



NSCAA Presentation Synopsis

SL BENFICA: Teaching the game through the game

Our presentation will focus on **how** we teach the game at SL Benfica and **what contents** should be part of the teaching process for children and youth development.

We believe that the game should be presented to the players as problems to solve and always through games.

Through several games, we can still reinforce certain aspects we feel that need to be more developed, but they will never practice something different than the game.

At SL Benfica, we believe that teaching the game, is not developing isolated aspects of the game but blending them all together.

For us, teaching the game, is teaching the player how to make the best decisions in the game, based on the game principles and specific club/team/academy sub-principles, because the game is always changing, and it has to many aspects involved that cannot be isolated in the teaching process of a player.

Through our presentation we will provide examples of exercises that we use in our Soccer Schools and our Academy, that give a clear view of our methodology and philosophy of developing players.

The benefits of our methodology, presented here as The Benfica Way, is that we are able to create a fun but challenging environment and still be very demanding in all aspects of the game.

This has made us very successful in creating and developing top quality soccer players such as Rui Costa, that not only are able to perform well, but also to choose the best solutions in today's very demanding game situations, either as soccer players, or in their life's, as a person.