



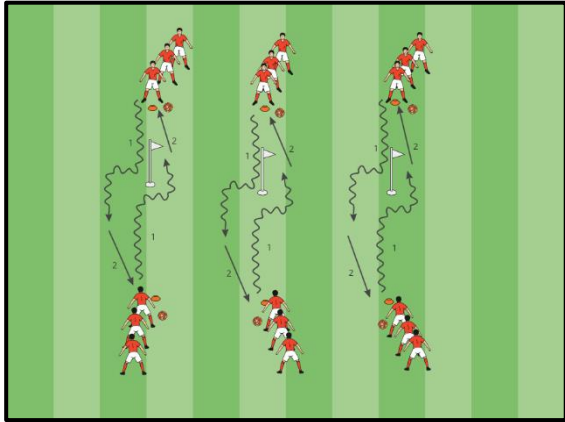
NSC Skills Curriculum



Week 3 Change of Direction



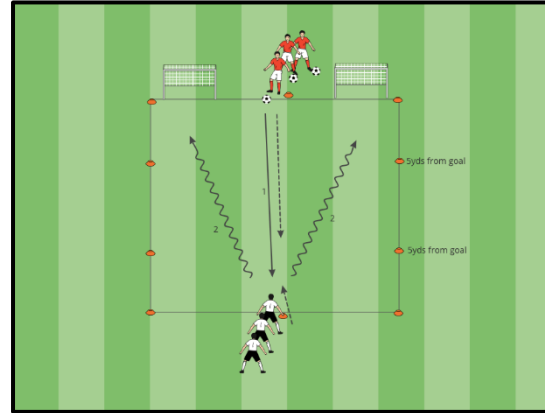
SESSION OVERVIEW



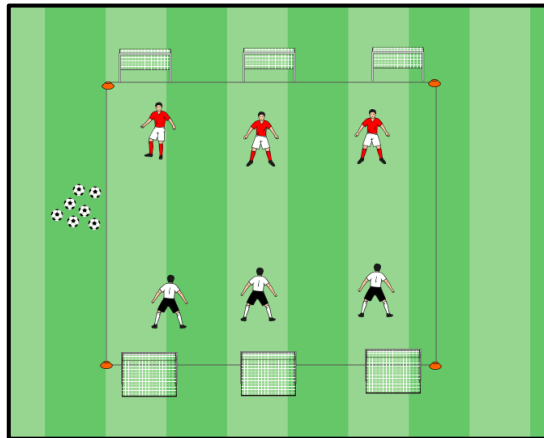
Description: Players dribble directly at pole or mannequin (defender) and make 1v1 move to right hand side (v.important for safety) then pass ball to player waiting at front of line.

1v1 moves ..

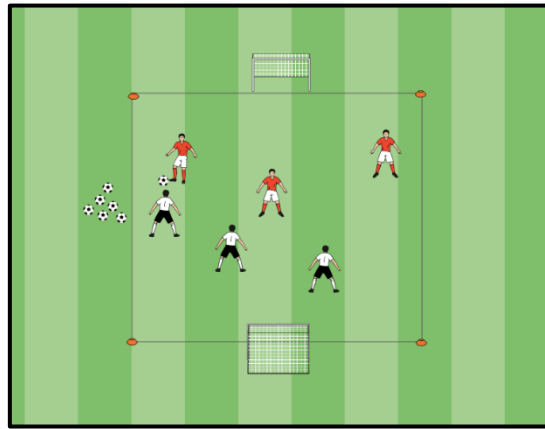
- Scissors/double
- Sole roll & push
- Double tap
- Coaches choice



Description: Players take it in turns to attack and defend (2/3 minute turns) Player with ball passes across and closes down attacker. Attacker performs 1v1 moves to get past player and score. Players must be within 5 yards of goal to score (marked by cones)

