

Rio Rapids Soccer Club

Favorite Sessions from the
2015 NSCAA Convention
Philadelphia, PA

Presenters:
Chris Cartlidge
Ray Nause



Sessions Highlighted

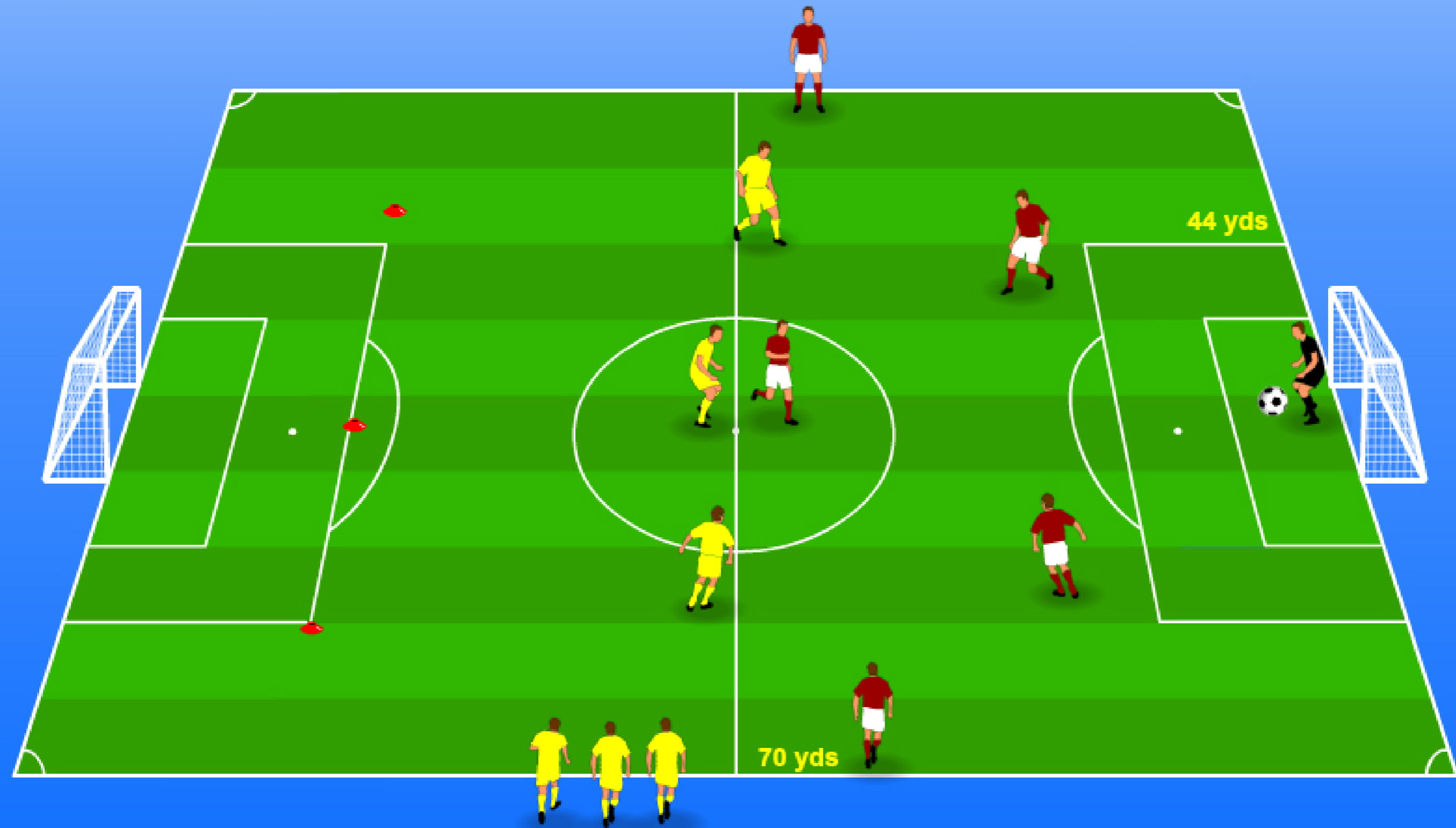
- Possession Out of the Back Utilizing the GK
 - ❑ Session focused on Possession to Progress
- Defenders in Possession
 - ❑ Technical-Functional Session
- Counter Attack – Simple to Complex
 - ❑ Transition – Final 3rd/Finishing



