



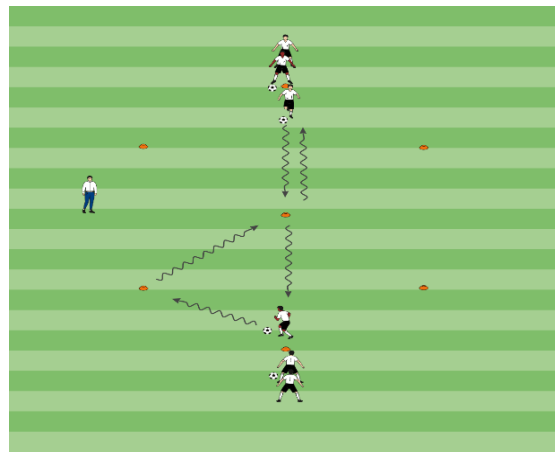
NSC Skills Curriculum



Week 2 Change of Direction

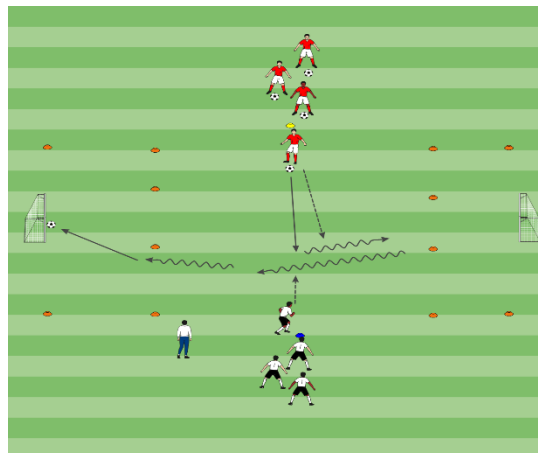


SESSION OVERVIEW: CHANGE OF DIRECTION MOVES



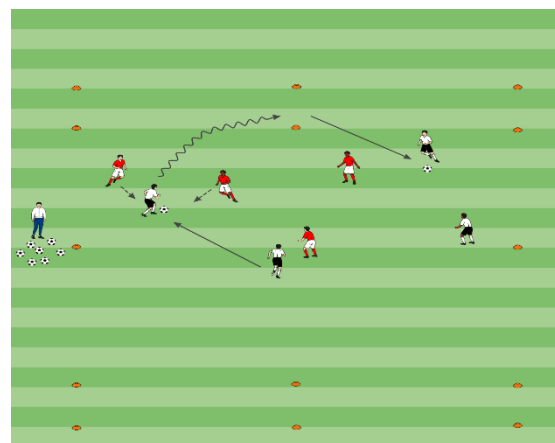
Description:

Coach leading the activity. 2 Players dribble to the middle cone and execute change of direction turn before the cone. Once direction has been changed, accelerate/dribble back to their line.



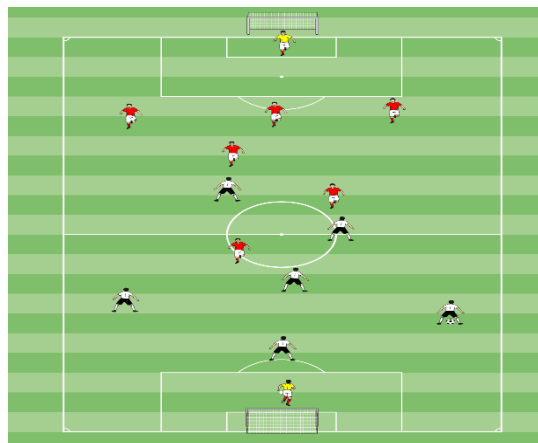
Description:

Defenders start with ball. They pass to attacker.
 * Attacker must perform a Change of Direction before they can score.
 *Attackers can score on either goal, but must dribble over the cone line before shooting. *Once they score, it becomes a race to the opposite cone line. NO GOAL NO RACE.



