

2010 NSCAA Convention Clinic Outline Book

NSCAA State Diploma Introduction (Session 4 of 4)



NSCAA
Academy

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

LEARNING OBJECTIVE: To introduce coaches to the use of small-sided games as a tool for teaching and reinforcing the skills and enjoyment of the game with young players.

A copy of the NSCAA State Curriculum book is available for purchase for \$10. For an expanded version of the outline for this session, please visit <http://www.nscaa.com/educatingcoaches.php>

Coaching/Organizational Points

- The younger the players, the more they have to have breaks (not too long)
- Allow players to play and discover solutions
- Limit talking by coach
- Encourage the players to take as many “looks” as possible
- “Catch” them when they do it right!
- Include “Directional” (Attacking/Defending in quick transitions) games in all sessions

Warm-up Activities

Dribbling and ball touch challenges

2 v. 1/2 v. 2 Activities

Working with a teammate (adjusting numbers for success)

- How to help?

How to introduce changing the point of attack (even at this age)

- Multiple goals

3 v. 2/3 v. 3 Activities

Without and with the goalkeeper

- Teaching the GK to be a sweeper/keeper
- Introducing restarts (goal kicks, throw-ins, corner kicks)

4 v. 4 Activities

Introducing shape and roles of players within the game

1 v. 1 Activities

Introduce dribbling, keeping the ball

- Dribbling with purpose

Introduce passing/shooting

- Finding targets

Introduce defending

- Learning about transitional play

Cool down/Review

To earn the NSCAA State Diploma, a coach must attend all four sessions and have their card stamped by an NSCAA Convention staffer.