A background image showing soccer players in action on a field. One player in a blue jersey is in the center, another in a yellow and maroon jersey is to his right, and a third in an orange jersey is on the left. A goalpost is visible on the far left.

Please turn your
camera and
microphone off!

Coaching Essentials

U13 to U18



Tonight...

- The recording & slides will be shared via the coach education group chat
 - We also use this to communicate upcoming coach education events
- If you have a question, put it in the Zoom chat

Join the WhatsApp group for direct updates!





Our mission

Connecting our community through football to achieve “football 365”

NWSF DNA

Smart / Skilful / Athletic / Relentless / Tribal

Environment

People

Game

Our football goal

High quality people and players who have the DNA qualities that enable them to play at their highest level in football and in life



A person with great DNA qualities...

Smart	People who understand the game and link this to the skills needed to perform
Skilful	People who have highly effective & adaptive skills and decision-making under pressure
Athletic	People who are consistently available and prepared for the various demands of football and life
Relentless	People who constantly strive to develop themselves and are resilient to challenges & setbacks
Tribal	People who are committed to their environments and the people within them
X-factors	<i>Players at the highest level typically not only develop all of these attributes, but can be distinguished or separated from their peers in one or more of these key words</i>



nwsspiritfc Back then, John Iredale was a Spirit FC junior who began his @nwsfootball journey at @wphcfc_the_lions, and was also a keen participant in our long-running Academy and Holiday Clinic programs!

Now, he's just received a @socceroos call up for the 2024 Asian Cup!

That's proudly local, on the national stage.

1 w

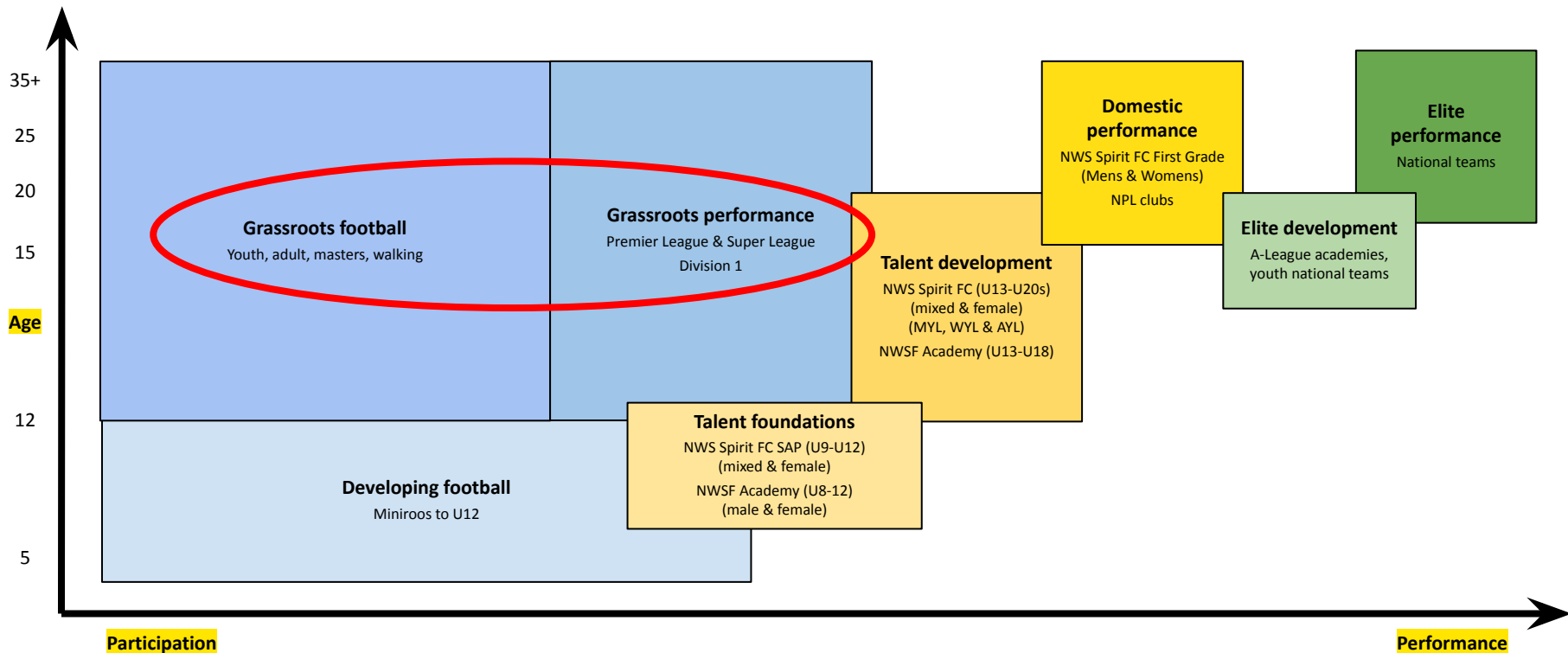


john_iredale Maybe someone's overtaken my record now, but I used to have the most holiday clinic appearances of all time! ❤️

1 w 5 likes Reply



Pathway





Great people



What is the role of the coach?

