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NWSF DNA Senior Performance

PL, SL, AA1 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 team tasks, zone rules and positional cues from the NWSF DNA
- The sessions are intended to support a coach in the development of a style of play to enhance team performance. They are also designed to help develop athletic qualities in players.
- Each session should be preceded by a warm up, of which you can find resources by [clicking this link](#)
- 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
- Coaches can find more resources at nwsfdna.com

Game model

Key words/principles

Team tasks

Attacking

- Keep the ball
 - Play through
 - Play around
 - Play over
- Get free
- Get others free
- Find the poacher

Transition

- Keep the ball
- Go to goal/

Defending

- Press
 - Close the ball
 - Close the space
 - Close the player
- Drop behind the ball
- Stop them getting free
- Stop the poacher

Transition

- Compress and delay
- Win the ball

Core actions

Zone rules

Cues

Game model

Key words/principles

Team tasks

Core actions

Zone rules

Attacking

Field players

- Must have a minimum of one player in each Lane across the field, except when the ball enters Block A
- The closest centre back to the ball must be at least half a block back from the 6/8/2/5 if they have the ball
- When the ball can go into the penalty box, try to get 4 players in the box, 2 players in the shot box and 1 player on the goalkeeper (4-2-1)

Goalkeeper

- The goalkeeper must be no more than 1 block from their centre backs

Defending

Field players

- Team must be 1 block from most forward attacker to deepest defender
- The whole team must be 3 lanes around the ball from each other
- When the ball can go into the penalty box, get even or more numbers than the opposition in the box

Goalkeeper

- The goalkeeper must be no more than 1 block from their centre backs

Positional behaviours

Game model

Key words/principles

Team tasks

Core actions

Zone rules

Cues

[Positional cues](#)

Weekly overviews

6 Week Program	
Week 1	Session 1 - Keep the ball & attacking zone rules
Week 2	Session 2 - Press the ball & defending zone rules
Week 3	Session 3 - Penalty box actions
Week 4	Session 4 - Find the poacher & striker positional cues
Week 5	Session 5 - Get free & midfield positional cues
Week 6	Session 6 - Get behind the ball & defender positional cues

12 Week Program	
Week 1 and 7	Session 1 - Keep the ball & attacking zone rules
Week 2 and 8	Session 2 - Press the ball & defending zone rules
Week 3 and 9	Session 3 - Penalty box actions
Week 4 and 10	Session 4 - Find the poacher & striker positional cues
Week 5 and 11	Session 5 - Get free & midfield positional cues
Week 6 and 12	Session 6 - Get behind the ball & defender positional cues



Session 1 - Keep the ball & attacking zone rules

Mantras: Keep the ball, must have a minimum of one player in each Lane across the field, except when the ball enters Block A; the closest centre back to the ball must be at least half a block back from the 6/8/2/5 if they have the ball

Coach needs: 20 balls, 2 sets of 12 bibs, 30 cones, 2 goals (preferably 9v9 or 11v11)

RONDO

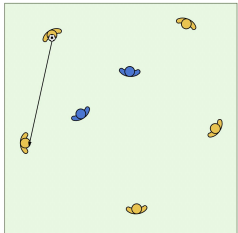
<https://nwsgfna.com/home/environment-2/skilful/training/rondo/>

START & ORGANISATION

- 4-6 players on the outside of the marked area and 2-3 players inside the marked area
- You may need to set up multiple grids
- 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 players 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)



ATTACK v DEFENCE

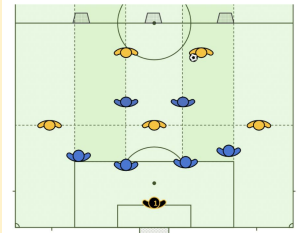
<https://nwsgfna.com/home/environment-2/skilful/training/attack-vs-defence/>

START & ORGANISATION

- Mark out area with 5 vertical lanes using cones or pancakes
- Organise teams into attacking and defending units (example shown in diagram; you may need to modify or add/subtract as players)
- Try to position players as realistically as possible
- Attackers (yellow) start with the ball as often as possible and attack big goal; defenders try to win the ball and score in mini goals

PROGRESSIONS

- Add or subtract the number of players on either team



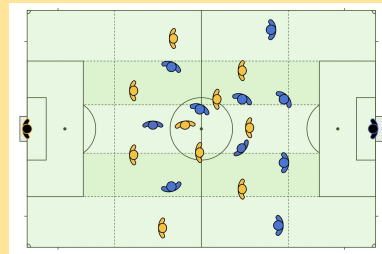
LARGE SIZED GAME

START & ORGANISATION

- Play 11v11 if numbers allow; alternatively 7v7 or 9v9 games well
- If uneven numbers you may use a neutral player or have a rotating substitute
- Play with normal rules (throw-ins, offsides)

