

Powered by NWS Spirit FC



NWSF DNA Miniros

U8-U9 (7v7) training program



Program overview

- This program is to be run over 6 weeks. Coaches can repeat the training cycle for a total of 12 or 18 weeks, or select appropriate weeks to repeat
- Each exercise contains a link to further information about the practice, coaching points and accompanying video on nwsfdna.com
- It focuses on core actions from the NWSF DNA
- The sessions are designed to be fun and engaging to keep players loving football and being part of the environment
- Coaches are encouraged to use the 'mantras' as coaching points throughout the session. These can be delivered by freezing the session and demonstrating, or by coaching on the run and repeating these phrases as appropriate
- Some sessions are designed as a Game-Intervention-Game format (sometimes referred to as whole-part-whole), while others are designed as progressive sessions to develop a specific skill. You can learn more about session design approaches by [clicking on this link](#)
- U8-U9 play 7v7. Recommended playing formations can be found by [clicking on this link](#)
- Coaches can find more resources at nwsfdna.com



CHANGE IT

CHANGE IT is an acronym for a variety of elements the coach can modify in a practice or session. You are encouraged to CHANGE IT so the players continue to have fun and be developed throughout the session. If the players are enjoying the game, then don't feel the need to CHANGE IT - but use it as appropriate to keep them engaged!

C	Coaching style	Change your coaching style, possibly by mixing up when & where you give feedback, or by changing the activity.
H	How you score/win	Change the scoring system so both teams can be competitive, or so that there are new challenges for players
A	Area	Change the size of the area by making it bigger or smaller, or changing the shape of it
N	Numbers	Change the number of players on each team, possibly by giving the attacking or defending team an overload
G	Game rules	Change the rules of the game to focus on your objective or theme, or to give players a new challenge
E	Equipment	Change the equipment used, such as making the goals bigger or smaller or by adding new ones
I	Inclusion	Change the practice or design so that all players are included and all players are engaged & developing
T	Time	Change the time left in the game, or the time to complete an objective, such as scoring a goal



Game model

Key words/principles

Team tasks

Core actions

Attacking

Without the ball

- See player, see ball, see goal
- Get free by getting into a line of pass where you can receive facing forward
 - Get level and either side (off the shoulder) of the defender
 - Try and get beyond/behind the defender
 - If you cannot get behind the defender, get deeper

When receiving the ball:

- Receive with the inside of the foot as the dominant habit
- Move the ball with a good first touch out of tackling range

With the ball:

- Keep the ball central to your body and face the defender
- When under pressure and without options, run with the ball to space or to a teammate

Penalty box actions

- Get free from defenders
- See ball, see defender, see goal
- Attack the ball & attack space
- Be the poacher where you can finish 1v0, ideally 1-touch

Defending

First defender

- Stop or delay forward progress (shot/assist/forward passes - in that order)
- Close the ball/player/space
- Press if we can win the ball within 4 seconds when the opposition:
 - receives the ball with back to goal
 - passes backwards within a block
 - passes sideways within a lane
 - takes a poor touch or we can win the ball
 - has at least one less player than us and their passing lanes are limited

Other defenders

- Knock out lines of pass and support the first defender
- See ball, see attacker(s)
- Close the ball/attackers/space
- Stay balanced and keep your shape, where appropriate

Penalty box actions

- Stop them getting free
- See ball, see attacker & see opposition goal
- Attack the ball
- Stop the poacher

Zone rules

Cues



Weekly overviews

6 Week Program	
Week 1	Session 1 - See player, see ball
Week 2	Session 2 - Get into a line of pass
Week 3	Session 3 - Receive with inside of the foot
Week 4	Session 4 - Stop or delay forward progress
Week 5	Session 5 - Close the ball & space
Week 6	Session 6 - Be the poacher

12 Week Program	
Week 1 and 7	Session 1 - See player, see ball
Week 2 and 8	Session 2 - Get in line of pass
Week 3 and 9	Session 3 - Receive with inside of foot
Week 4 and 10	Session 4 - Stop or delay forward progress
Week 5 and 11	Session 5 - Close the ball & space
Week 6 and 12	Session 6 - Be the poacher

Session 1 - See player, see ball (progressive)

Core action mantras: See player, see ball

Coach needs: 20 balls, 3 sets of 7 bibs, 30 cones, 2 goals (preferably 2m*3m or 2m*5m)

GLUE DRIBBLING

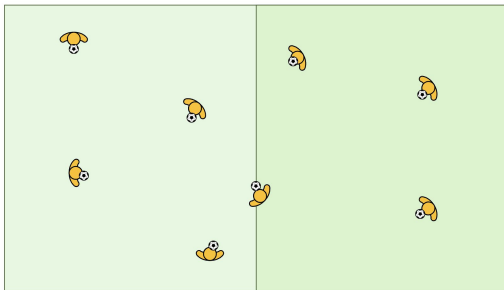
<https://nwsfdna.com/home/environment-2/skilful/training/glue-dribbling/>

