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# NWSF DNA Youth Game Training

U13-U14 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](https://nwsfdna.com)
- It focuses on team tasks and zone rules from the NWSF DNA
- The sessions are designed to be engaging and educational, with a focus on helping players with the transition to the 'full' game of 11v11
- 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](https://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



## Weekly overviews

6 Week Program	
<b>Week 1</b>	Session 1 - Keep the ball
<b>Week 2</b>	Session 2 - Attacking zone rules
<b>Week 3</b>	Session 3 - Find the poacher
<b>Week 4</b>	Session 4 - Press the ball
<b>Week 5</b>	Session 5 - Defending zone rules
<b>Week 6</b>	Session 6 - Stop the poacher

12 Week Program	
<b>Week 1 and 7</b>	Session 1 - Keep the ball
<b>Week 2 and 8</b>	Session 2 - Attacking zone rules
<b>Week 3 and 9</b>	Session 3 - Find the poacher
<b>Week 4 and 10</b>	Session 4 - Press the ball
<b>Week 5 and 11</b>	Session 5 - Defending zone rules
<b>Week 6 and 12</b>	Session 6 - Stop the poacher

# Session 1 - Keep the ball

**Mantras:** Keep the ball, play around, play through, play over, get free

**Coach needs:** 20 balls, 2 sets of 7 bibs, 30 cones, 2 goals (preferably 9v9 or 11v11)

## RONDO

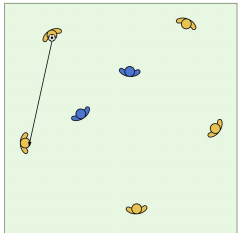
<https://nwsgfna.com/home/environment-2/skilful/training/rondo/>

### 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 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)



## END TO END POSSESSION

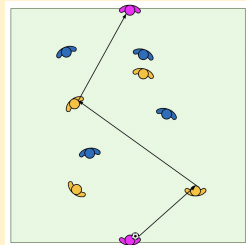
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### START & ORGANISATION

- 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



## MEDIUM SIZED GAME

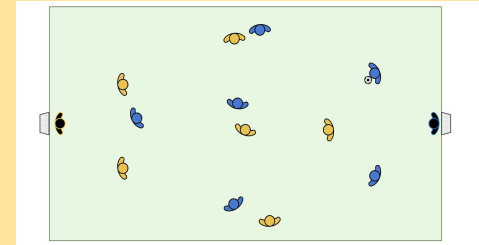
<https://nwsgfna.com/home/environment-2/skilful/training/medium-sized-game/>

### 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 - Attacking zone rules

**Mantras:** 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 7 bibs, 30 cones, 2 goals (preferably 9v9 or 11v11)

### RONDO

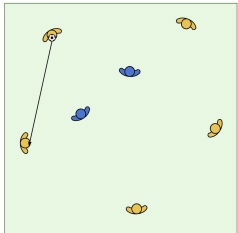
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#### START & ORGANISATION

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- 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

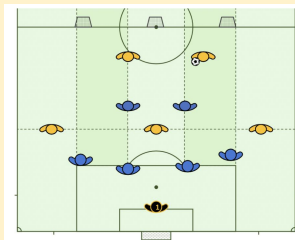
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#### START & ORGANISATION

- 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



### MEDIUM SIZED GAME

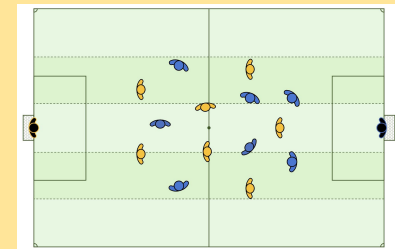
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#### START & ORGANISATION

- Even numbered teams with two medium sized goals (approximately 7v7 or 9v9 size goals)
- Play with normal rules (throw-ins, offsides)
- Make the game competitive by keeping score

#### FOCUS

- Link in zone rules from previous exercises
- Use '5 lanes' as a mantra to encourage the team to move quickly into their attacking positions



## Session 3 - Find the poacher



**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)

**Coach needs:** 20 balls, 2 sets of 7 bibs, 30 cones, 2 goals (preferably 9v9 or 11v11)

### 2v2 WAVES

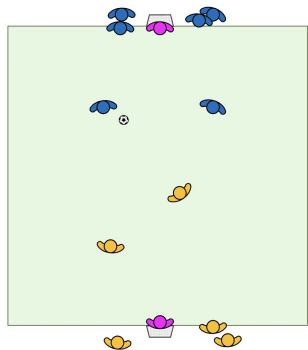
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#### START & ORGANISATION