FOCUS

- Link in team tasks & zone rules from previous exercises
 - You may like to mark the pitch with lanes & blocks for this purpose



Session 2 - Press the ball & defending zone rules

Mantras: Press the ball; Team must be 1 block from most forward attacker to deepest defender; the whole team must be 3 lanes around the ball from each other

Coach needs: 20 balls, 2 sets of 12 bibs, 30 cones, 2 goals (preferably 9v9 or 11v11)

RONDO

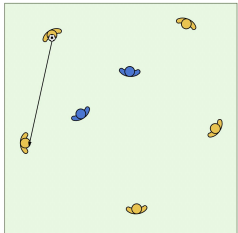
<https://nwsfdna.com/home/environment-2/skilful/training/rondo/>

START & ORGANISATION

- 4-6 players on the outside and 2-3 players inside the marked area
- You may need to set up multiple grids
- 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 players 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)



ATTACK v DEFENCE

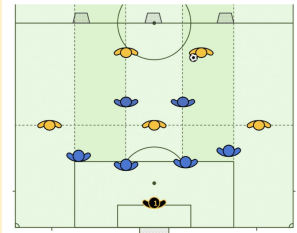
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START & ORGANISATION

- Mark out area with 5 vertical lanes using cones or pancakes
- Organise teams into attacking and defending units (example shown in diagram; you may need to modify or add/subtract as players)
- Attackers (yellow) start with the ball as often as possible and attack big goal; defenders try to win the ball and score in mini goals

PROGRESSIONS

- Add or subtract the number of players on either team



LARGE SIZED GAME

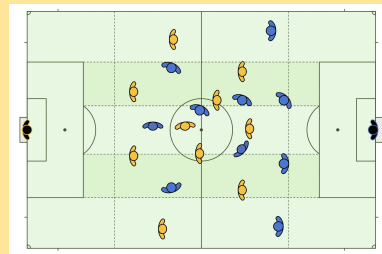
<https://nwsfdna.com/home/environment-2/skilful/training/large-sided-game/>

START & ORGANISATION

- Play 11v11 if numbers allow; alternatively 7v7 or 9v9 games well
- If uneven numbers you may use a neutral player or have a rotating substitute
- Play with normal rules (throw-ins, offsides)

FOCUS

- Link in team tasks & zone rules from previous exercises
 - You may like to mark the pitch with lanes & blocks for this purpose



Session 3 - Penalty box actions



Mantras: Get free, find the poacher, when the ball can go into the penalty box, try to get 4 players in the box, 2 players in the shot box and 1 player on the goalkeeper (4-2-1) / stop the poacher, when the ball can go into the penalty box, get even or more numbers than the opposition in the box

Coach needs: 20 balls, 2 sets of 12 bibs, 30 cones, 2 goals (preferably 9v9 or 11v11)

2v2 WAVES

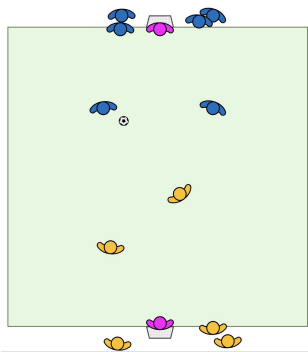
<https://nwsgdna.com/home/environment-2/skilful/training/2v2-waves/>

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



PENALTY BOX GAME

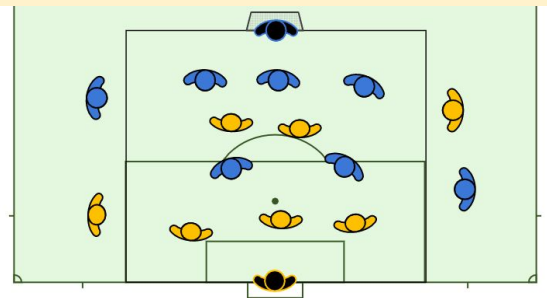
<https://nwsgdna.com/home/environment-2/skilful/training/penalty-box-game/>

START & ORGANISATION

- Even numbered teams with two medium sized goals (approximately 7v7 or 9v9 size goals)
- Each team has a wide player on either side who cannot be pressured, and try to deliver crosses into the box constantly