Description:

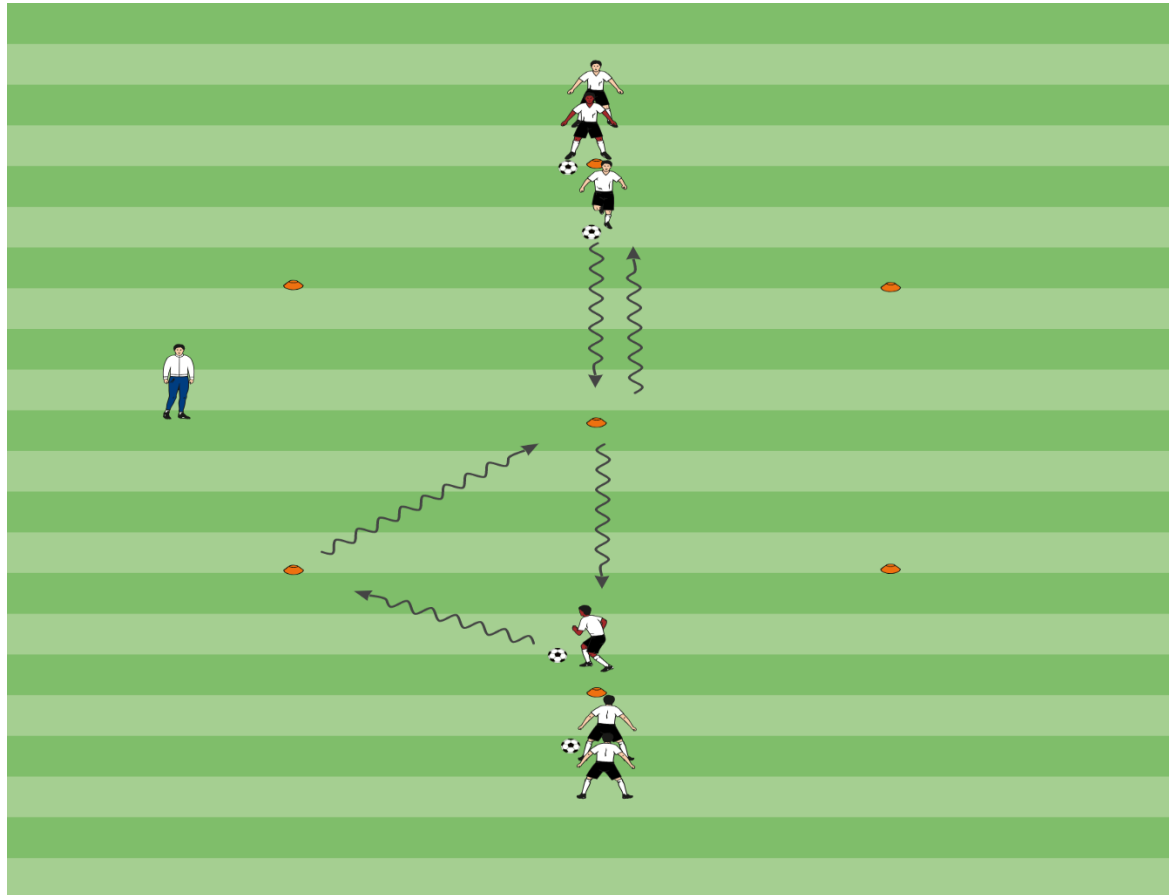
Players must dribble and control the ball within the end zone.
 *Make it take it condition
 * Players can score in either end zone. Once you score, players must pass/dribble ball out of that end zone. A change of direction move must be executed before you can score again.



Description:

Regular game, option to add a goal for every successful 1v1.

CHANGE OF DIRECTION MOVES WARM UP



Set-up: 20 x 10 yard area. Players working together with 1 ball per group.

Description: Coach leading the activity. 2 Players dribble to the middle cone and execute change of direction turn before the cone. Once direction has been changed, accelerate/dribble back to their line.