Possession Out of the Back Utilizing the Goalkeeper

Tony DiCicco
Former US WNT Coach





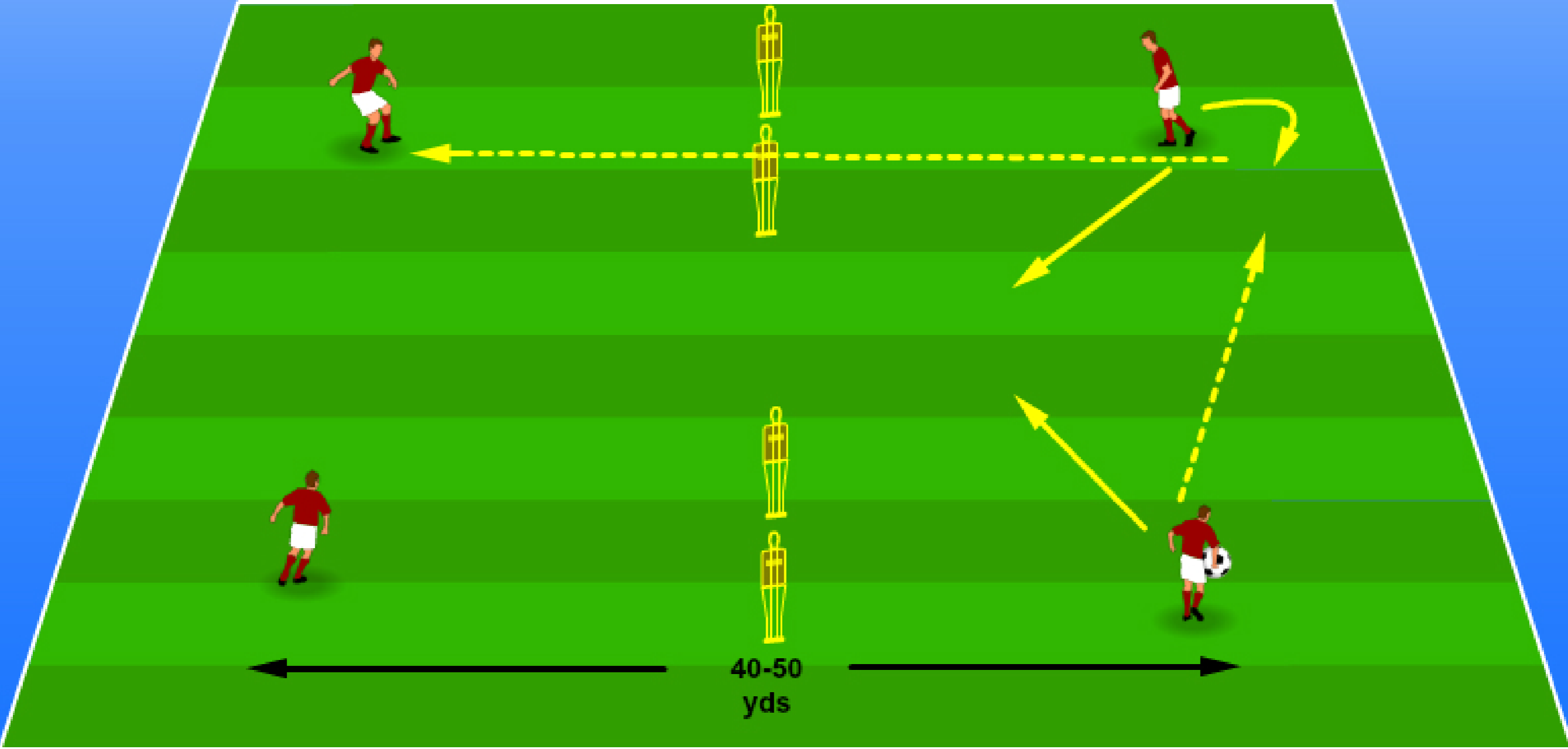


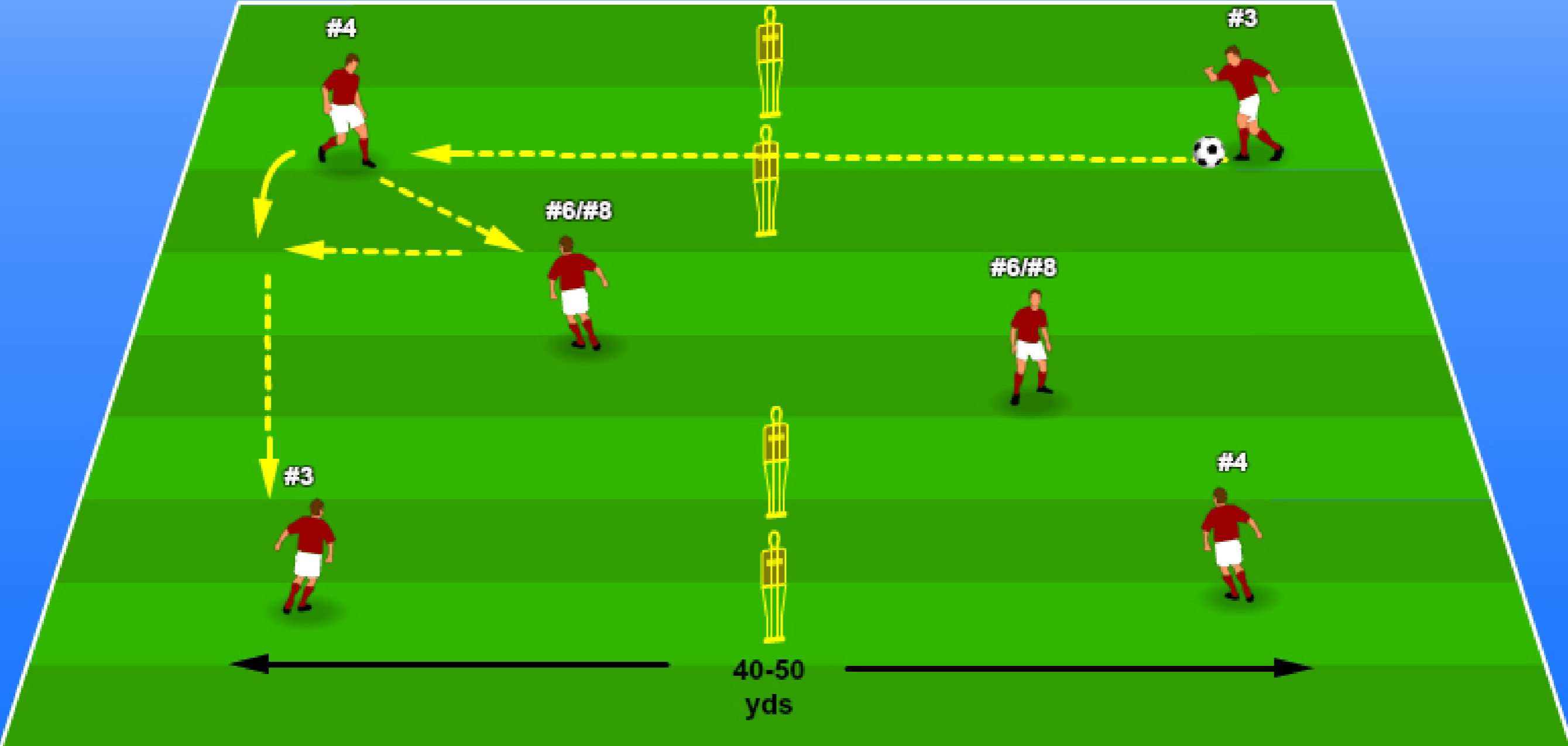
Defenders in Possession

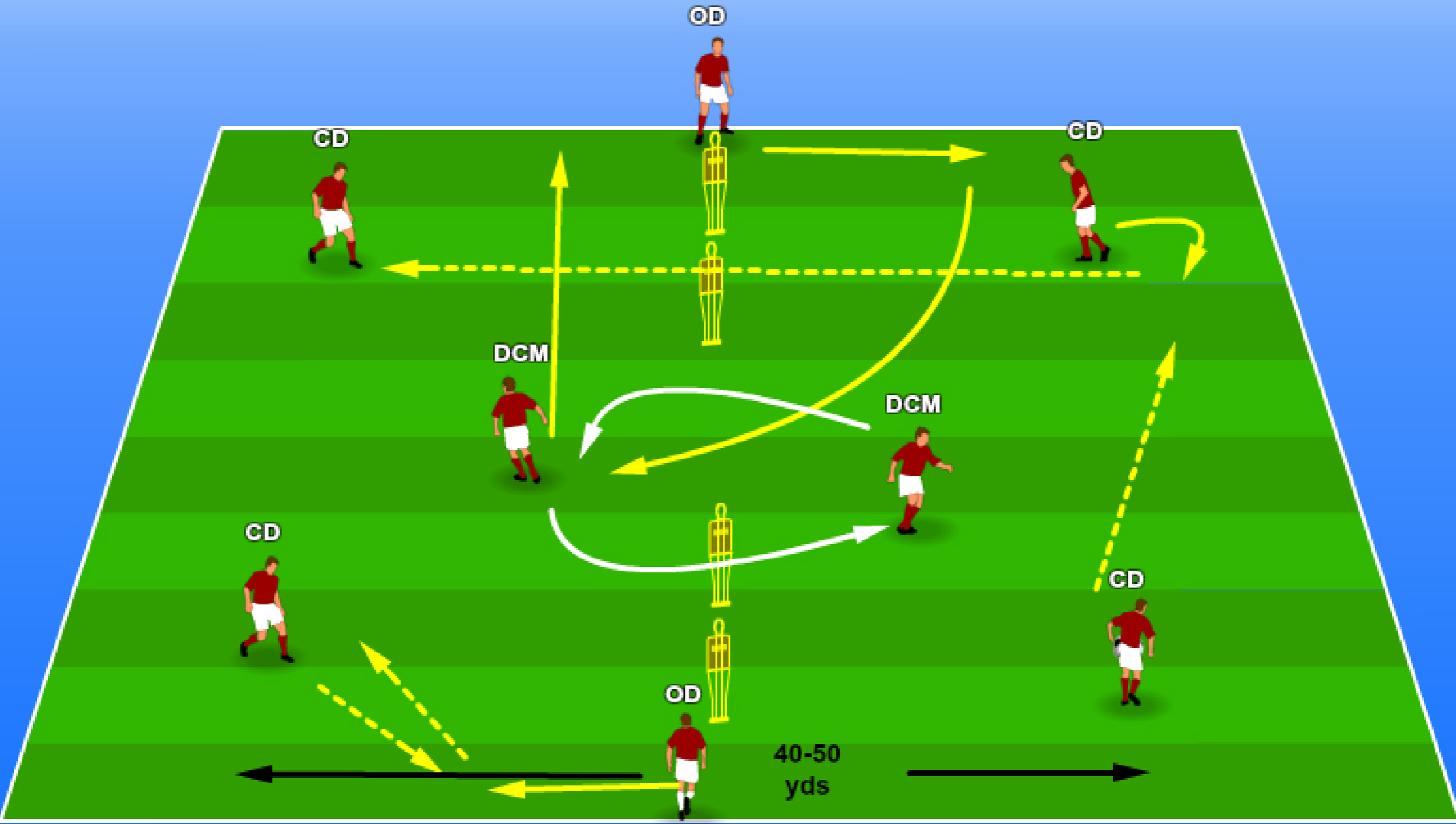
Dick Bate

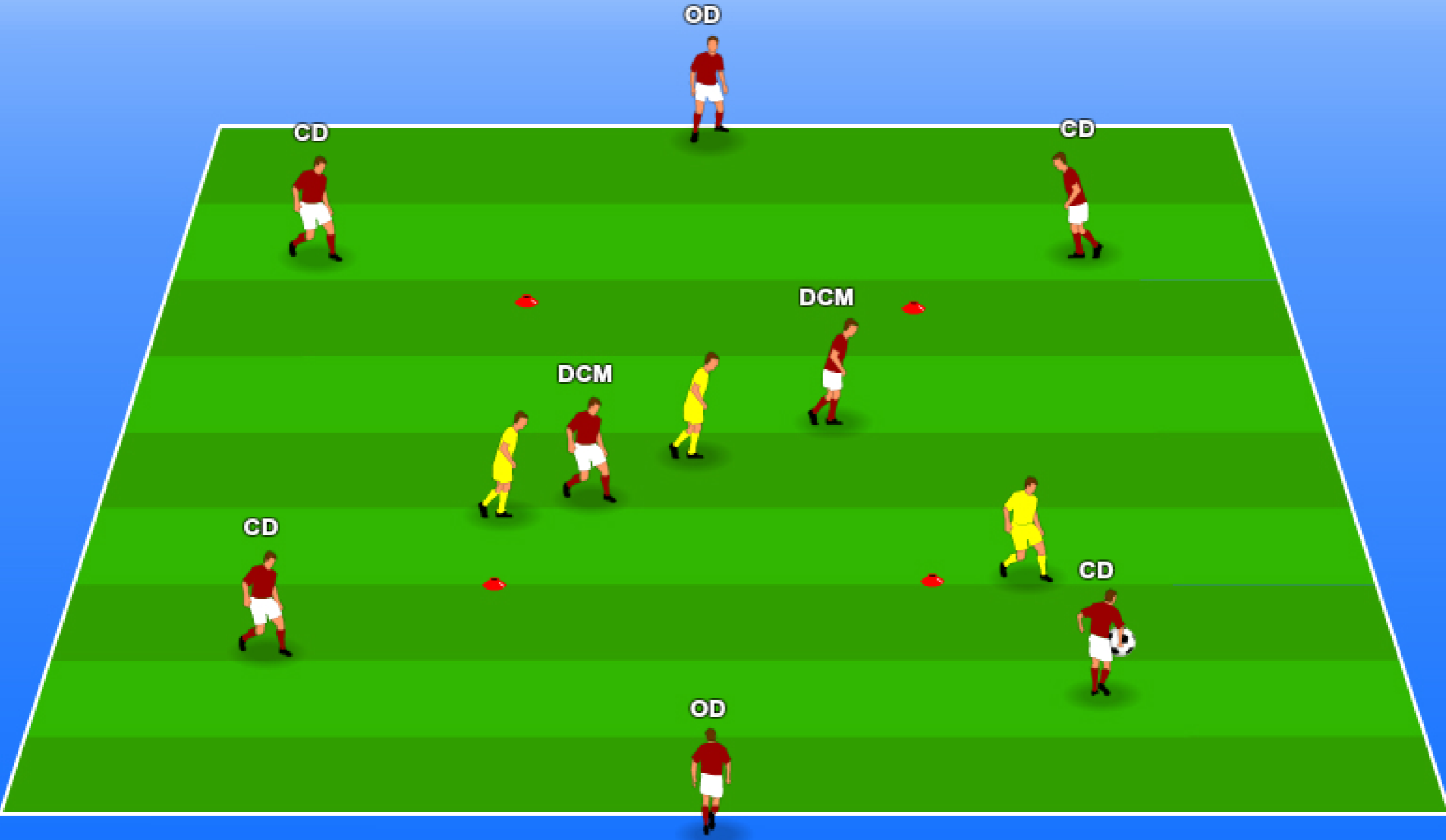
FIFA Technical Adviser







