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NWSF DNA Senior Skill Training

AA / Overs / Masters 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 technical skills from the NWSF DNA
- The sessions are designed to be simple & easy to implement, allowing players to focus on key football actions that can be linked to 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 - Passing the ball
Week 2	Session 2 - Dribbling the ball
Week 3	Session 3 - Shooting 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 - Passing the ball
Week 2 and 8	Session 2 - Dribbling the ball
Week 3 and 9	Session 3 - Shooting 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 - Passing the ball



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

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

PASS & MOVE

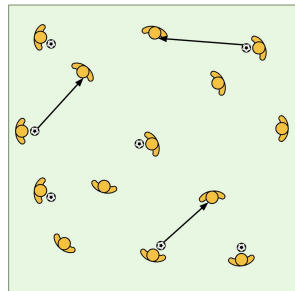
<https://nwsgdna.com/home/environment-2/skilful/training/pass-and-move/>

START & ORGANISATION

- All players inside marked area, half with a ball
- On coaches call, players pass the ball to a teammate & move to receive a new ball. Coaches should also encourage...
 - Short passes
 - Longer passes
 - Bounce passes
 - Third man passes

PROGRESSIONS

- Make the area bigger or smaller



HALF IN/HALF OUT

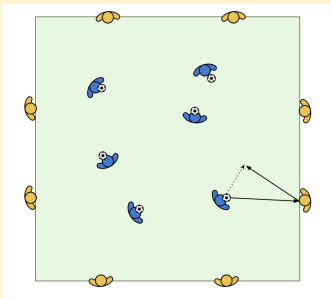
<https://nwsgdna.com/home/environment-2/skilful/training/half-in-half-out/>

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

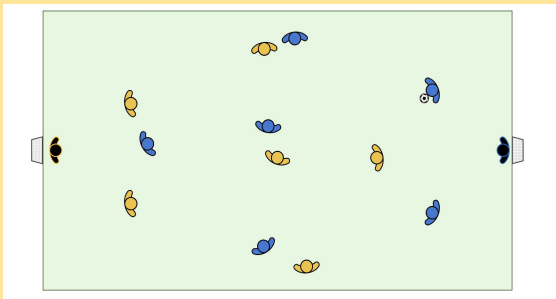
<https://nwsgdna.com/home/environment-2/skilful/training/medium-sized-game/>

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 - Dribbling the ball



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

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

GLUE DRIBBLING

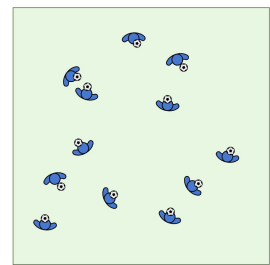
<https://nwsgdna.com/home/environment-2/skilful/training/glue-dribbling/>

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)



ON THE BALL SKILLS

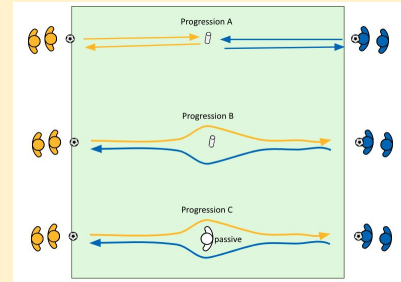
<https://nwsgdna.com/home/environment-2/skilful/training/on-the-ball-skills/>

START & ORGANISATION

- Have poles set up as shown in setup and divide into groups evenly
- Each group will work through each progression at the same time:
 - Progression A: go to pole, turn and come back
 - Progression B: go around the pole and to the other side
 - Progression C: place a passive defender at the pole to go around and to other side

PROGRESSIONS

- Encourage players to have a change in pace to accelerate away after dribbling or using skill at pole



SMALL SIDED GAME

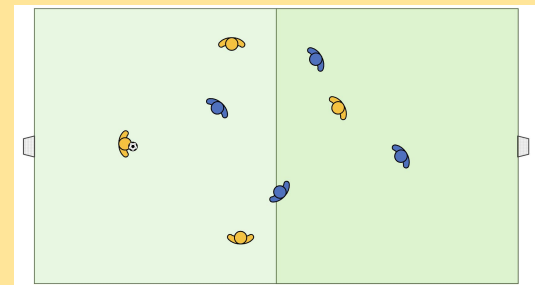
<https://nwsgdna.com/home/environment-2/skilful/training/small-sided-game/>