Moves: Inside/Outside cuts; Pull back/U-turn; Cruyff; Half Zico

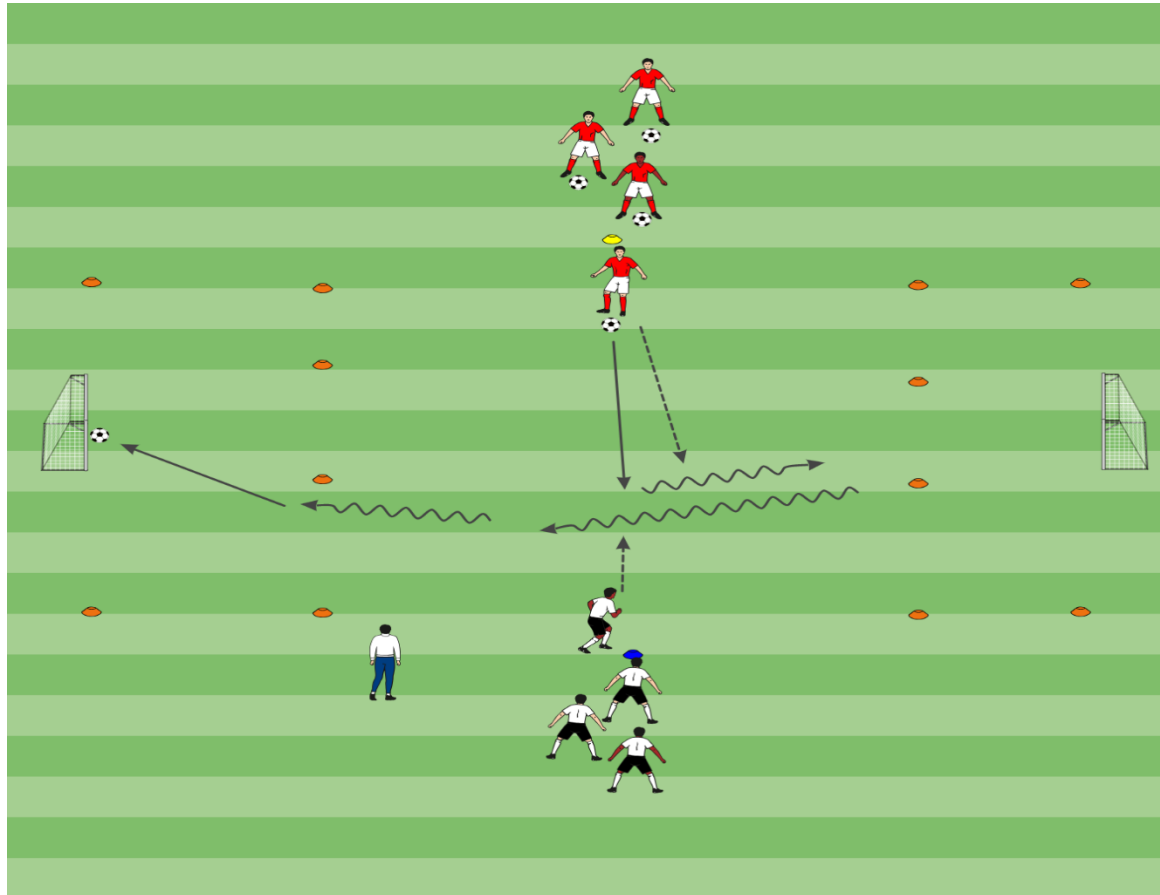
Progression: Have players dribble to the left cone, then middle cone, then back to their line. (Use Dynamic stretching in between progressions)

Coaching Points: Correct dribbling technique, dependent on the surface of the foot being used.

*Accelerate after changing direction (create separation from defender)

*Keep ball close

SMALL-SIDED CHANGE OF DIRECTION GAME



Set-up: 20x20 Area. Space between cones & goal 5 yards, space between cones & cones 10 yards.

Description: Defenders start with ball. They pass to attacker.