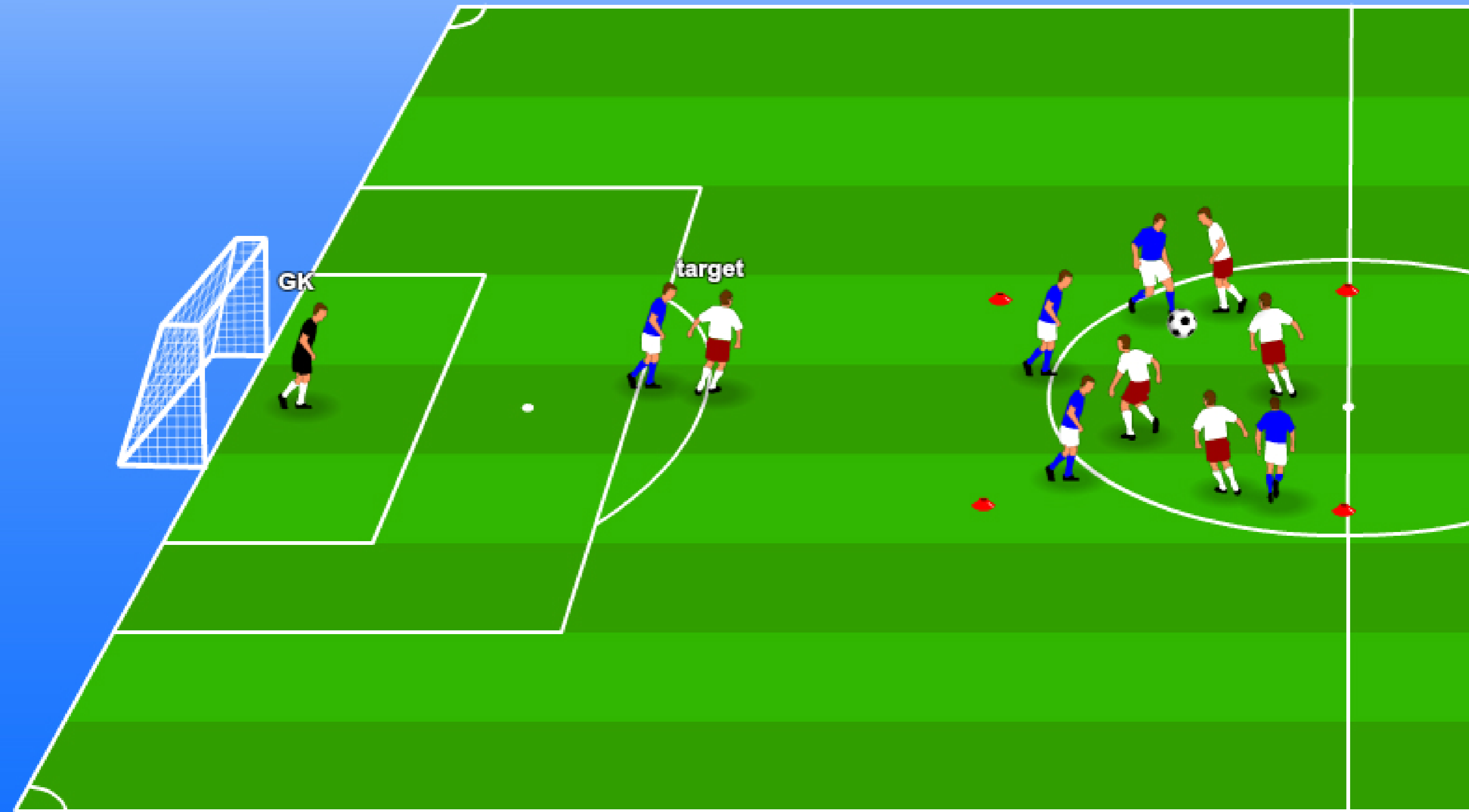


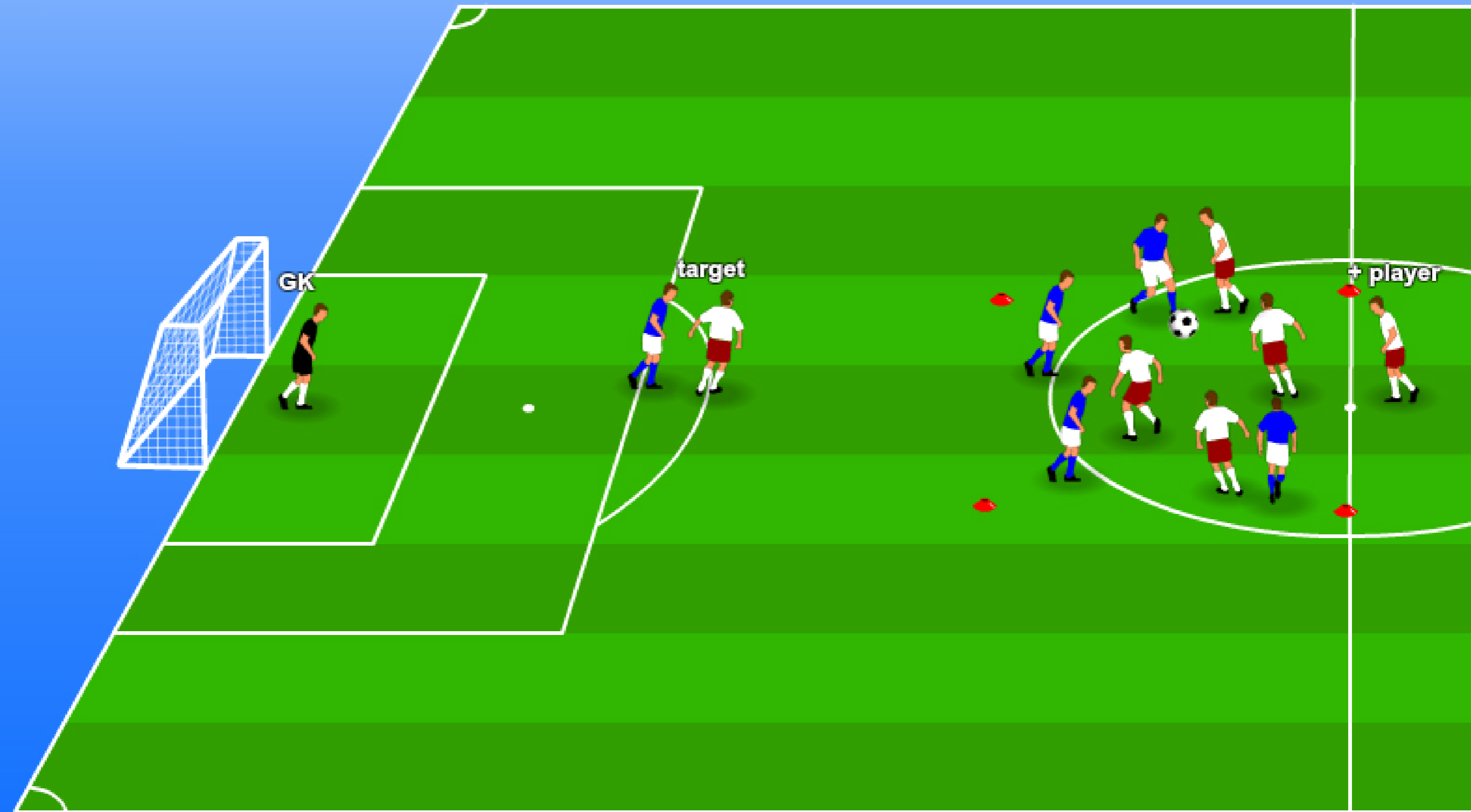


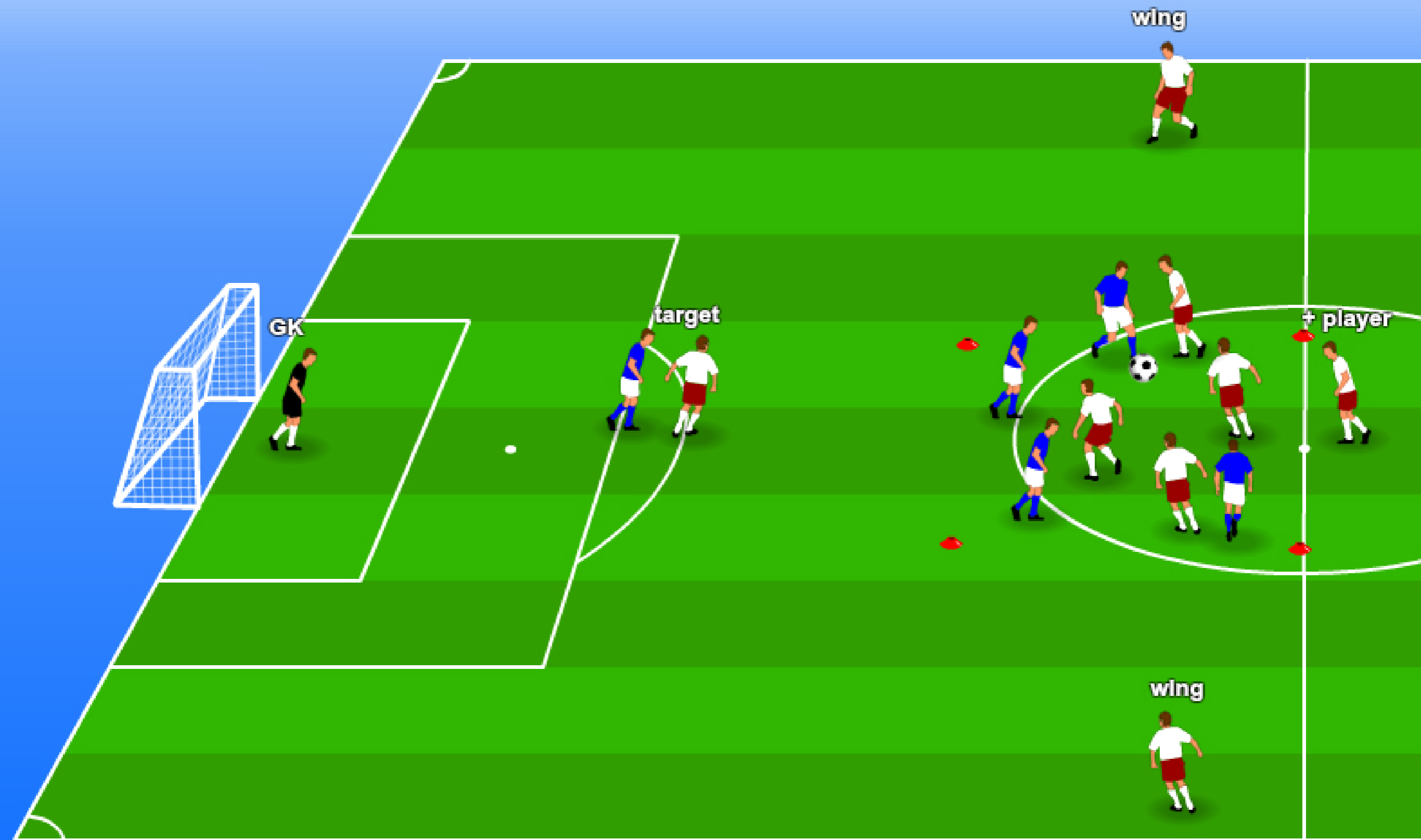
Counter Attack – Simple to Complex

Schellus Hyndman
Head Men's Soccer Coach
Grand Canyon University

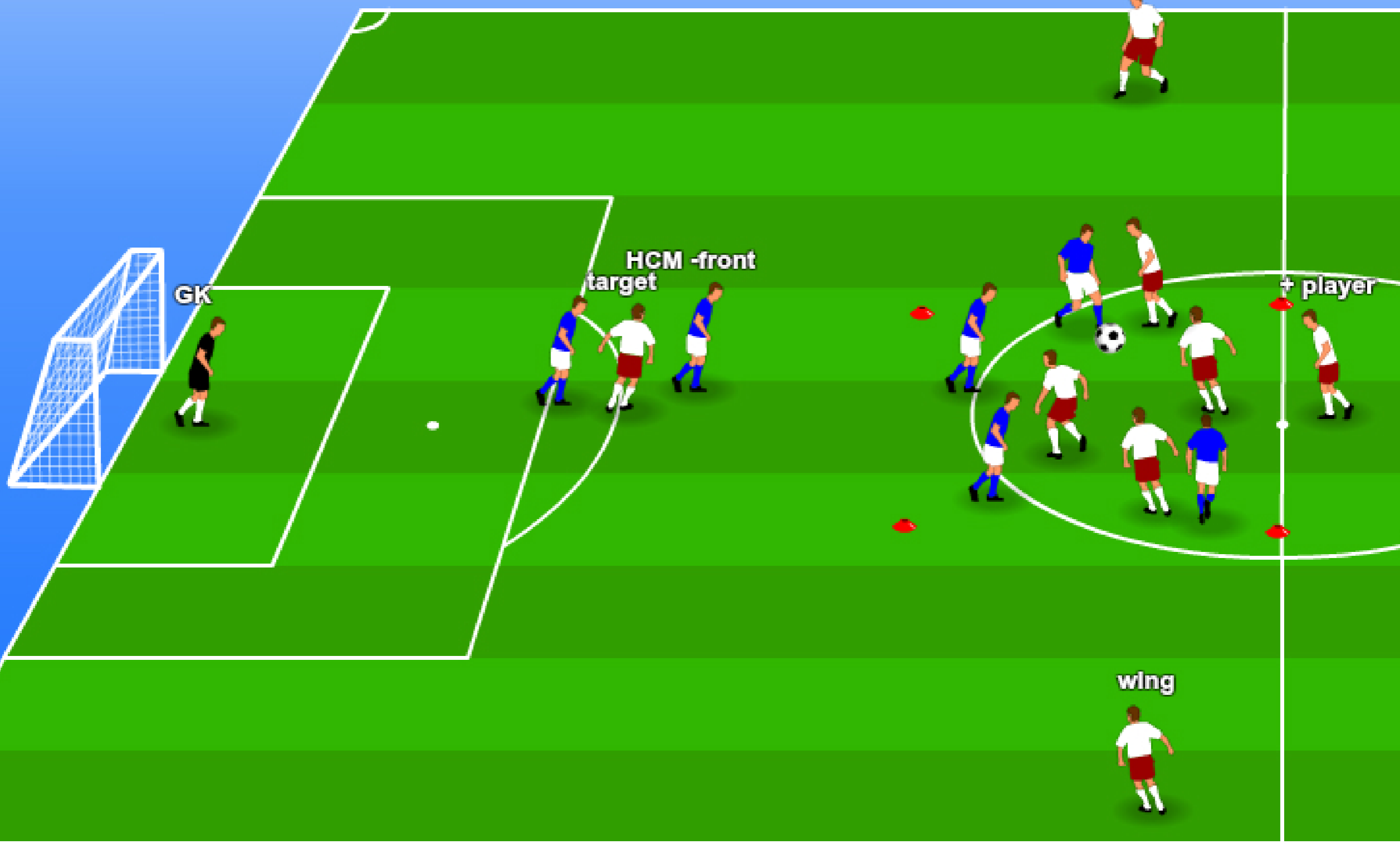








wing



GK

HCM -front