- 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

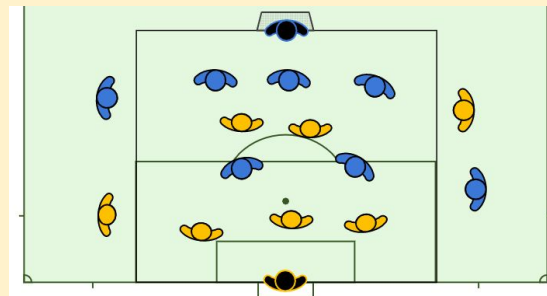
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#### START & ORGANISATION

- 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





# Session 4 - Press the ball

**Core action mantras:** Press the ball, close the player, close the ball, close the space

**Coach needs:** 20 balls, 2 sets of 7 bibs, 30 cones, 2 goals (preferably 9v9 or 11v11)

## RONDO

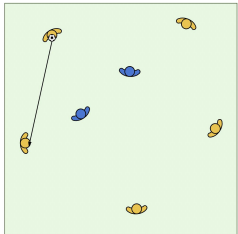
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### START & ORGANISATION

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### 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)



## END TO END POSSESSION

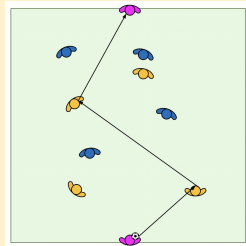
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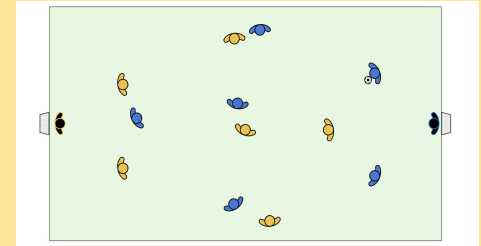
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### FOCUS

- Link in core actions from previous exercises



# Session 5 - Defending zone rules



**Mantras:** 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 7 bibs, 30 cones, 2 goals (preferably 9v9 or 11v11)

## RONDO

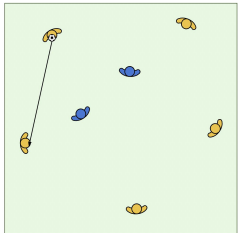
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## ATTACK v DEFENCE

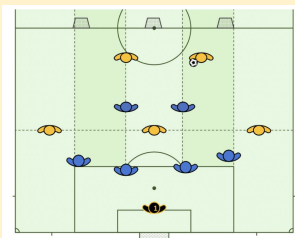
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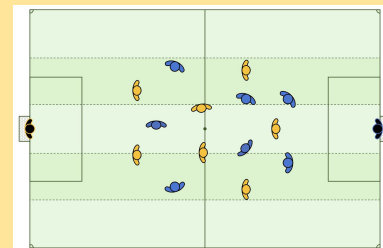
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- Make the game competitive by keeping score

### FOCUS

- Link in zone rules from previous exercises
- Use '5 lanes' as a mantra to encourage the team to move quickly into their attacking positions



# Session 6 - Stop the poacher



**Mantras:** Drop behind the ball, 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 7 bibs, 30 cones, 2 goals (preferably 9v9 or 11v11)

## 2v2 WAVES

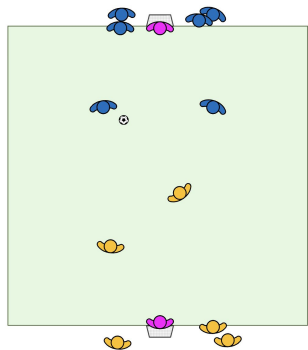
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### PROGRESSIONS

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## PENALTY BOX GAME

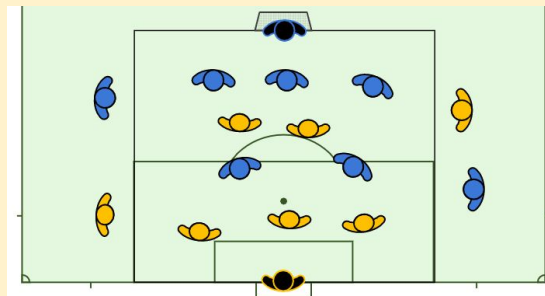
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### FOCUS

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# NWSF DNA

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[nwsfdna.com](https://nwsfdna.com)

[Coach education](#)