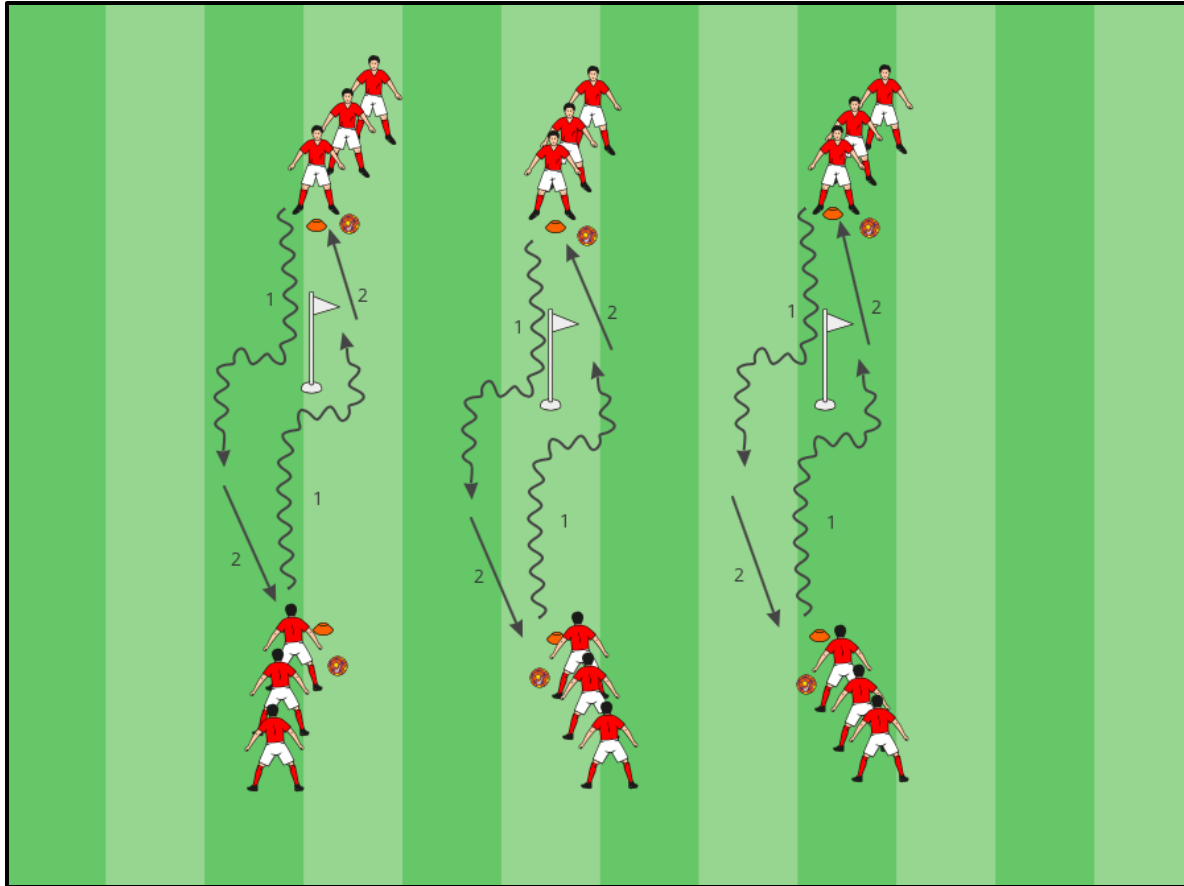


Description: Coach plays ball into one of the attackers. Attacker will try and beat a defender 1v1 or pass to another player to allow them to beat their defender. The team that scores will receive the next ball also.



Description: Small sided games of 4v4 max (for max touches) Coach will feed balls in, the team that scores receives the next ball. An extra goal will be rewarded for any successful 1v1 move to beat a player during the game.

SKILL DRILL 1



Set-up: Start cones 12 yds from Pole or mannequin. Players working in small groups (4 max) with 1 ball per group.

