. Is allowed to cross the line and steal the ball after 3 turns if possible.

# SMALL SIDED GAME



## **Set-up:**

40x30 playing area. Two goals at either end placed toward sidelines. 4v4 conditioned game.

## **Description:**

Teams can score in either of the goals before them. Players encouraged to turn away from pressure to find space and opportunities to score in the second goal.

## **Coaching Points:**

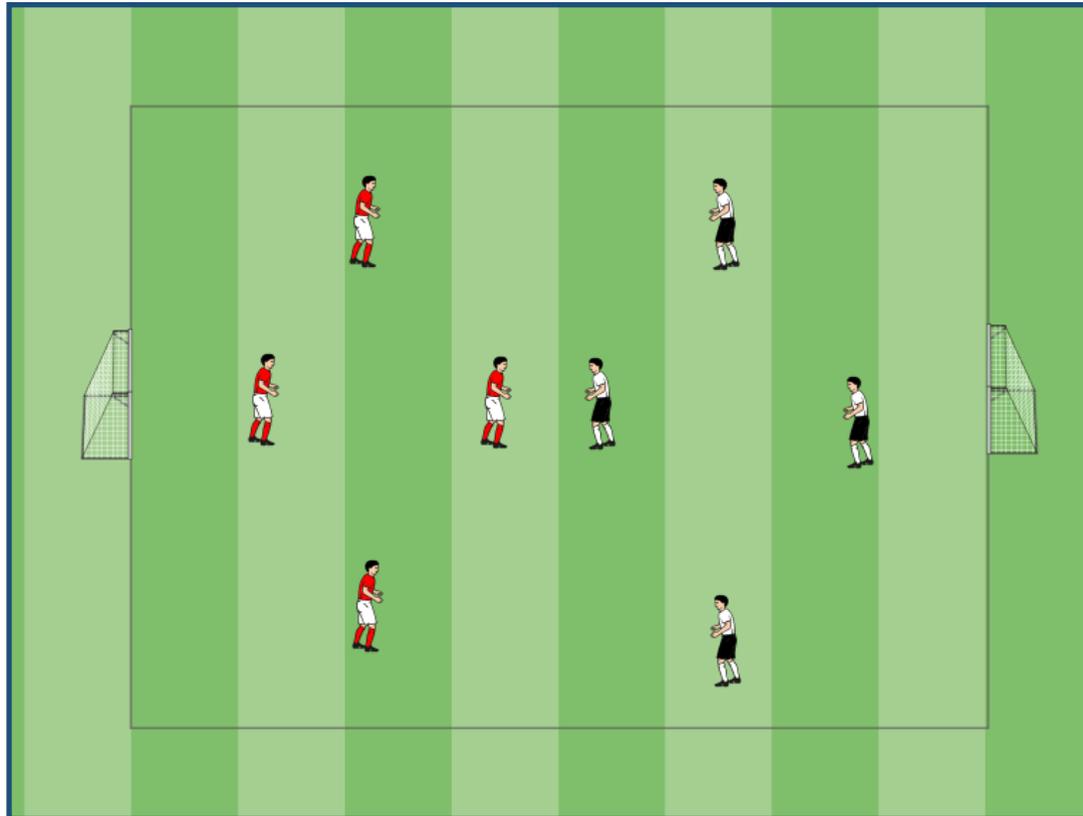
Be aware of surroundings. When do we change direction and what do we do afterwards now it is a game e.g. dribble/pass/shoot?

## **Progressions:**

Enforce that players must visit both sides of the field before scoring. Enforce that a player must successfully execute a change of direction move or turn before the team can score.



# GAME



**Set-up:**

40x30 playing area. Normal game with 4v4.

**Description:**

4v4 game with no conditions or restrictions.  
One goal each to play into.

**Coaching Points:**

Can players recognize where and when to use change of direction moves or turns to move away from an opponent and then pass/shoot/dribble to progress their team towards the other goal.