A photograph of two young men running on a grassy field during a soccer training session. The man on the left is wearing a black and white striped jersey and white shorts, while the man on the right is wearing a blue and white jersey and blue shorts. The word "Training" is overlaid in large yellow text across the center of the image. In the background, other players and a building are visible.

Training



**What motivates teenagers to play
football?**



veo



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NWSF DNA Youth Training

U13-U18 training program

Weekly overviews

6 Week Program

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

12 Week Program

Week 1 and 7	Session 1 - Keep the ball
Week 2 and 8	Session 2 - Attacking zone rules
Week 3 and 9	Session 3 - Find the poacher
Week 4 and 10	Session 4 - Press the ball
Week 5 and 11	Session 5 - Defending zone rules
Week 6 and 12	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)



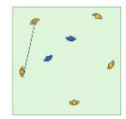
RONDO

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)



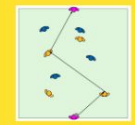
END TO END POSSESSION

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



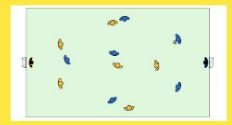
MEDIUM SIZED GAME

START & ORGANISATION

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

FOCUS

- Link in core actions from previous exercises



Our role...

Make it engaging, and make it enjoyable





Coaching behaviours

Find more tips at [nwsfdna.com!](https://nwsfdna.com)

Just as players have core actions they should aim to repeat in the game, so too should coaches have consistent behaviours to help them support learning and development, and manage the behaviour of players.

There are a wide variety of coaching behaviours that coaches are encouraged to adopt. Many of these are consistent regardless of the age, ability and experience of the players, as NWSF believes the primary role of the coach is to **facilitate positive environments and experiences.**

Watch the videos below to learn more about coaching behaviours you can develop. You can click on the titles to minimise each video once you have viewed it.

Preparing the session



What to coach the team?

Key words/principles

Team tasks

Attacking

Score goals by
keeping the ball
to play
through,
around or over

Defending

Stop goals by
protecting the
middle, staying
compact and
pressing the
ball

Simple mantras will help
your team succeed in
whatever formation you
play...

Player actions

Zone rules

Cues



What to coach the players?

Go as simple or as **complex** as meets the needs of your players...

Key words/principles

Team tasks

Player actions

Attacking

First attacker (player on the ball)

- Scan constantly
- Get the ball out from your feet
- Keep the ball away from feet
- Find the free player by...
 - Passing to feet
 - Making a killer pass
 - Doing a give & go with a teammate
- If you are the free player...
 - Run with the ball into space/towards defenders/by bringing it inside
 - Go 1v1 to get past defender(s)

Second and third attackers (players off the ball)

- Scan constantly
- Get free
 - Get into line of pass, ideally where you can face forward
 - See defender(s), see the ball and see the opposition goal
 - Get off the shoulder of defenders, and get beyond if you can
 - If you cannot get the ball or get beyond, come/show for the ball
- Get someone else free
 - Make runs into space, going forward/to goal if you can
 - Go around the ball

Penalty box actions

- Be the poacher/s (a 1v0, 1-touch finish close to goal)

Defending

First defender (player nearest the ball)

- Stop or delay forward progress by closing the ball and/or space
- Press quickly if you can win the ball by tackling or intercepting

Second and third defenders (players further away from the ball)

- Scan constantly
- Open your body to see the ball, see attacker(s) & see the opposition goal
- Cover the first defender if you are close to the ball
- Knock out lines of pass if you are further away from the ball
- Close space to stay compact and stay in shape

Penalty box actions

- Stay central as much as possible to stop poachers
- Stop the shot/attack the ball as it arrives

Zone rules

Cues



What to coach the players?

Go as **simple** or as complex as meets the needs of your players...

Key words/principles

Team tasks

Player actions

Attacking

First attacker (player on the ball)

- Scan constantly
- Find the free player
 - Give & go quickly
- If you are free...
 - Run with the ball into space

Second and third attackers (players off the ball)

- Get free
- Get someone else free
 - Make runs into space
 - Go around the ball

Penalty box actions

- Be the poacher/s (a 1v0, 1-touch finish close to goal)

Defending

First defender (player nearest the ball)

- Close the ball
- Press if you can win the ball

Second and third defenders (players further away from the ball)

- Scan constantly
- Close space

Penalty box actions

- Stop poachers by staying central

Zone rules

Cues



Matchday



Our role...