FOCUS

- Link in core actions from previous exercises



LARGE SIZED GAME

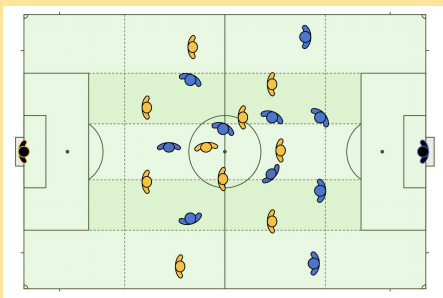
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START & ORGANISATION

- Play 11v11 if numbers allow; alternatively 7v7 or 9v9 games well
- If uneven numbers you may use a neutral player or have a rotating substitute
- Play with normal rules (throw-ins, offsides)

FOCUS

- Link in team tasks & zone rules from previous exercises
 - You may like to mark the pitch with lanes & blocks for this purpose



Session 4 - Find the poacher & striker positional cues



Mantras: Find the poacher, get free (in the penalty box) + [striker cues](#)

Coach needs: 20 balls, 2 sets of 12 bibs, 30 cones, 2 goals (preferably 9v9 or 11v11)

FEED TO FINISH

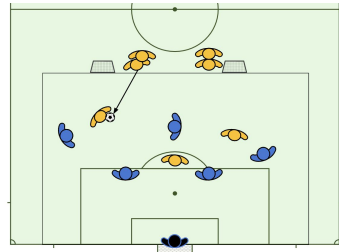
<https://nwsfdna.com/home/environment-2/skilful/training/feed-to-finish/>

START & ORGANISATION

- Start with players organised in marked area as shown
- Yellow midfielder feeds into front three, with two joining to create a 5v5
- Yellow tries to score in big goal. If blue wins the ball they try and score in smaller goals
- Rotate the two feeding midfielders; you may like to keep your front three and back four/6 in their positions (or can rotate these as well)

PROGRESSIONS

- Put a time limit on the yellows to score
- Add or subtract the number of players on either team
- Change the starting formation of either team



PENALTY BOX GAME

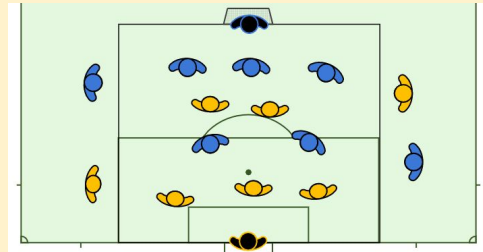
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START & ORGANISATION

- Even numbered teams with two medium sized goals (approximately 7v7 or 9v9 size goals)
- Each team has a wide player on either side who cannot be pressured, and try to deliver crosses into the box constantly

FOCUS

- Link in core actions from previous exercises



ATTACK v DEFENCE

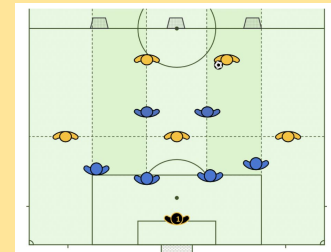
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START & ORGANISATION

- Mark out area with 5 vertical lanes using cones or pancakes
- Organise teams into attacking and defending units (example shown in diagram; you may need to modify or add/subtract as players)
- Attackers (yellow) start with the ball as often as possible and attack big goal; defenders try to win the ball and score in mini goals

PROGRESSIONS

- Add or subtract the number of players on either team



Session 5 - Get free & midfield positional cues



Mantras: Get free, get others free + [midfield positional cues](#)

Coach needs: 20 balls, 2 sets of 12 bibs, 30 cones, 2 goals (preferably 9v9 or 11v11)

MIDFIELD RONDO

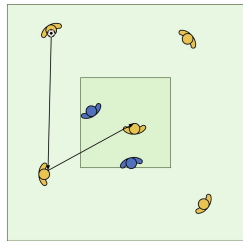
<https://nwsgfna.com/home/environment-2/skilful/training/midfield-rondo/>

START & ORGANISATION

- 4-6 players on the outside of the marked area and 2-3 players inside the marked area
- You may need to set up multiple grids
- Position one of your midfielders inside the central square
- Players on the outside keep the ball and try to find the midfielder as often as possible
- 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. The midfielder stays until you rotate

PROGRESSIONS

- Encourage the midfielder to play 1 or 2 touch
- Keep the defenders 'in' again if the opposition successfully plays through the middle



END TO END POSSESSION

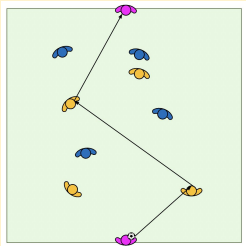
<https://nwsgfna.com/home/environment-2/skilful/training/end-to-end-possession/>

