

Principles Of The Game: Mobility and Balance



NSCAA
Academy

Laura Kerrigan – NSCAA Academy National Staff Coach

LEARNING OBJECTIVE: This session will address both mobility in attack and balance in defense with the primary focus being on players off the ball.

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

Activity 1

Transition Game

(5 v. 2 + 3 or 4 v. 2 +2)

Two teams of five play 5 v. 2 in a 10x12 grid. When defenders win the ball, they must successfully play it to their 3 teammates who are waiting in other grid, then quickly transition into attack forming angles of support and opportunities for penetrating passes to split the defense. The team that lost the ball now must send 2 defenders in to the new grid of play. Extra ball w/ coach for quick restart.

Main Coaching Points

Attacking

- Angle of Support
- Distance of Support
- Opportunity for penetrating pass

Defending

- Angle of Cover
- Distance of Cover
- Players off ball aware to pick up errant passes or transition to attack

Activity 2

5 v. 5 or 6 v. 6 with three small goals per side

Two teams of 5 play in 30 x 40 yard grid with 3 small goals on each side. Can score in any of the 3 goals, but must dribble through goal to score. Extra balls behind each goal.

*Option: place restriction of two touch maximum on players

Main Coaching Points

Attacking - Movement off ball to create:

- Width
- Support
- Penetration (Through or Over) the defense

Defending

- Angle of Cover & Balance
- Distance of Cover & Balance
- Shifting of Defense in relation to movement of the ball
- Shifting of Defense in relation to movement of the attackers

Activity 3

6 v. 6 or 9 v. 9 (depending on space/numbers)

Set up a 1-3-2 formation. (1-3-3-2 if 9 v. 9) Two Goals. Field size 60x44 (80x55) Extra balls behind/to side of each goal

Main Coaching Points

Attacking

- Focus on movement off the ball to bring out all coaching points above.

Defending

- In addition to the coaching points above, focus on tracking runners off ball and marking in front of the goal in relation to long service and crosses.

