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NWSF DNA Skill Development

U10-U12 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 enjoyable for the players while introducing them to key football actions that can help them individually be successful in the game
- 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

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 - Receiving the ball
Week 2	Session 2 - Moving the ball
Week 3	Session 3 - Striking the ball
Week 4	Session 4 - First defender
Week 5	Session 5 - Other defenders
Week 6	Session 6 - Penalty box actions

12 Week Program	
Week 1 and 7	Session 1 - Receiving the ball
Week 2 and 8	Session 2 - Moving the ball
Week 3 and 9	Session 3 - Striking the ball
Week 4 and 10	Session 4 - First defender
Week 5 and 11	Session 5 - Other defenders
Week 6 and 12	Session 6 - Penalty box actions

Session 1 - Receiving the ball

Core action mantras: Move the ball with a good first touch out of tackling range, receive with the inside of the foot as the dominant habit

Coach needs: 20 balls, 4 sets of 7 bibs, 30 cones, 2 goals (preferably 7v7 or 9v9)

GLUE DRIBBLING

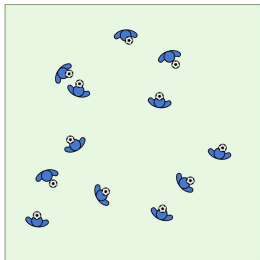
<https://nwsgfdna.com/home/environment-2/skilful/training/glue-dribbling/>

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:
 - Inside of foot
 - Outside of foot
 - Dominant foot
 - Non dominant foot
 - Anything

PROGRESSIONS

- Encourage players to avoid opponents while dribbling (scan constantly)
- Glue dribble plus do long touches when in space
- Practice skill moves (pull back, pull and push behind foot, step over)



HALF IN/HALF OUT

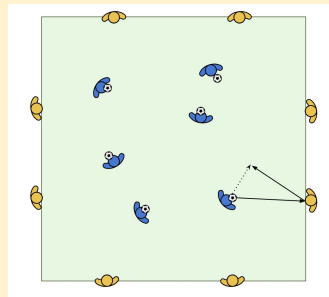
<https://nwsgfdna.com/home/environment-2/skilful/training/half-in-half-out/>

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

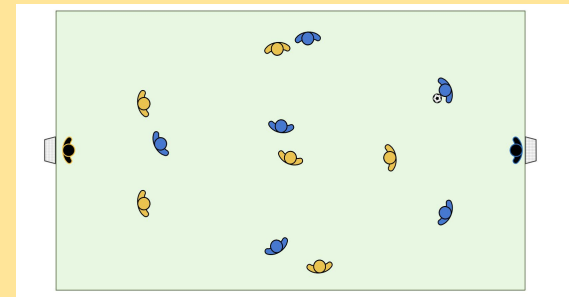
<https://nwsgfdna.com/home/environment-2/skilful/training/medium-sized-game/>

START & ORGANISATION

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

FOCUS

- Link in core actions from previous exercises



Session 2 - Moving the ball



Core action mantras: 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

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

GLUE DRIBBLING

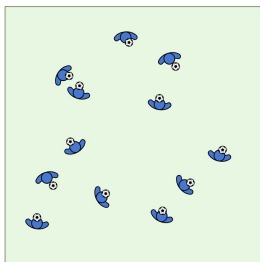
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START & ORGANISATION

- 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:
 - Inside of foot
 - Outside of foot
 - Dominant foot
 - Non dominant foot
 - Anything

PROGRESSIONS

- Encourage players to avoid opponents while dribbling (scan constantly)
- Glue dribble plus do long touches when in space
- Practice skill moves (pull back, pull and push behind foot, step over)



RUNNING WITH THE BALL GAME

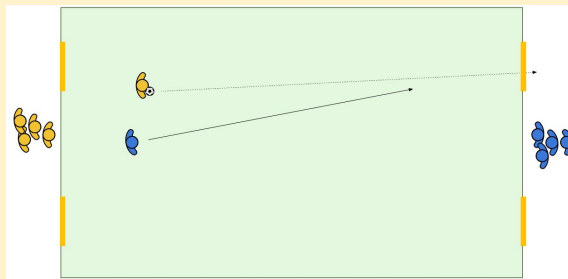
<https://nwsfdna.com/home/environment-2/skilful/training/running-with-the-ball-game/>

START & ORGANISATION

- Divide group into two teams and position as shown
- On coaches call, one player runs with the ball, scoring by dribbling over opposition end line
- As soon as they score, a player from the opposite team begins dribbling, looking to score in the opposite goal. The previous attacker now becomes the defender and tries to win the ball
- Ensure there is good flow so players get lots of repetition

