

# Tactical Progression for Player Development in a Competitive Program

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## EXERCISE #1

1. Four versus four plus three neutral players-Possession
2. Six versus six plus three neutral players-To one goal and a target
3. Same as above to two goals

## EXERCISE #2

1. Nine versus nine
2. Horizontal shift of players for two minutes each game; players will play in all three thirds of the field
3. Vertical shift of players for two minutes each game; players will play on both flanks and in the center of the field

## EXERCISE #3

1. Nine versus nine
2. Points for goals
3. Points for shots on frame of goal from own half of field
4. Points for crosses in the box