START & ORGANISATION

- All players inside marked area with a ball
- On coaches call, players dribble around area with a ball
- Encourage players to use both feet & different parts of feet

PROGRESSIONS

- Make the area bigger or smaller



HALF IN/HALF OUT

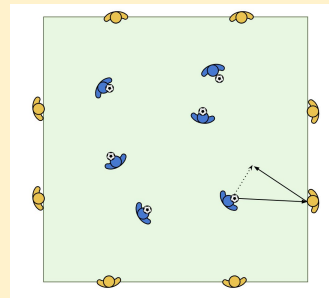
<https://nwsfdna.com/home/environment-2/skilful/training/half-in-half-out/>

START & ORGANISATION

- Half of group inside marked area with a ball, other half spread evenly on outside
- Players on inside pass to outside player and receive a return pass with open body, before finding another free player
- Swap inside & outside player roles every 2 minutes

PROGRESSIONS

- When receiving pass from outside, must touch forward with the ball into space
- Players on outside must play passes one-touch
- After passing to a player on the outside, another player must receive



MEDIUM SIZED GAME

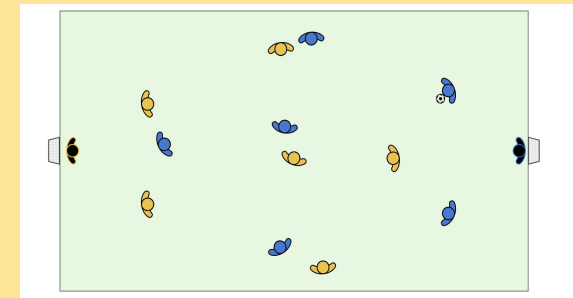
<https://nwsfdna.com/home/environment-2/skilful/training/medium-sized-game/>

START & ORGANISATION

- Even numbered teams with two medium sized goals (approximately 5v5 or 7v7 size goals)
- Play with normal rules
- If more than 14 players make 2 fields of 4v4 or 5v5ish

FOCUS

- Link in core actions from previous exercises



Session 2 - Get into a line of pass (GIG)

Core action mantras: Get free by getting into a line of pass where you can receive facing forward

Coach needs: 20 balls, 2 sets of 7 bibs, 30 cones, 2 goals (preferably 7v7 or 9v9)

MEDIUM SIZED GAME

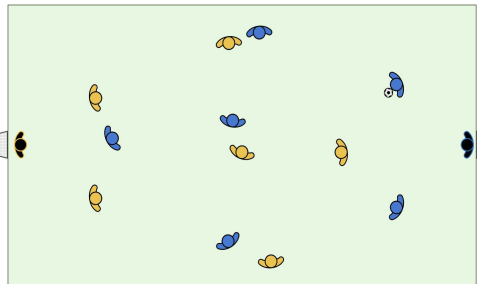
<https://nwsgfdna.com/home/environment-2/skilful/training/medium-sized-game/>

START & ORGANISATION

- Start with a game, and as players arrive, add them to the teams while trying to keep it even numbered teams with two medium sized goals (approximately 5v5 or 7v7 size goals)
- Play with normal rules

FOCUS

- Link in core actions from previous exercises



HALF IN/HALF OUT

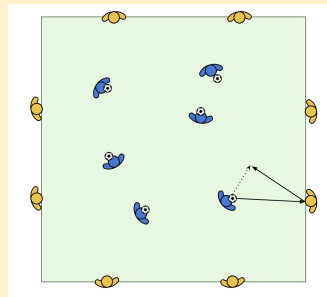
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START & ORGANISATION

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PROGRESSIONS

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- After passing to a player on the outside, another player must receive



MEDIUM SIZED GAME

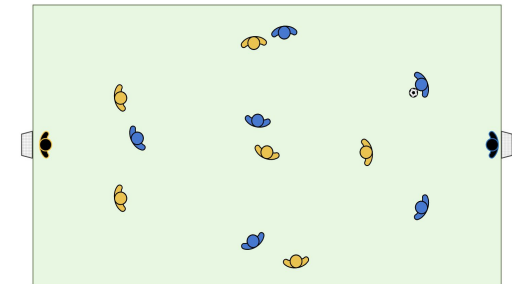
<https://nwsgfdna.com/home/environment-2/skilful/training/medium-sized-game/>

START & ORGANISATION

- Return to the first game, while considering how you might CHANGE IT (possibly by mixing the teams to provide a new challenge)

FOCUS

- Link in core actions from previous exercises



Session 3 - Receive with inside of the foot (progressive)