PROGRESSIONS

- Players must take a long touch at the start of their dribble
- Players score by dribbling through line goals (marked orange on diagram)
- Can progress to 2v2



MEDIUM SIZED GAME

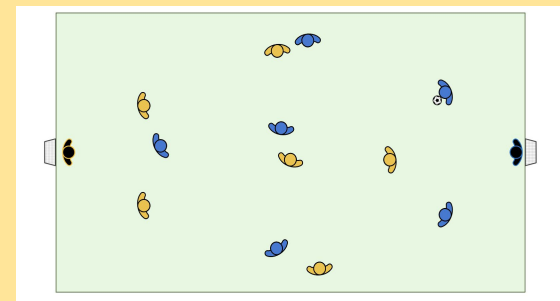
<https://nwsfdna.com/home/environment-2/skilful/training/medium-sized-game/>

START & ORGANISATION

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

FOCUS

- Link in core actions from previous exercises



Session 3 - Striking the ball



Core action mantras: Keep the ball central to your body and face the defender, move the ball with a good first touch out of tackling range

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

HALF IN/HALF OUT

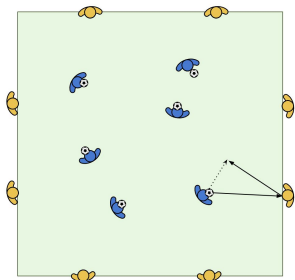
<https://nwsfdna.com/home/environment-2/skilful/training/half-in-half-out/>

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



END TO END POSSESSION

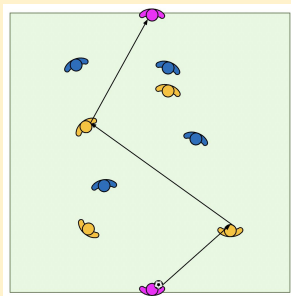
<https://nwsfdna.com/home/environment-2/skilful/training/end-to-end-possession/>

START & ORGANISATION

- Split group in two teams with two neutral target players on either end of playing area
- 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



END ZONE GAME

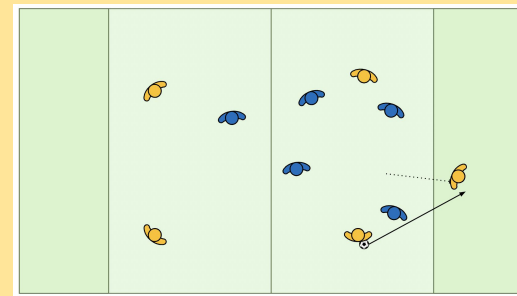
<https://nwsfdna.com/home/environment-2/skilful/training/end-zone-game/>

START & ORGANISATION

- 2 even numbered teams inside an area marked with end zones
- Score by passing into the marked endzone
- Players cannot stay in the endzone and must receive a forward pass by running forward into the endzone
- If more than 14 players, create two fields

FOCUS

- Link in core actions from previous exercises



Session 4 - First defender



Core action mantras: Stop or delay forward progress (shot/assist/forward pass - in that order), close the ball/player/space

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

1v1 KNOCKOUT

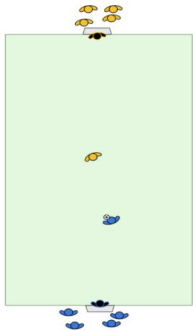
<https://nwsfdna.com/home/environment-2/skilful/training/1v1-knockout/>

START & ORGANISATION

- Divide group into two teams and position as shown on a long field
- Goalkeepers feed balls into a 1v1
- 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 2v2



2v1 WAVES

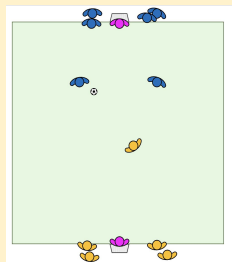
<https://nwsfdna.com/home/environment-2/skilful/training/2v1-waves/>

START & ORGANISATION

- Divide group into two teams and position as shown on a narrow field
- Nominate one team to be 'attackers' and one team to be 'defenders'
- 1 defender passes the ball to 2 attackers, who try and score (2v1)
- If you don't have goals or a goalkeeper, you can modify the scoring system to be dribbling over an end line
- After each turn, a new defender feeds a new ball to 2 new attackers
- Swap teams as appropriate

PROGRESSIONS

- Encourage attackers to try and beat the defender 1v1 (this will create more coaching opportunities for the first defender)
- Can progress to 3v2