target

+ player

wing

wing

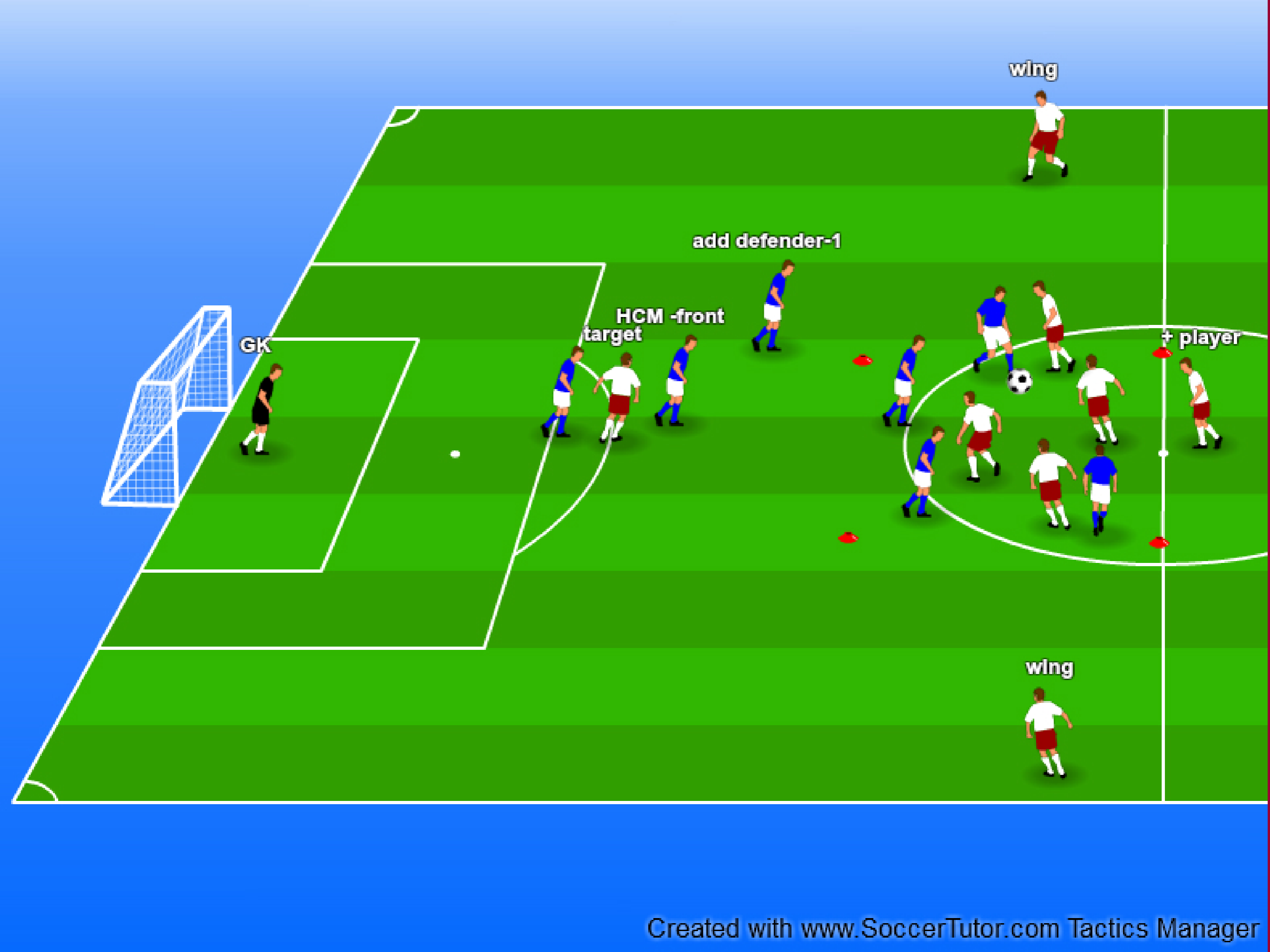
add defender-1

HCM -front
target

GK

+ player

wing



wing

add defender-1

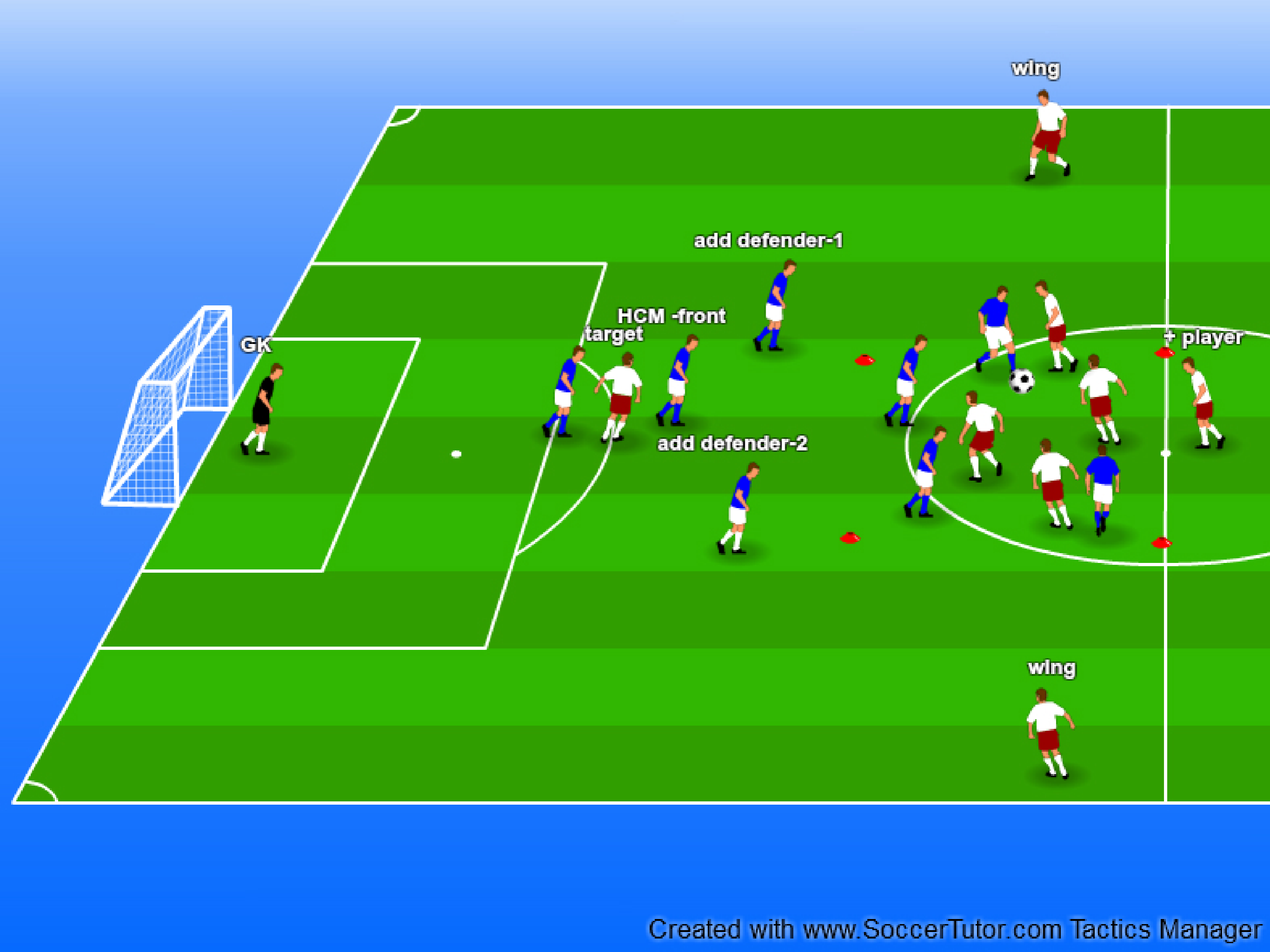
HCM -front
target

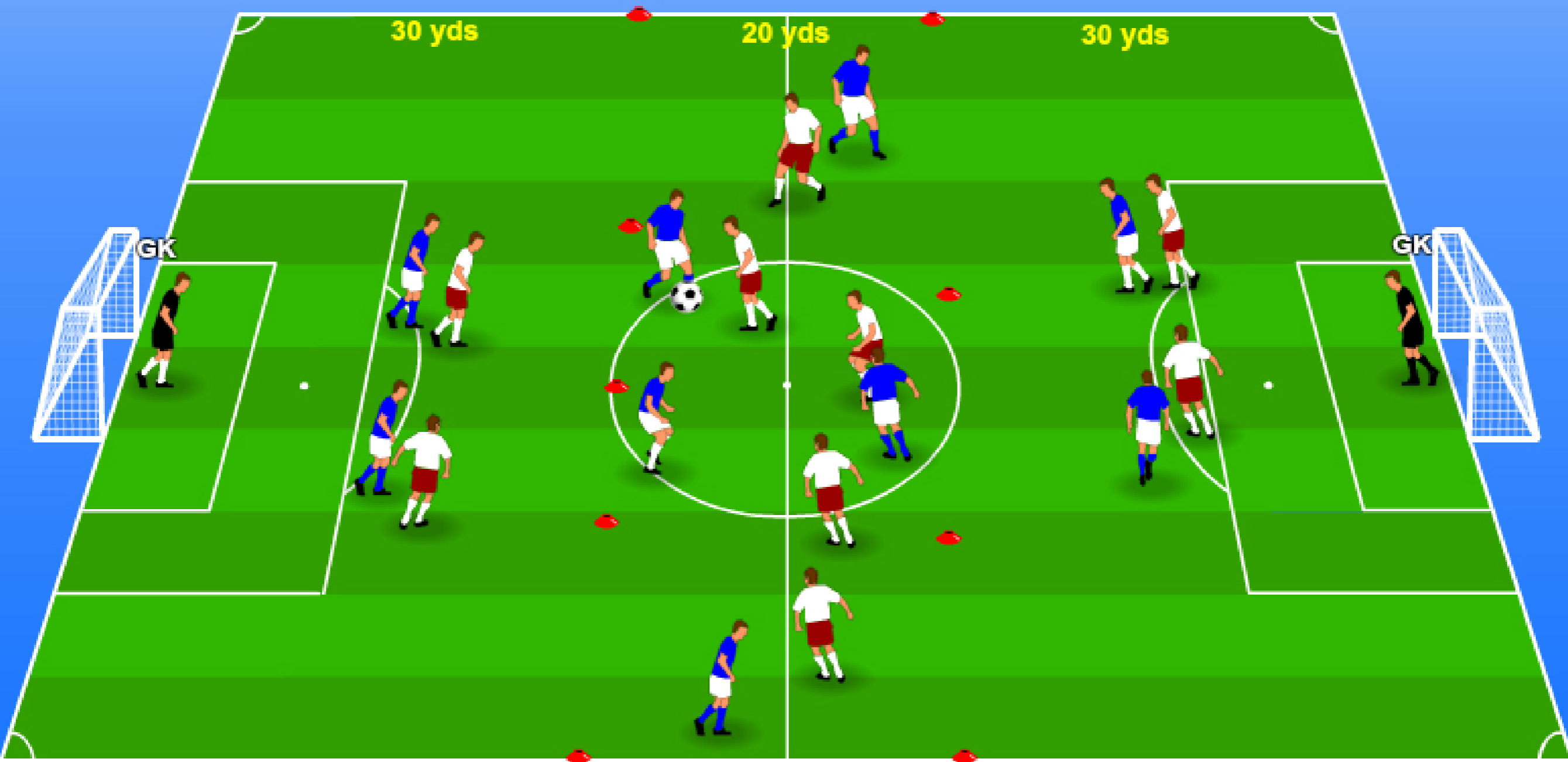
GK

+ player

add defender-2

wing