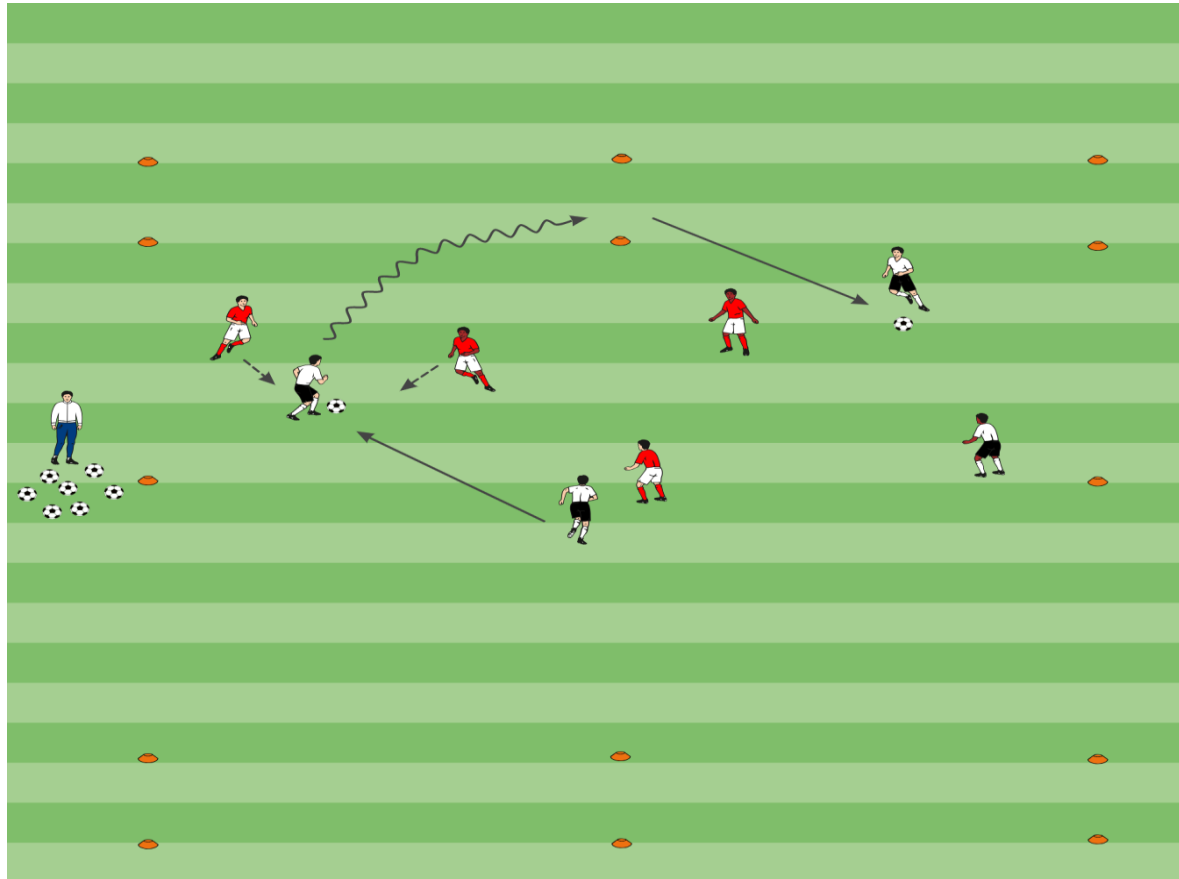
- * Attacker must perform a Change of Direction before they can score.
- * Attackers can score on either goal, but must dribble over the cone line before shooting.
- * Once they score, it becomes a race to the opposite cone line. NO GOAL NO RACE.

Moves: Inside/Outside cuts; Pull back/U-turn; Cruyff; Half Zico

- Coaching Points:** 1st touch towards goal.
- * Concentrate on move (Change of Direction) and speed to get away from defender
 - * Sell the move
 - * Change direction multiple times
 - * Think about move you want to do in line (before ball is at feet)



END ZONE GAME



Set-up: Area same as above. 30x35

Description: Players must dribble and control the ball within the end zone.

