

Principles Of The Game: Creativity and Improvisation



NSCAA
Academy

Dr. Douglas J. Williamson – NSCAA Assistant Director of Coaching Education and Development

The debate rages on: is creativity intuitive, or can it be taught? Nature or nurture? This session is based on research that indicates creativity is grounded in structure rather than randomness.

LEARNING OBJECTIVE: The coach will learn a variety of ways to enhance players' creativity in individual and group tactical exercises.

For an expanded version of the outline for this session, please visit <http://www.nscAA.com/educatingcoaches.php>

I. Technical Preparation

- Attacking moves to beat defenders

- Attacking moves to change direction or elude defenders

II. Individual Battles

- Attacking out of the box

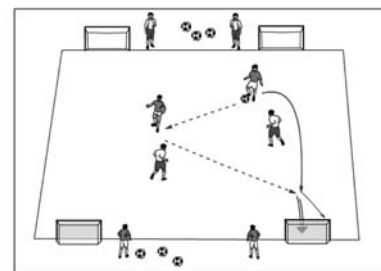
- 1 v. 1 "On The Fly"

- 1 v. 1 "Forward and Back"

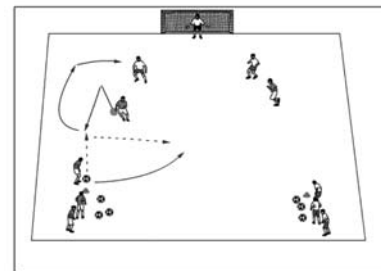
- Lateral 1 v. 1

III Group Tactical Competition

- 2 v. 2 "Follow the Shot"



- Alternating 3 v. 2



- Alternating Numbers Up