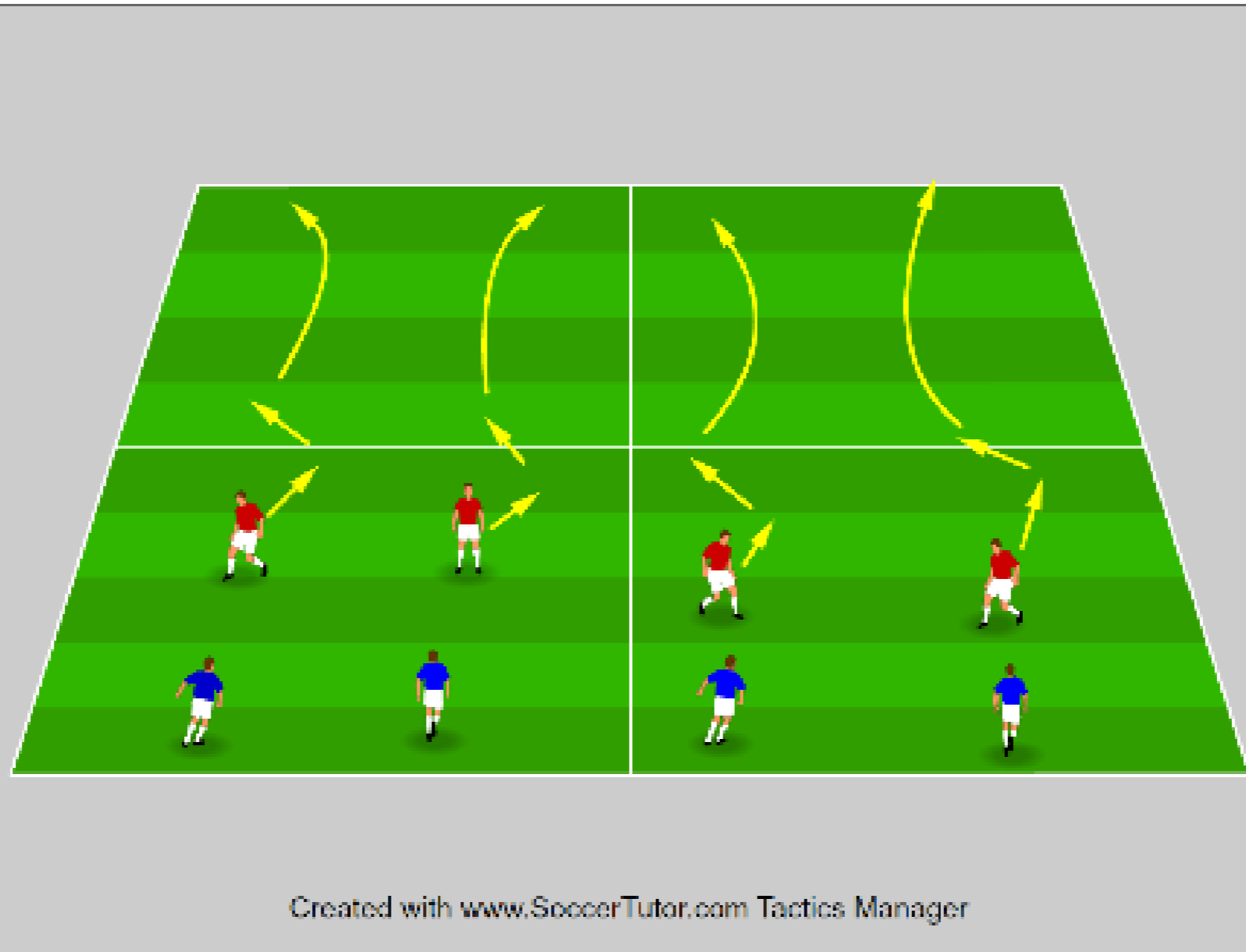
NSCAA Coaching Education

Willie McNab - Celtic FC

Michel Bruyninckx - Anderlecht- Cognitive Training

Raymond Verheijen - Soccer Fitness

Celtic Phse 1 - Willie McNab



Date:	13/Feb/2015	Measurement:	30 x 30 Yards
Time:	N/A:N/A	Players:	12
Duration:	N/A	Level/Age Group:	U8 - 18+