*Make it take it condition

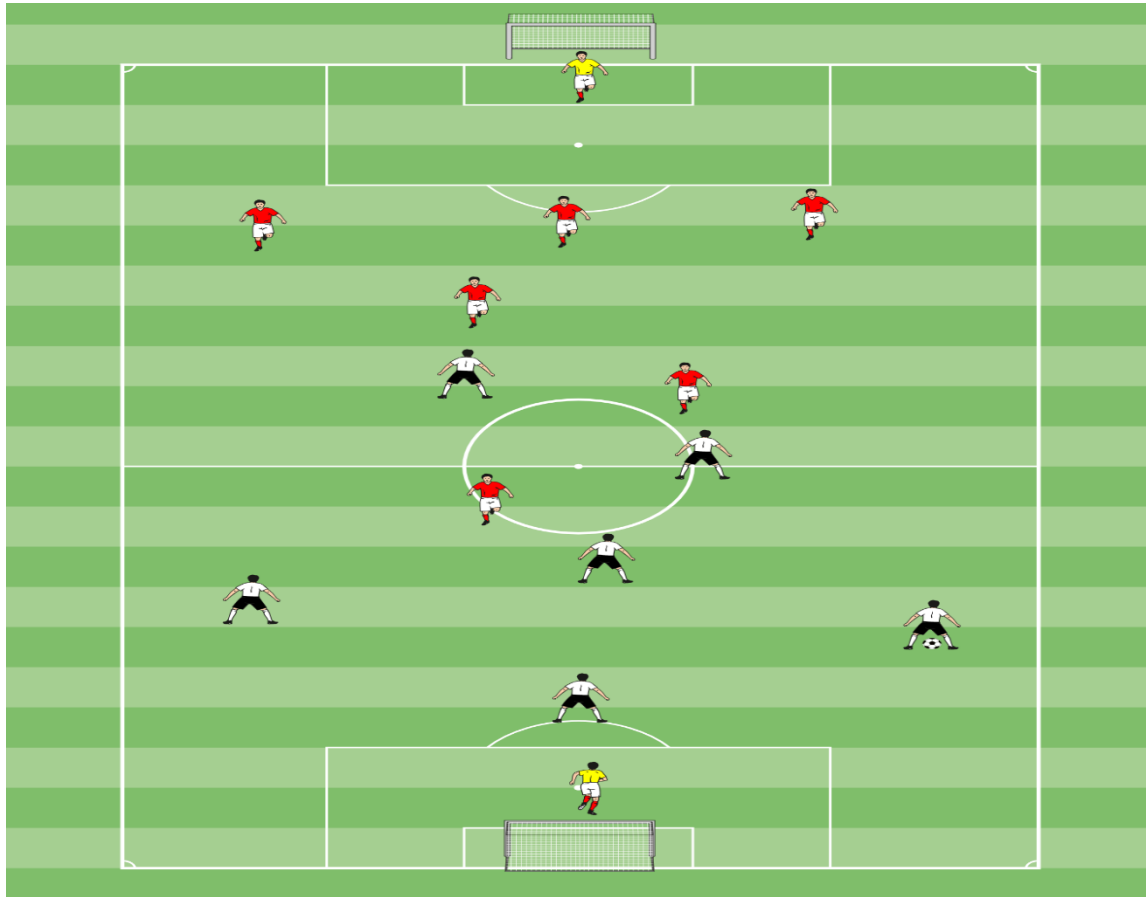
* Players can score in either end zone. Once you score, players must pass/dribble ball out of that end zone. A change of direction move must be executed before you can score again.

Progression: 2 goals for a change of direction move

Coaching Points: Width Depth; keep ball close; change direction/speed; Check in/out to create space; Be creative



GAME



Set-up: 7v7 Field Area. 55x65

Description: 7v7 Game; All players must be in attacking half for the goal to count.

Coaching Points: Support the attack, Change direction/speed, Be creative