START & ORGANISATION

- Split group in two teams with two neutral target players on either end of playing area
- You may need to set up multiple grids
- Players work in their team to move the ball from one end to the other
- If the defending team wins the ball they now try and keep the ball and play end to end

PROGRESSIONS

- Make the area bigger or smaller
- End players can only play 1-touch
- Constrain players to complete a certain number of passes before playing to the other end player



LARGE SIZED GAME

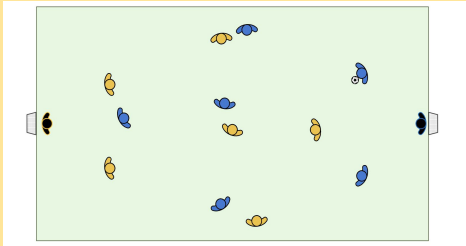
<https://nwsgfna.com/home/environment-2/skilful/training/large-sided-game/>

START & ORGANISATION

- Play 11v11 if numbers allow; alternatively 7v7 or 9v9 games well
- If uneven numbers you may use a neutral player or have a rotating substitute
- Play with normal rules (throw-ins, offsides)

FOCUS

- Give specific cues to the midfielders about when & where they move off the ball
 - You may like to demonstrate these cues on the field or using a whiteboard



Session 6 - Get behind the ball & defender positional cues

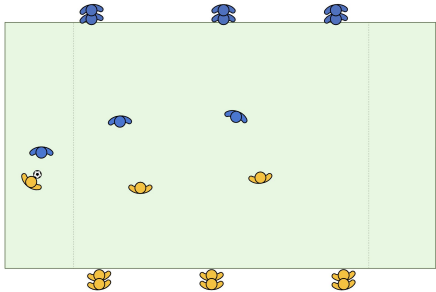


Mantras: Get behind the ball, drop & compress + [defender positional cues](#)

Coach needs: 20 balls, 2 sets of 12 bibs, 30 cones, 2 goals (preferably 9v9 or 11v11)

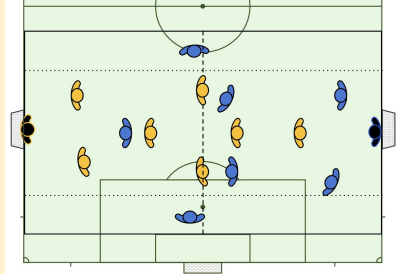
LINE GAME
<https://nwsgfna.com/home/environment-2/skilful/training/line-game/>

- START & ORGANISATION**
- Divide group into two teams and position as shown
 - You may need to set up multiple grids
 - One team starts by dribbling the ball in, creating a 3v3
 - Score by dribbling over the opposition end line. If the defenders win the ball they immediately try to dribble over their end line
 - After each 'turn', the players go off and a new group starts a new 3v3
- PROGRESSIONS**
- Give bonus points if the defending team can win the ball in the wide lane (as marked)
 - Progress to 4v4



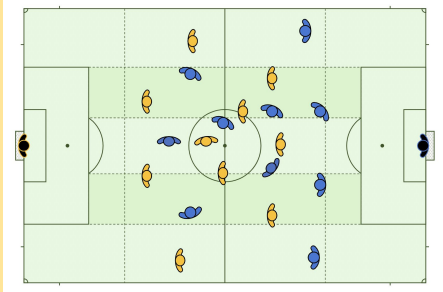
MEDIUM SIZED GAME (with constraints)
<https://nwsgfna.com/home/environment-2/skilful/training/medium-sized-game/>

- START & ORGANISATION**
- Even numbered teams (~6v6 or 7v7) with two medium sized goals (approximately 7v7 or 9v9 size goals)
 - You may need to set up multiple fields
 - Ensure halfway is marked. Goals only count if whole team is over halfway
 - Goals scored in less than 4 passes count double (to encourage quick attacks, and therefore, force the defending team to drop behind the ball quickly)
- PROGRESSIONS**
- Encourage the attacking team to attack quickly when they win the ball
 - Change the formation of one team to a back four



LARGE SIZED GAME
<https://nwsgfna.com/home/environment-2/skilful/training/large-sided-game/>

- START & ORGANISATION**
- Play 11v11 if numbers allow; alternatively 7v7 or 9v9 games well
 - If uneven numbers you may use a neutral player or have a rotating substitute
 - Play with normal rules (throw-ins, offsides)
- FOCUS**
- Link in team tasks & zone rules from previous exercises
 - You may like to mark the pitch with lanes & blocks for this purpose





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[Coach education](#)