Core action mantras: Receive with the inside of the foot as a dominant habit

Coach needs: 20 balls, 2 sets of 7 bibs, 30 cones, 2 goals (preferably 7v7 or 9v9)

RUN THROUGH

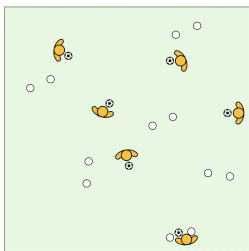
<https://nwsgfna.com/home/environment-2/skilful/training/run-through/>

START & ORGANISATION

- Set up gates (using cones) inside a marked area as shown
- Each player has a ball. On coaches call, they try to run through as many gates as possible in 30 seconds. You must go through all the gates before you can repeat them

PROGRESSIONS

- Make the gates bigger or smaller
- Challenge players to tally how many gates they go through; and to beat their score each turn



RONDO

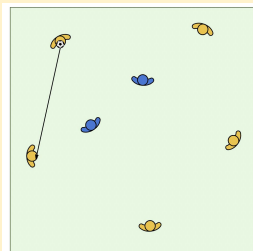
<https://nwsgfna.com/home/environment-2/skilful/training/rondo/>

START & ORGANISATION

- 4-6 players on the outside of the marked area and 2-3 players inside the marked area
- Players on the outside (attackers) trying to keep the ball
- Players on the inside (defenders) trying to win it back
- If players on the inside win the ball, then the player who gave the ball away (and the player to their right) go in the middle

PROGRESSIONS

- Introduce limits on the number of touches by outside players
- If defenders win the ball, they must pass between themselves to 'get out' of defending (when this happens, the attackers can try to win the ball back to stop the pass)



2v2 WAVES

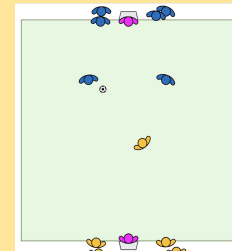
<https://nwsgfna.com/home/environment-2/skilful/training/2v2-waves/>

START & ORGANISATION

- Divide group into two teams and position as shown
- Goalkeepers feed balls into a 2v2
- If you score, you stay on; if you concede, you are replaced by a teammate
- Set up 2 fields if numbers allow

PROGRESSIONS

- Players use on the ball skills to get free
- Players keep score of how many goals they individually score
- Can progress to 3v3



Session 4 - Stop or delay forward progress (progressive)



Core action mantras: Stop or delay forward progress (shot/assist/forward pass - in that order)

Coach needs: 20 balls, 2 sets of 7 bibs, 30 cones, 2 goals (preferably 7v7 or 9v9)

BREAKAWAY

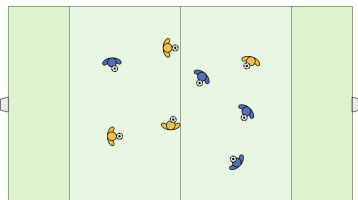
<https://nwsfdna.com/home/environment-2/skilful/training/physical-literacy-games/breakaway/>

START & ORGANISATION

- Divide players into two teams. Each player has a ball and is dribbling in central area
- When coach calls a team's colour, that team tries to score in any of the mini goals. The team not called leaves their ball and tries to stop them from scoring

PROGRESSIONS

- Players must dribble into the end zone before scoring
- Make the end zone bigger or smaller



1v1 THROUGH GATES

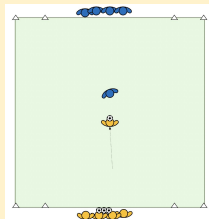
<https://nwsfdna.com/home/environment-2/skilful/training/1v1-through-gates/>

START & ORGANISATION

- Have two gates (marked as cones) at either end of marked area
- Divide group into two teams and teams starting at either end
- Player from one team dribbles out and tries to score by dribbling through either opposition gates, defender is trying to win the ball and dribble through opposition gates
- Ball restarts with team in possession.
- Switch which team starts with the ball every 2 minutes

PROGRESSIONS

- Encourage players to win the ball within 4 seconds
- Players keep score of how many goals they concede, see who can get the fewest



MEDIUM SIZED GAME

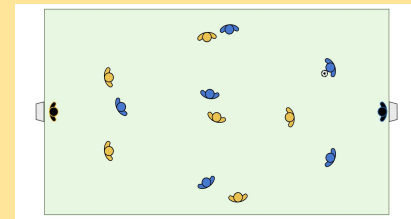
<https://nwsfdna.com/home/environment-2/skilful/training/medium-sized-game/>

START & ORGANISATION

- Even numbered teams with two medium sized goals (approximately 5v5 or 7v7 size goals)
- Play with normal rules
- If more than 14 players make 2 fields of 4v4 or 5v5ish

FOCUS

- Link in core actions from previous exercises



Session 5 - Close the ball and space (GIG)