MEDIUM SIZED GAME

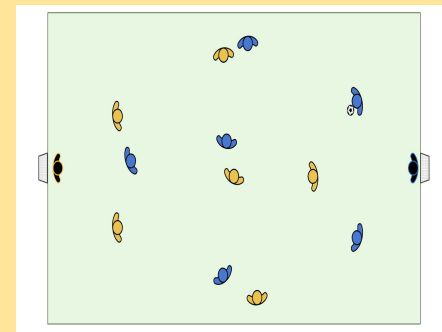
<https://nwsfdna.com/home/environment-2/skilful/training/medium-sized-game/>

START & ORGANISATION

- Even numbered teams with two medium sized goals (approximately 5v5 or 7v7 size goals)
- Play with normal rules (throw-ins, offsides)
- If more than 14 players make 2 fields of 4v4 or 5v5ish
- You may reward any goal from a 1v1 with double points (this is to encourage more first defender moments)

FOCUS

- Link in core actions from previous exercises



Session 5 - Other defenders



Core action mantras: Stop or delay forward progress (shot/assist/forward pass - in that order), close the ball/player/space

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

END TO END POSSESSION

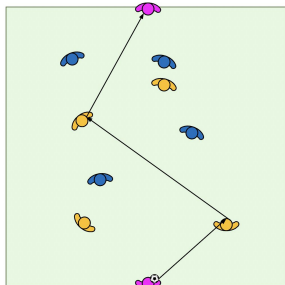
<https://nwsfdna.com/home/environment-2/skilful/training/end-to-end-possession/>

START & ORGANISATION

- Split group in two teams with two neutral target players on either end of playing area
- 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



2v2 WAVES

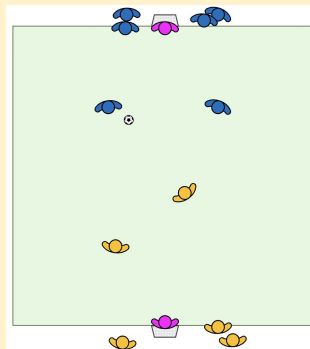
<https://nwsfdna.com/home/environment-2/skilful/training/2v2-waves/>

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



MEDIUM SIZED GAME

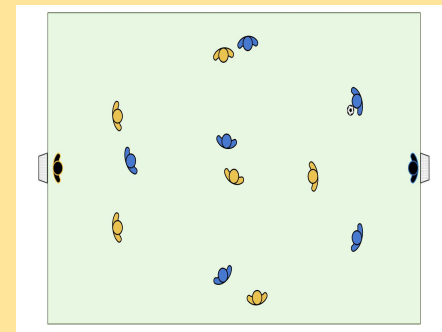
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START & ORGANISATION

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

FOCUS

- Link in core actions from previous exercises



Session 6 - Penalty box actions



Attacking mantras: Get free from defenders, see ball, defenders & goal, attack the ball and space, be the poacher who can finish 1v0, ideally fist touch

Defending mantras: Stop opposition getting free, see ball, defenders & opposition goal, attack the ball, stop the poacher

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

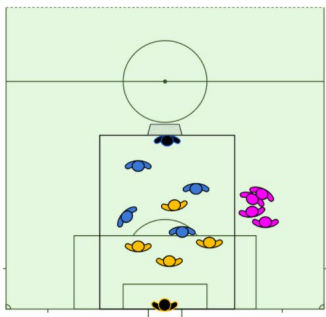
SMALL SIDED GAME SHOWDOWN!

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



2v2 WAVES

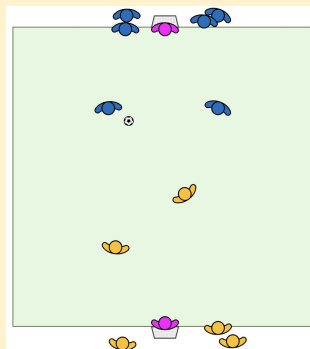
<https://nwsfdna.com/home/environment-2/skilful/training/2v2-waves/>

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



PENALTY BOX GAME

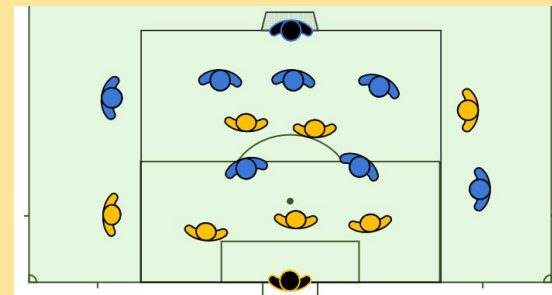
<https://nwsfdna.com/home/environment-2/skilful/training/penalty-box-game/>

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





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