START & ORGANISATION

- Even numbered teams with two medium sized goals (approximately 5v5 or 7v7 size goals)
- Play with normal rules (throw-ins, offsides)
- You may have resting players, use them as bouncers or have two fields playing at the same time

FOCUS

- Less players in the game increases the opportunity for players to run with and dribble the ball
- Encourage players to utilise skills from previous games



Session 3 - Shooting the ball



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

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

SHOOTING IN PAIRS

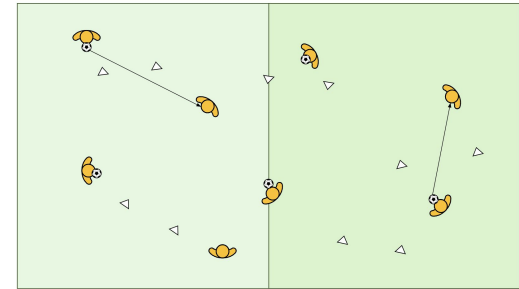
<https://nwsgfna.com/home/environment-2/skilful/training/shooting-in-pairs/>

START & ORGANISATION

- Split group into pairs, each with a ball
- Move around the area and 'shoot' through goals marked by cones/poles. The shot must go to a partner on the 'other side'

PROGRESSIONS

- Players must aim 'for the corners' when shooting'
- Players can use different types of finish e.g. driven shot, inside of the foot shot



RACEWAY TO SCORE

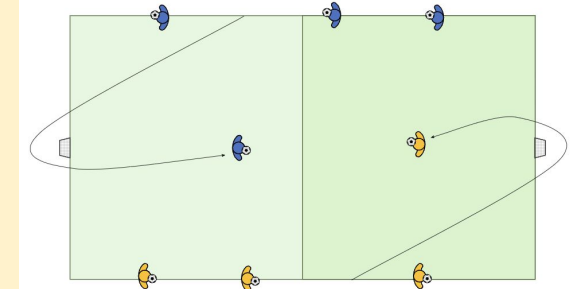
<https://nwsgfna.com/home/environment-2/skilful/training/raceway-to-score/>

START & ORGANISATION

- Create two teams, place them as shown in diagram (each with a ball) and give each player a number
- Coach calls a number, and the corresponding players run with the ball around the goal to their right, before running with it towards the other goal to shoot & score

CHANGE IT

- Call two numbers at a time. Players should not be waiting longer than 30 seconds to have another go.
- Encourage them to run with the ball closer to the goal before scoring



PENALTY BOX GAME

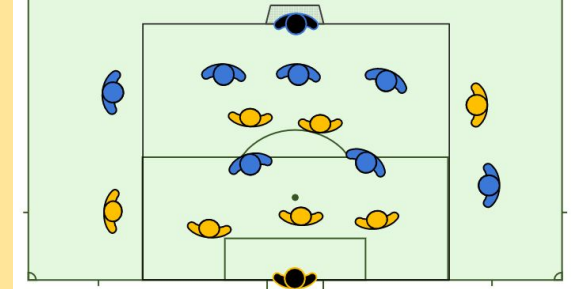
<https://nwsgfna.com/home/environment-2/skilful/training/penalty-box-game/>

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



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)

KEEP YOUR BALL

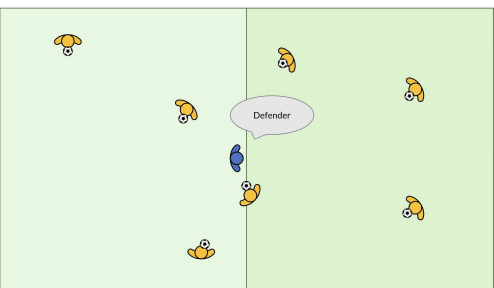
<https://nwsgfna.com/home/environment-2/skilful/training/keep-your-ball/>

START & ORGANISATION

- Every player starts with a ball except for one nominated 'defender'
- On coaches call, the defender tries to tackle players with the ball
- If players lose their ball, they become a defender as well. Last player left with a ball wins the game
- Reset and start the game again

PROGRESSIONS

- Make the field bigger or smaller
- Change to pass & move, where the defender wins the ball by intercepting & the last player to touch the ball becomes a defender as well (a pair wins the game)



