

# 2010 NSCAA Convention Clinic Outline Book

## Jeff Tipping, NSCAA Director of Coaching Education and Development

### Teambuilding with Small Group Functional Training



NSCAA  
Academy

#### Jeff Tipping – NSCAA Director of Coaching Education and Development

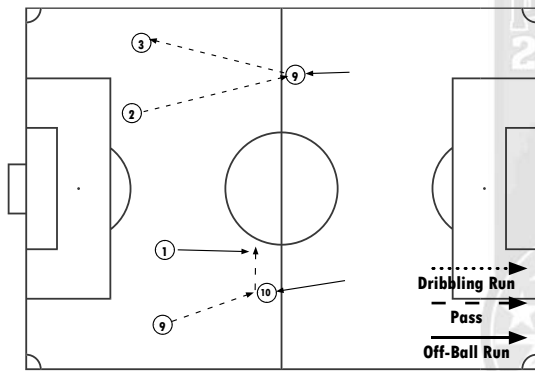
Functional training is an advanced coaching methodology that occurs in the specific area of the field where players normally play. Functional training sessions generally involve a small number of players who operate in close proximity to each other on the field, and generally include opponents who operate in the same area of the field (i.e. backs vs. forwards). One of four methodologies central to the NSCAA Advanced National Diploma, this session will serve as an introduction to functional training.

**LEARNING OBJECTIVE:** The coach will learn how to teach players using small-group functional training.

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

#### I. Warm-up

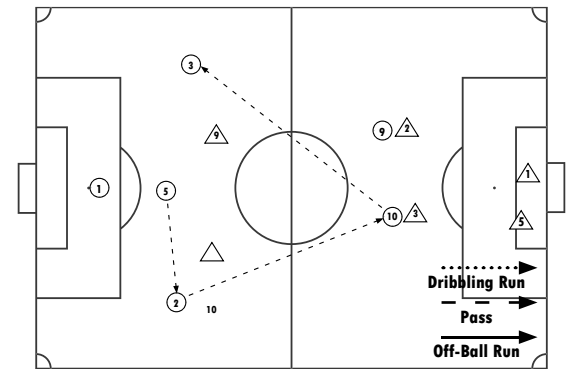
- Players in threes, practicing timing of checks



#### II. Exercises

#### III. 5 v. 4 Functional Keep Away

- Backs – looking for Passing Windows
- Forwards – Timing of Checks



#### IV. Final Game

- Maintaining a 3 v. 2 shape is important for this teaching session.