Core action mantras: Close the ball and space

Coach needs: 20 balls, 2 sets of 7 bibs, 30 cones, 2 goals (preferably 7v7 or 9v9)

2v2 WAVES

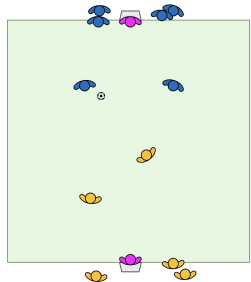
<https://nwsfdna.com/home/environment-2/skilful/training/2v2-waves/>

START & ORGANISATION

- Divide group into two teams and position as shown
- Goalkeepers feed balls into a 2v2
- If you score, you stay on; if you concede, you are replaced by a teammate
- Set up 2 fields if numbers allow

PROGRESSIONS

- Players use on the ball skills to get free
- Players keep score of how many goals they individually score
- Can progress to 3v3



1v1 THROUGH GATES

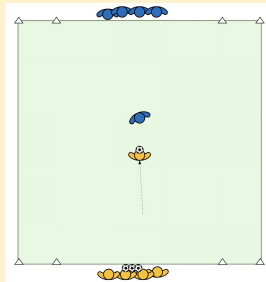
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START & ORGANISATION

- Have two gates (marked as cones) at either end of marked area
- Divide group into two teams and teams starting at either end
- Player from one team dribbles out and tries to score by dribbling through either opposition gates, defender is trying to win the ball and dribble through opposition gates
- Ball restarts with team in possession.
- Switch which team starts with the ball every 2 minutes

PROGRESSIONS

- Encourage players to win the ball within 4 seconds
- Players keep score of how many goals they concede and see who can get the fewest



2v2 WAVES

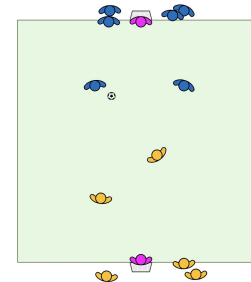
<https://nwsfdna.com/home/environment-2/skilful/training/2v2-waves/>

START & ORGANISATION

- Return to the first game, while considering how you might CHANGE IT (possibly by mixing the teams to provide a new challenge)

FOCUS

- Link in core actions from previous exercises



Session 6 - Be the poacher



Core action mantras: Be the poacher where you can finish 1v0, ideally 1-touch finish

Coach needs: 20 balls, 3 sets of 7 bibs, 30 cones, 2 goals (preferably 7v7 or 9v9)

MEDIUM SIZED GAME

<https://nwsfdna.com/home/environment-2/skilful/training/medium-sized-game/>

START & ORGANISATION

- Start with a game, and as players arrive, add them to the teams while trying to keep it even numbered teams with two medium sized goals (approximately 5v5 or 7v7 size goals)
- Play with normal rules

FOCUS

- Link in core actions from previous exercises

2v2 WAVES

<https://nwsfdna.com/home/environment-2/skilful/training/2v2-waves/>

START & ORGANISATION

- Divide group into two teams and position as shown
- Goalkeepers feed balls into a 2v2
- If you score, you stay on; if you concede, you are replaced by a teammate
- Set up 2 fields if numbers allow

PROGRESSIONS

- Players use on the ball skills to get free
- Players keep score of how many goals they individually score
- Can progress to 3v3

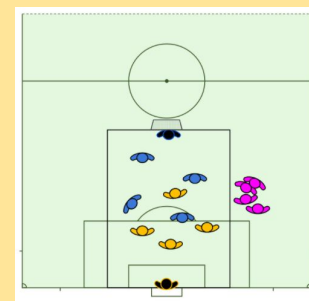
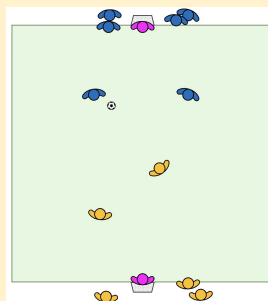
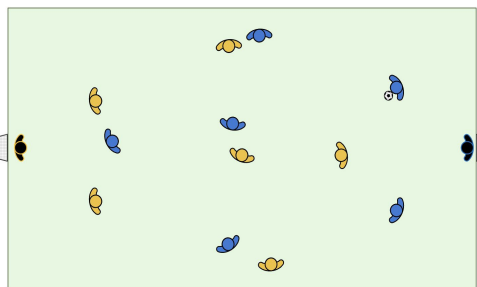
SMALL SIDED GAME SHOWDOWN!

START & ORGANISATION

- Three even teams (4v4/5v5)
- 1 minute games (teams play two games then rest - NOT bouncers when resting)
- Ensure the changeover time between games is <5 seconds by starting each game immediately
- Always ensure there is good flow of balls

PROGRESSIONS

- Encourage teams to be competitive by getting players and the ball into the box as often as possible
- Encourage 1-touch finishes where possible





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