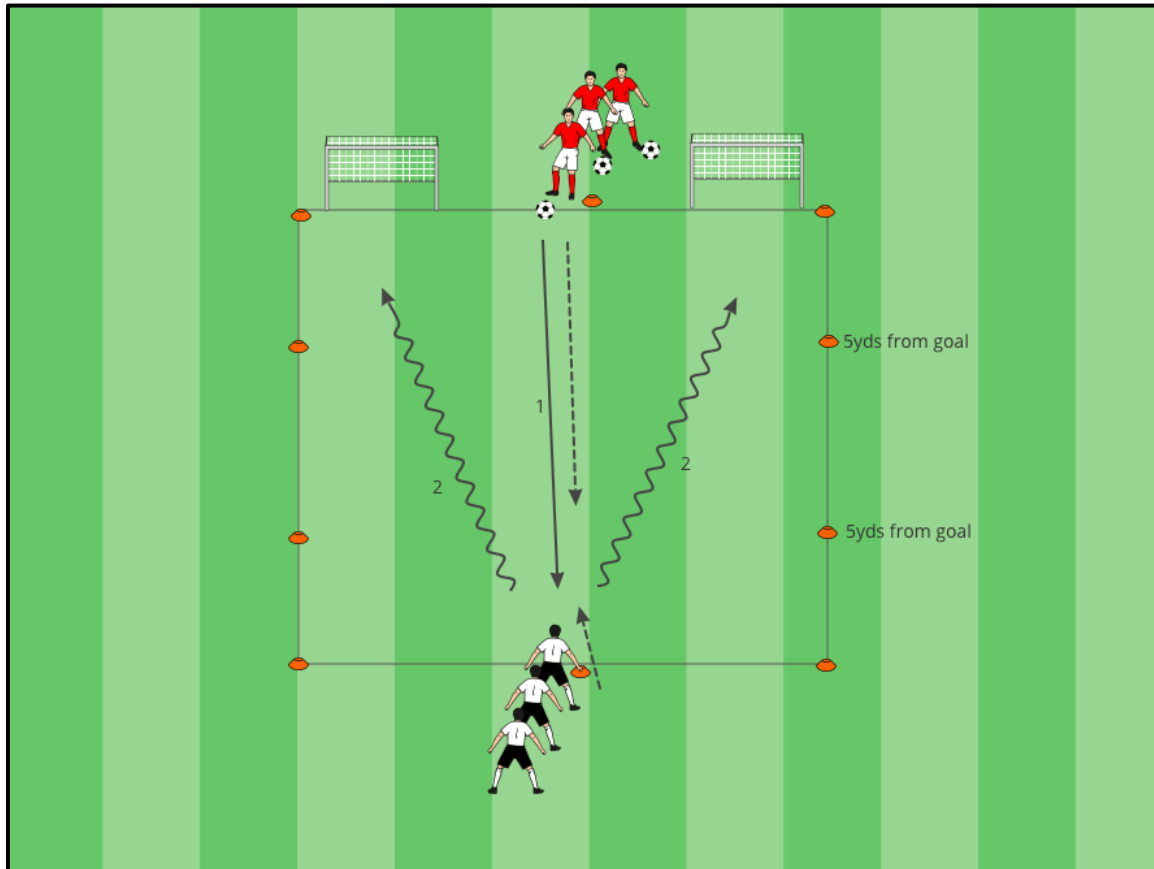
Description: Players dribble directly at pole or mannequin (defender) and make 1v1 move to right hand side (v.important for safety) then pass ball to player waiting at front of line.

Coaching Points: Dribble at speed towards defender (unsettle). Use 1v1 move to Unbalance defender, and push ball diagonally past (10 to 2 clock face)

Progression: Different 1v1 moves ..

- Scissors
- Sole roll & push
- Double tap
- Double scissors
- Players/Coaches Choice!!