Make it engaging, and make it enjoyable





11v11 tips

- Pre-plan starting teams and subs to make matchday smoother
- Keep to one to two team tasks, pre-match
- In-match, repeat only to the players what you have said in training
- At half-time, try to stick to your focuses if you can
- Role model how you want the players to behave



“They won’t remember what you say, but how you made them feel”





Matchday

Find more tips at [nwsfdna.com!](https://nwsfdna.com)





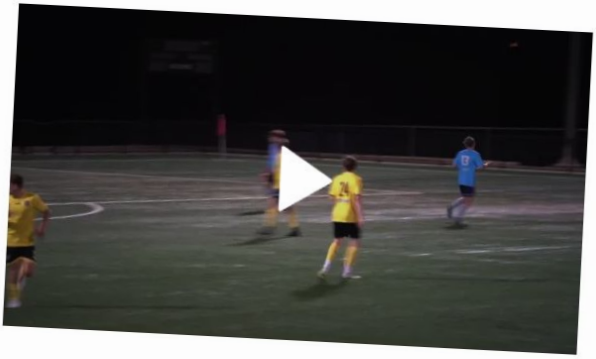
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NWSF DNA Youth Training

U13-U18 training program

NWSF DNA

What to look for



NWS Spirit Mens First Grade example



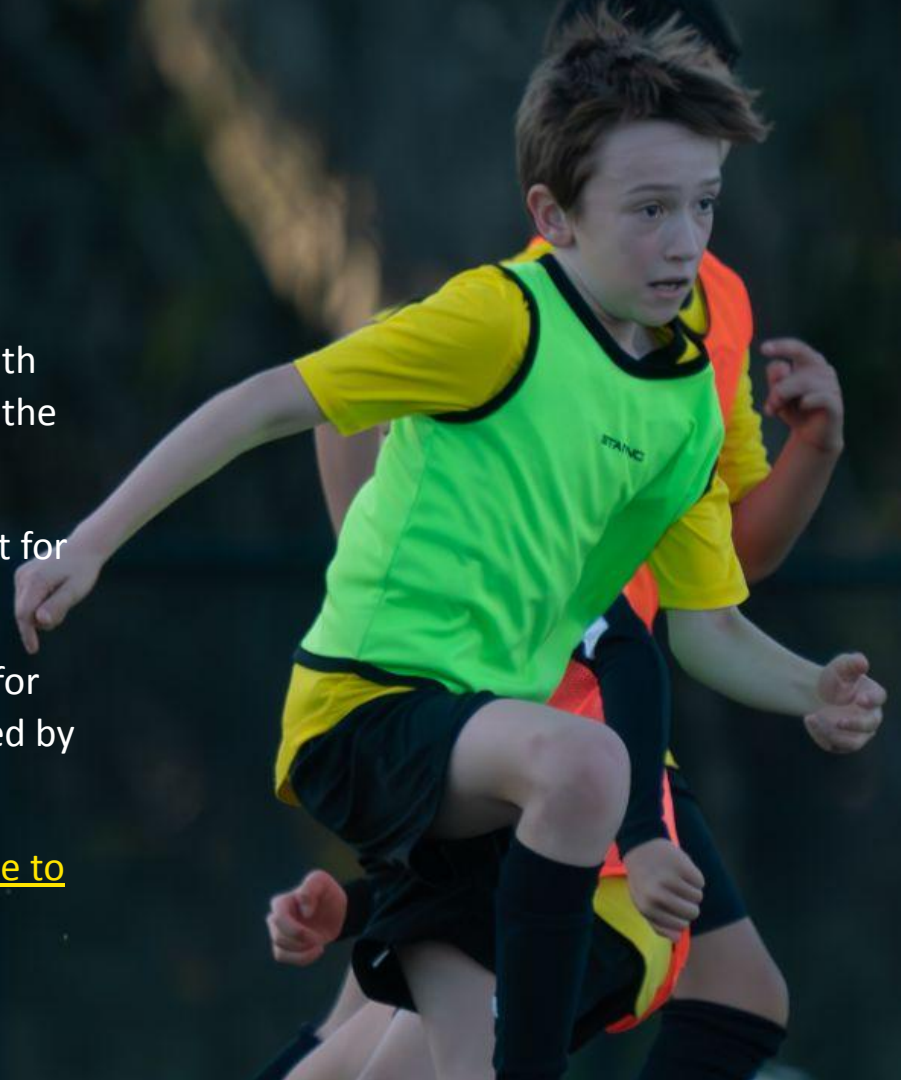
Academy

The renowned NWSF Academy continues in 2024, with scouting taking place in the opening three rounds of the season, leading into trials at the end of April.

The Academy program then runs from May to August for U8s to U18s, boys and girls.

It provides an additional training session each week for selected players from the NWSF association, delivered by NWS Spirit coaches.

Interested in coaching in Academy? [You can nominate to be a coaching apprentice in Academy](#) now!





Rubi Sullivan started in Academy at U10s

NSW representative in both football and futsal



Current member of both our Mixed 15s and Womens First Grade squads!



Why does NWSF have compulsory coach education?

- To increase the quality of our player's football environment
- To improve the development of our people and players
- To increase the enjoyment levels and longevity of coaches
- To engage & retain players in our Premier League and Super League competitions





What do you need to do?

The association clubs Directors of Coaching agreed to have all:

- U6s to U8s coaches qualified with a Minirooms Certificate
- U9s to U12s coaches qualified with a Foundations of Football
- U13 to U18 (Division 1 & 2) qualified with a Foundations of Football
- Super League and Premier League coaches qualified with a Foundations of Football or C Diploma

Find out more [by clicking here](#). Your club and DOC will also share this information.



Head to nwsf.com.au to view the full coach education calendar





Questions?



Thank you!