1v1 KNOCKOUT

<https://nwsgfna.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



MEDIUM SIZED GAME

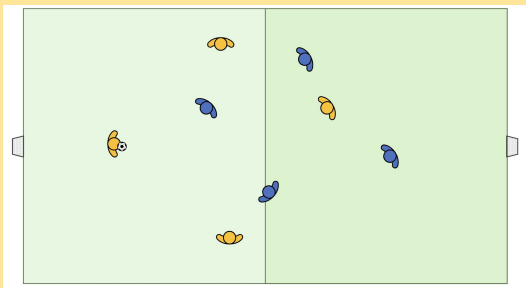
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START & ORGANISATION

- Even numbered teams with two medium sized goals (approximately 5v5 or 7v7 size goals)
- Play with normal rules (throw-ins, offsides)
- You may have resting players, use them as bouncers or have two fields playing at the same time
- 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, 3 sets of 6 bibs, 30 cones, 2 goals (preferably 7v7 or 9v9)

PASS THROUGH THE THIRDS

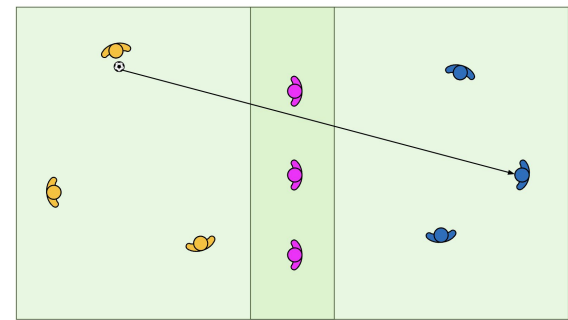
<https://nwsgfna.com/home/environment-2/skilful/training/pass-through-the-thirds/>

START & ORGANISATION

- Split group into three teams as shown
- The middle zone is the 'defending' zone; the team here is trying to intercept any pass through this zone. If they do, they swap with the last team to touch the ball

PROGRESSIONS

- Make the area bigger or smaller
- Make the middle zone bigger or smaller
- Limit the number of touches players can take before passing



RACEWAY TO SCORE (PAIRS)

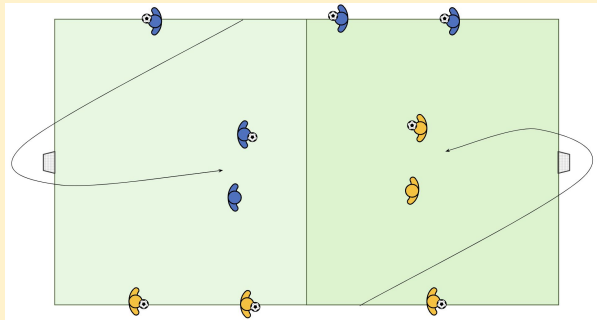
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START & ORGANISATION

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- Coach calls TWO numbers, and the corresponding players run with the ball around the goal to their right, before running with it towards the other goal to shoot & score

CHANGE IT

- Call three numbers at a time. Players should not be waiting longer than 30 seconds to have another go.
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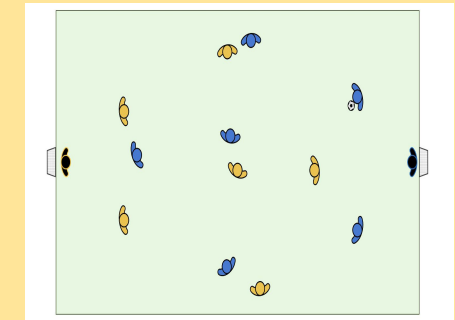
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FOCUS

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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 first 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)

SHOOTING IN PAIRS

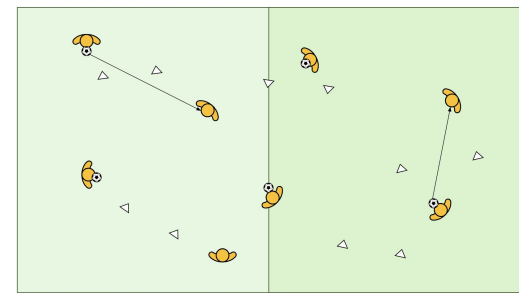
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START & ORGANISATION

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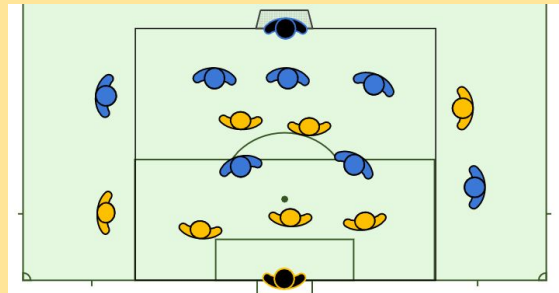
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