SKILL DRILL 2



Set-up: 15x15yd area. 2 small goals one side can use cones if no goals are available)

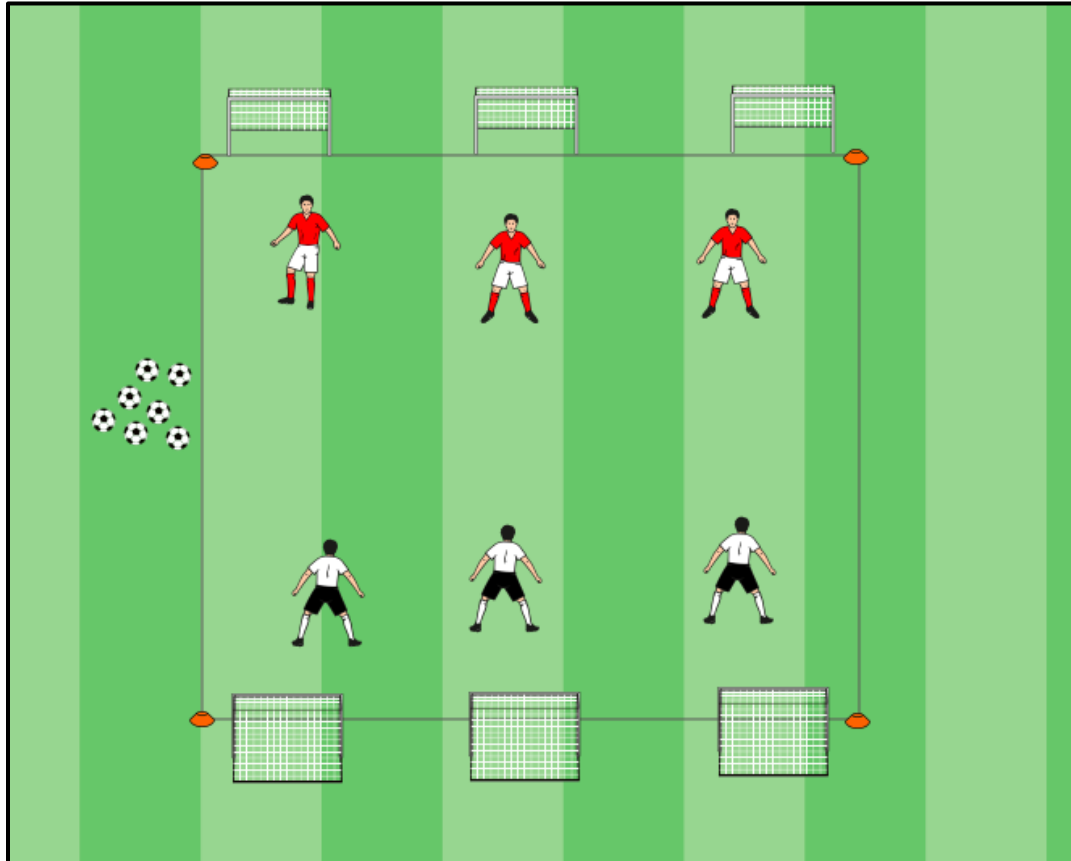
Description: Players take it in turns to attack and defend (2/3 minute turns) Player with ball passes across and closes down attacker. Attacker performs 1v1 moves to get past player and score. Players must be within 5 yards of goal to score (marked by cones)

Coaching Points: Positive with first touch, try to unsettle def by dribbling at speed. Use 1v1 moves to unbalance defender.

