

Principles Of The Game: Cover and Support



NSCAA
Academy

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LEARNING OBJECTIVE: The purpose of this session is to help coaches understand and teach the role of the second attacker and the second defender. Elements of this session are appropriate for varied age levels including youth, high school and college. It is common for players and coaches to emphasize the ball and what is occurring on the ball. The focus of this session will be off ball and the ways in which players can be creative and selfless in these roles.

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

Warm Up

2 v. 2 dynamic warm-up

Emphasize playing in pairs
Limited space to start

Whole

6 v. 6 or 8 v. 8 to goals

Players will be given roles and touch restrictions to start.

Specific notes for Convention

During the convention, restrictions will be changed every 2-3 minutes. In a live training environment, this time should be extended to 10-12 minutes.

Role of the second defender and second attacker will be presented for the purpose of the instructional teaching session.

When performing a session for players, consider one session with an attacking theme and one session with a defending theme.

This method begins with a big picture and allows players to get excited about playing the game early in the session.

Part

4 v. 4 directional, then 4 v. 4 to goals

Players will be put in pairs and must work as pairs within their team.

Numbers of players can be increased and decreased to accommodate age or ability.

Defending side of the ball will be addressed first to increase level for attacking side.

Play will be directional at all times but will begin with a broad scoring space and progress to a smaller scoring space.

This method allows for the majority of feedback and instruction to be given in the middle of the session with more coaching stoppages and less continuous play.

Whole

Re-introduce first activity. Look for signs of increased success and learning that has taken place.

Reinforce coaching cues from instructional phase.

Progress quickly from restrictions to no restrictions and allow most of this phase to be free play.

Finish with increased numbers or a full-sided game.