Progressions: Add counter goals or counter targets for defenders after a successful win (a ball on a cone on opposite end line works well)



SMALL SIDED GAME

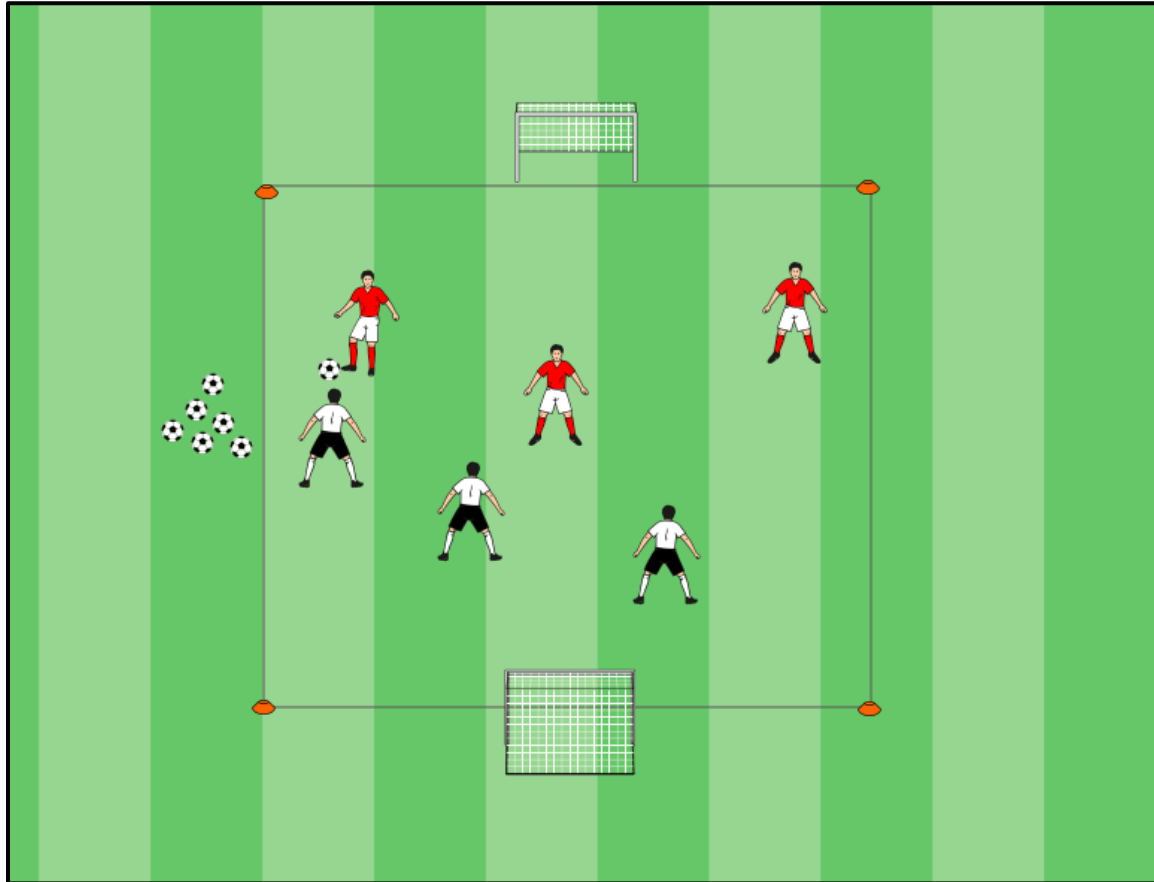


Set-up: Area 25 long x 20 wide. Multiple goals on end lines.

Description: Coach plays ball into one of the attackers. Attacker will try and beat a defender 1v1 or pass to another player to allow them to beat their defender. The team that scores will receive the next ball also.

Coaching Points: Positive with first touch, try to unsettle defender by dribbling at speed. Use 1v1 moves to unbalance defender.

GAME



Set-up: Area same as above. Now just 1 central goal

Description: Small sided games of 4v4 max (for max touches) Coach will feed balls in, the teas that scores receives the next ball. An extra goal will be rewarded for any successful 1v1 move to beat a player during the game.

Coaching Points: Encourage players to take on defenders when they have the ball and have isolated defenders in 1v1 situation. Use the variety of moves learned in phase 1 to unbalance defenders.