Description: 1v1 Defending Technique without opponent - Warm Up

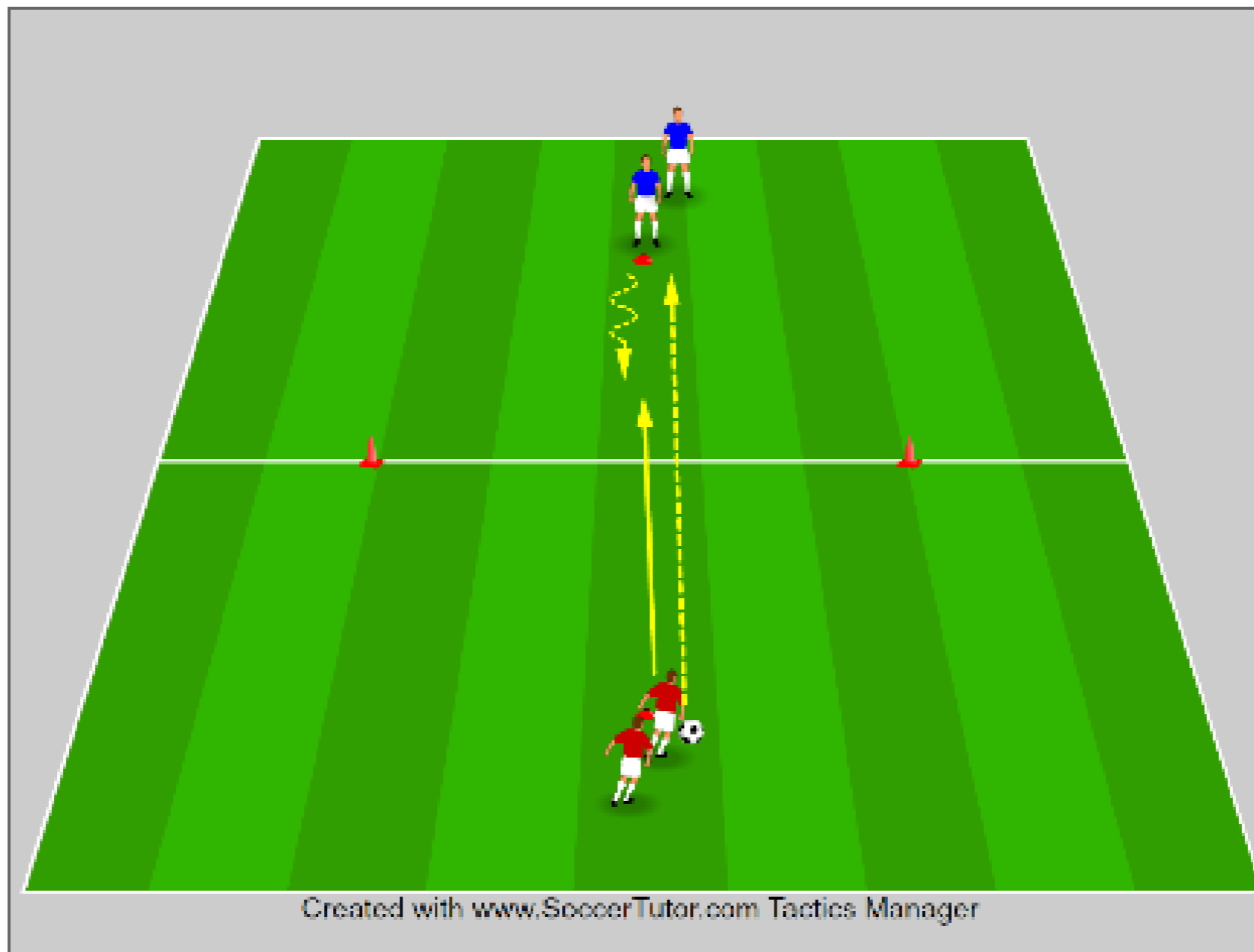
Objective: Improve fundamentals of 1v1 defending

Coaching Points: Dropping in defensive posture - switching feet - at half line sprint out
Quick feet, Bent knees
Eyes on ball - arm up and out across body
Spook opponent - threaten player on ball to draw a decision

Progression: Work in two's - Attacker makes attempts to past defender - keep distance - get body across attacker if they try to go past



Celtic Defending - 4-2-3-1 - Willie Mcnabb - Phase 2



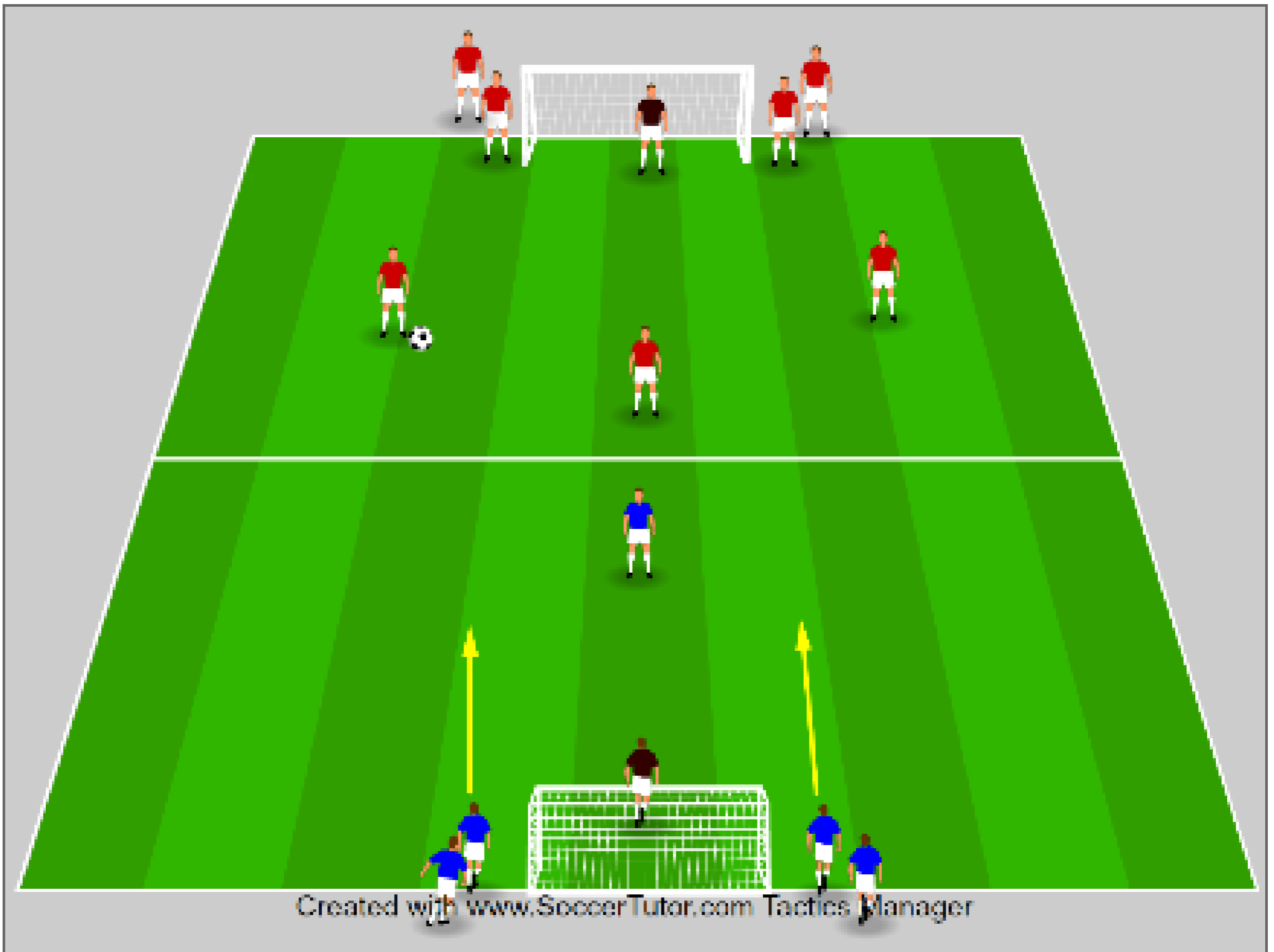
Date: 13/Feb/2015 **Measurement:** 20 x 20 Yards
Time: N/A:N/A **Players:** 6
Duration: N/A **Level/Age Group:** U8 - 18+

Description: 1v1 Defending - Ball played across Diamond
Attacker tries to break half way line off dribble - Defender closes to win ball
Defender dribbles out of diamond in transition to score a point

Objective: Improve 1v1 Defending techniques

Coaching Points: Close space quickly - cautious upon approach to attacker
Take away one of attackers options - use half way cones as passing lane reference
Arm out to block/get across attacker when they attempt to go by you
Tackle with lead foot





ate:

13/Feb/2015

Measurement:

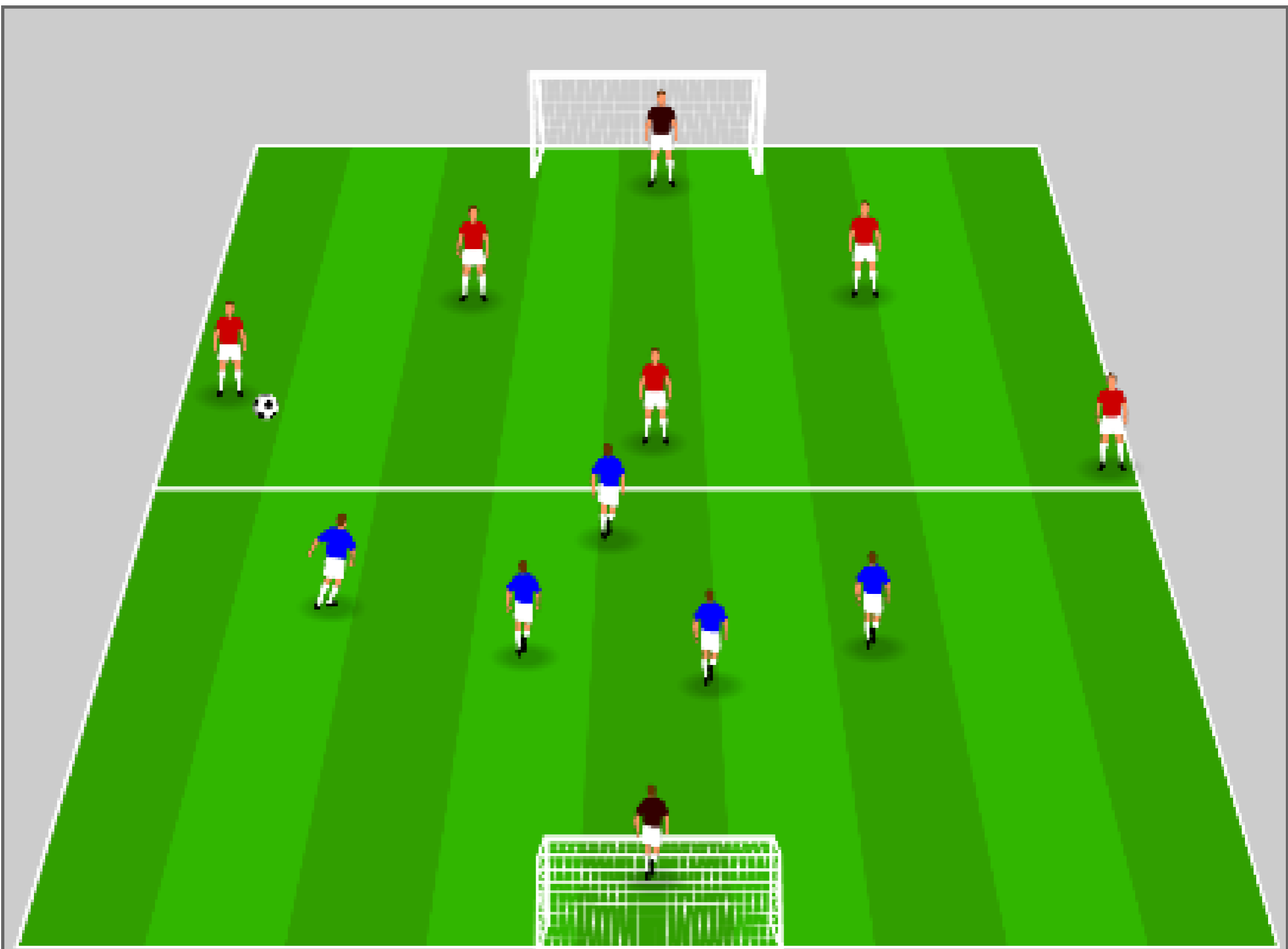
Select Pitch Area

meas

111/111

Players:

6



Created with www.SoccerTutor.com Tactics Manager

Date:

13/Feb/2015

Measurement:

Select Pitch Area

The Modern Game

Barcelona, Bayern Munich Video

As youth coaches we need to understand where the game is going next to appreciate how we should develop young players.

More pace, speed & running

More actions by all players

More passes completed & focus on possession

More decision making for players

More pressing teams - higher pressure less space

Higher levels of concentration required

More teams focused on controlling opponent

Increased importance of transition

Modern Game requires that top players have well developed cognitive skills & high level of learning capacity



Key Concepts to understand

Concentration levels required for top soccer are under appreciated
- High levels of concentration can be exhausting- need to train attention & cognitive readiness

Reactivity you are faster if based on someone else's movement - reaction based speed

Memory - Key component in player development learning and understanding solutions - How brain organizes solutions

Control - Control opposition by ball possession & player positioning

Movement - Systems are dying - everything now based upon movement & interchange



To prepare players for future - coach of future

- Autonomous learning framework
- Self Development
- Ask questions - not giving answers
- Intrinsic motivation

Players only like what they are good at - exercises are a function of player

Autonomy players like free choice

Relatedness - Feel belonging & sense of community

- Feedforward not feedback
- Model behavior - Optimistic - solution based

Sample Activities: <https://www.youtube.com/watch?v=V7PnVvApheU>



Teaching Player Solutions - organize logical progress

Players relationship to the field - positioning

Stages:

1. Cross
2. Diamond
3. Square
4. Grid
5. Fading

4v4
X
X X
X

7v7
—X—
X X X
X X

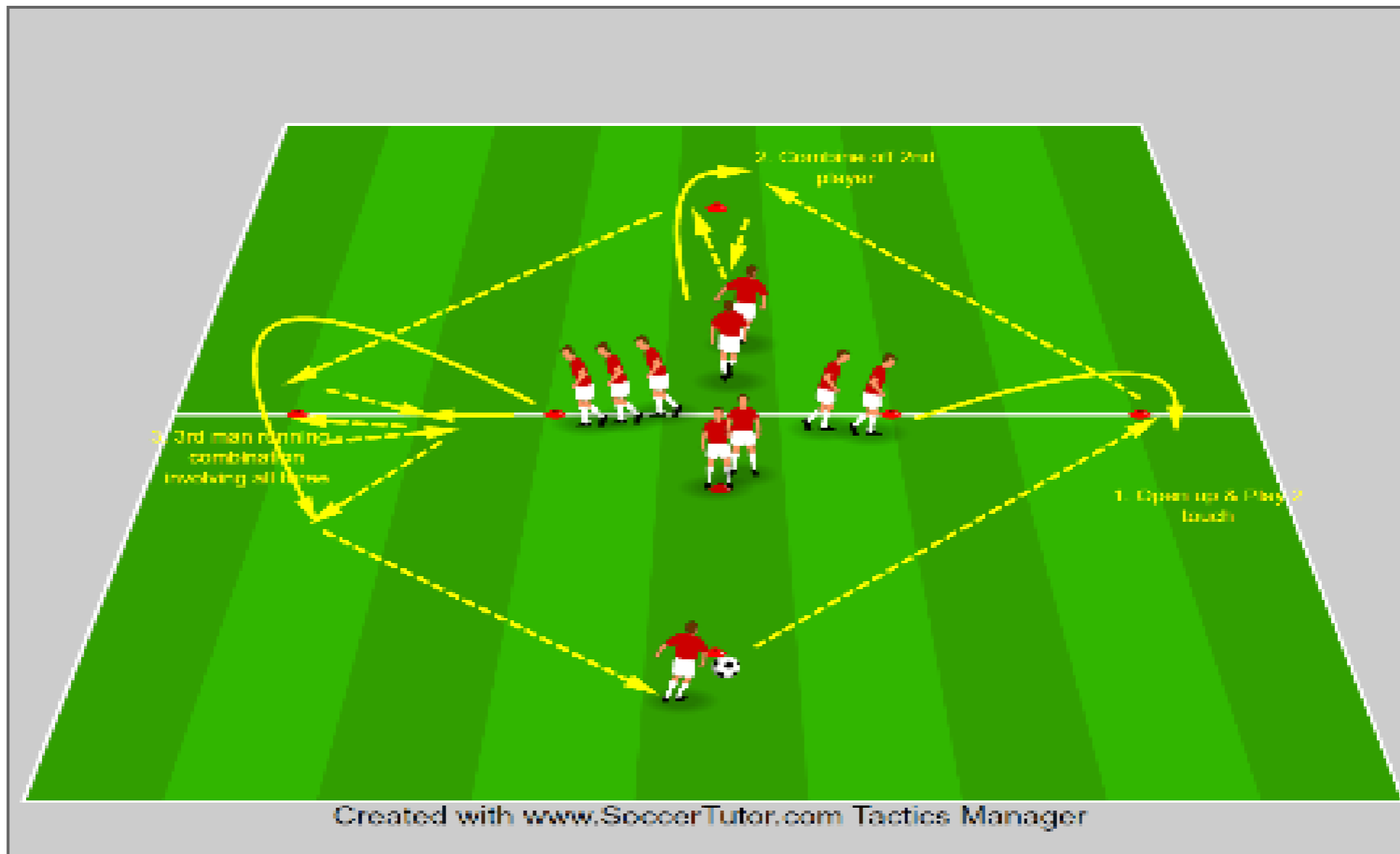
9v9
— X —
X X X X
X X X

11v11
X X X
X X
X
X X X X

Build Step by Step - Repetition & Consistent Learning Concepts

Developing Unconscious Competence - Myelinating





Date:	13/Feb/2015	Measurement:	30 x 30 Yards
Time:	N/A:N/A	Players:	12
Duration:	N/A	Level/Age Group:	U11 - 18+

Description:

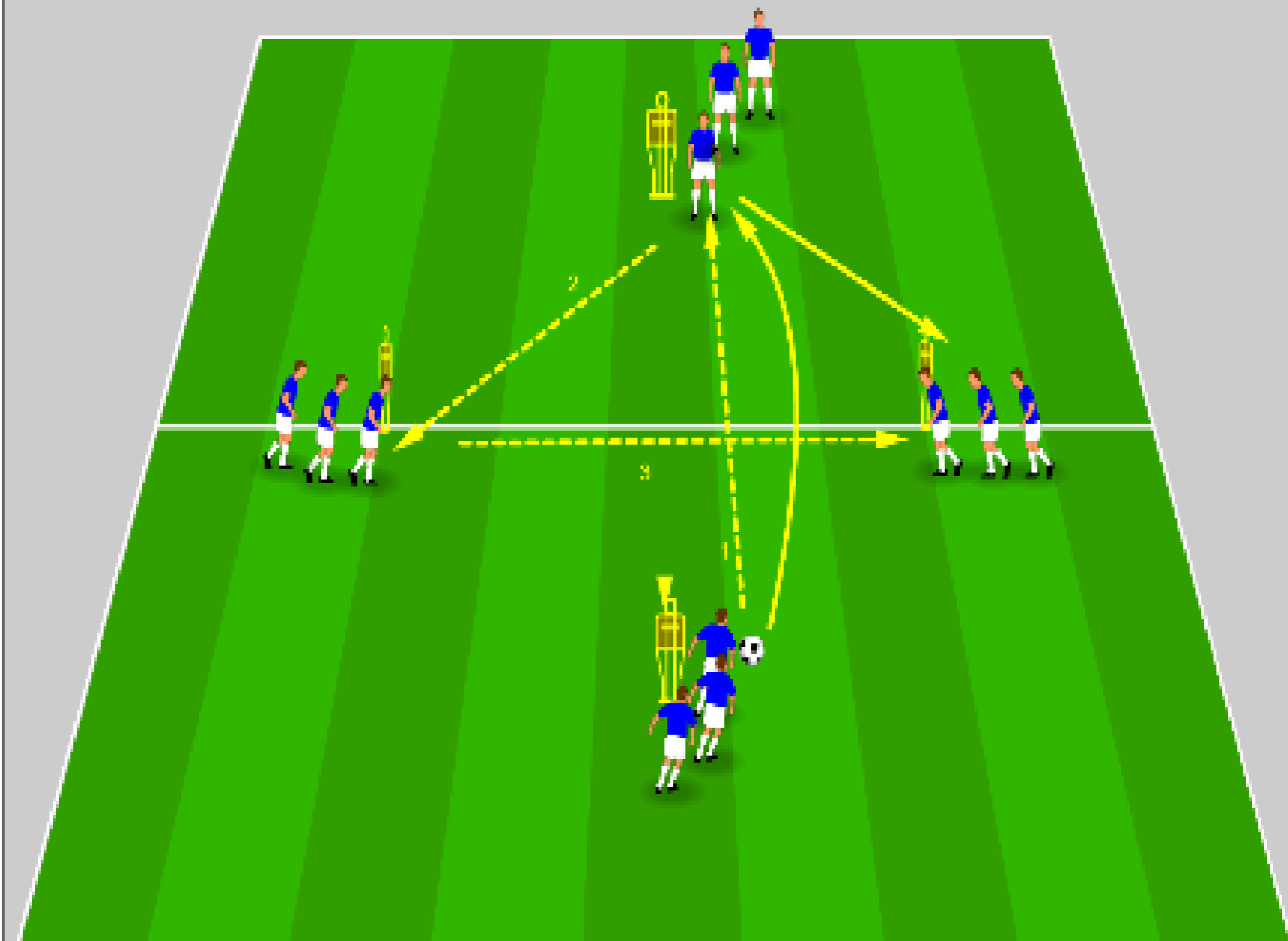
1. Players move to outside diamond to arrive at same time as ball - receive with open body shape - 2 touch
2. Players move to outside of diamond to arrive at same ball - play back into diamond to 2nd player to combine around disc
3. Players move to outside of diamond to arrive at same ball - Pass back into diamond - Pass back to outside player overlap outside player - third player plays the overlap

Objective: Improve Passing, Receiving & Movement

Coaching Points:

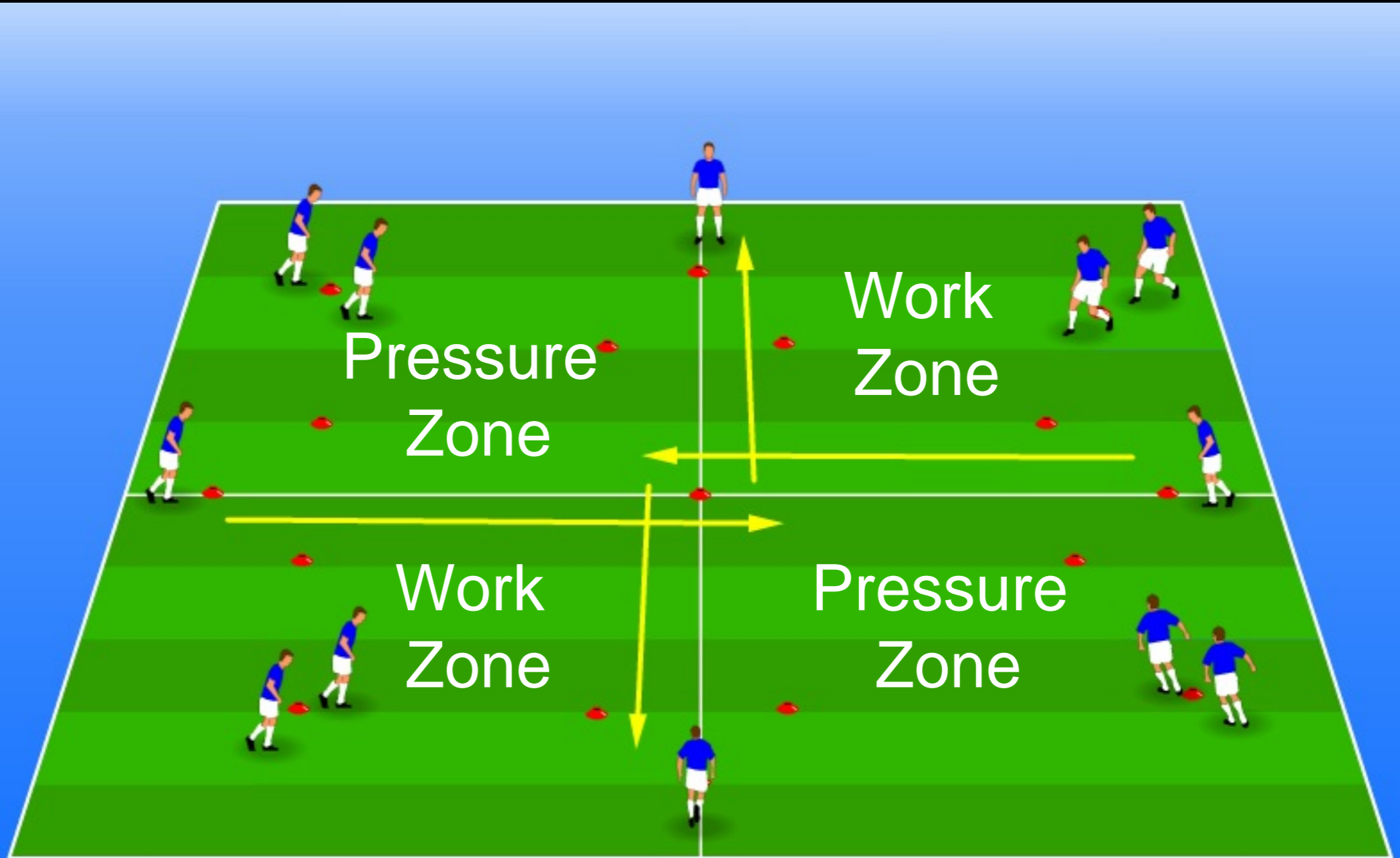
- Timing of movement
- Opening up to receive ball
- Passing & Receiving techniques
- Distances of support players
- Intensity of ball speed & movement





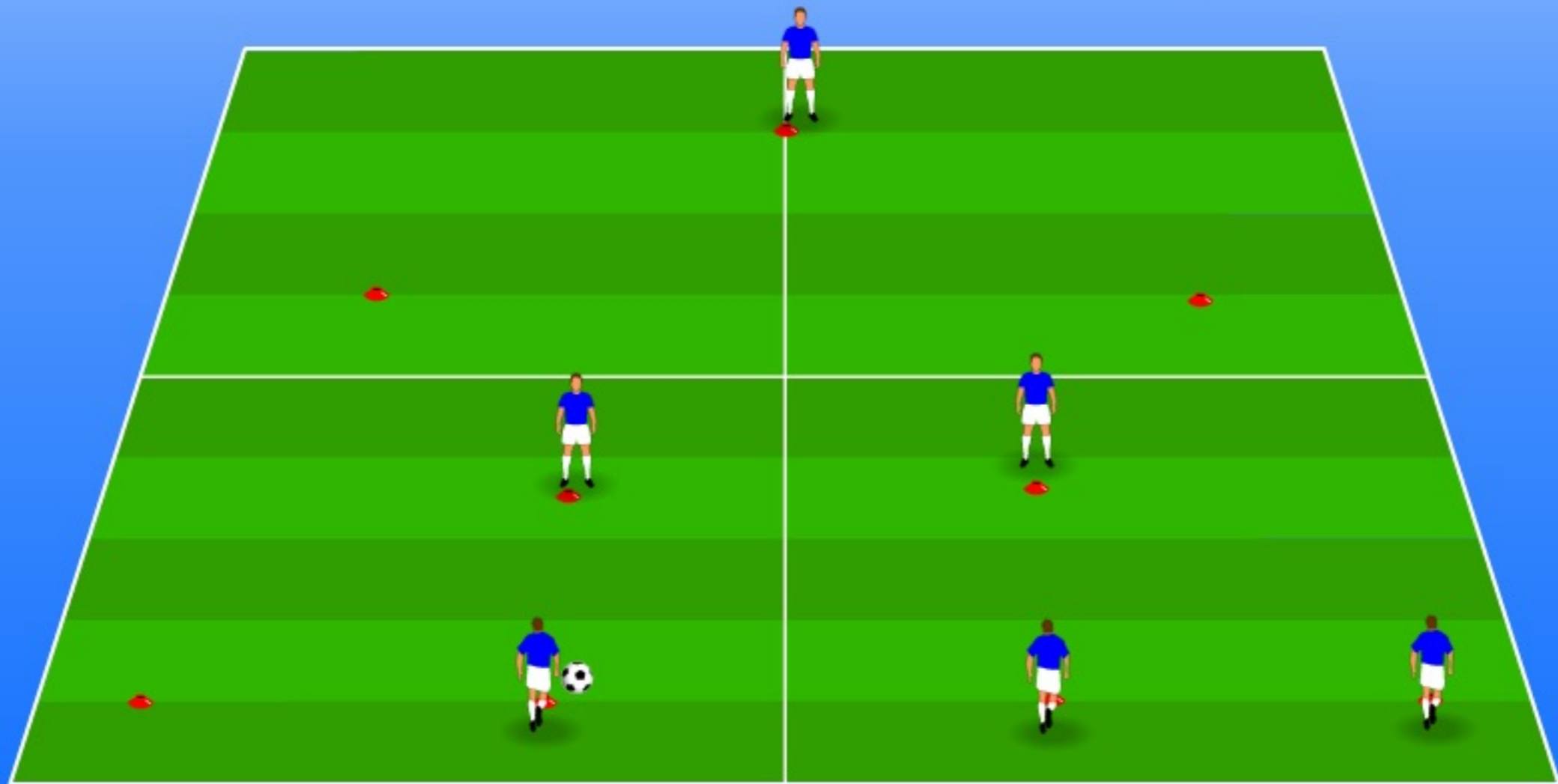
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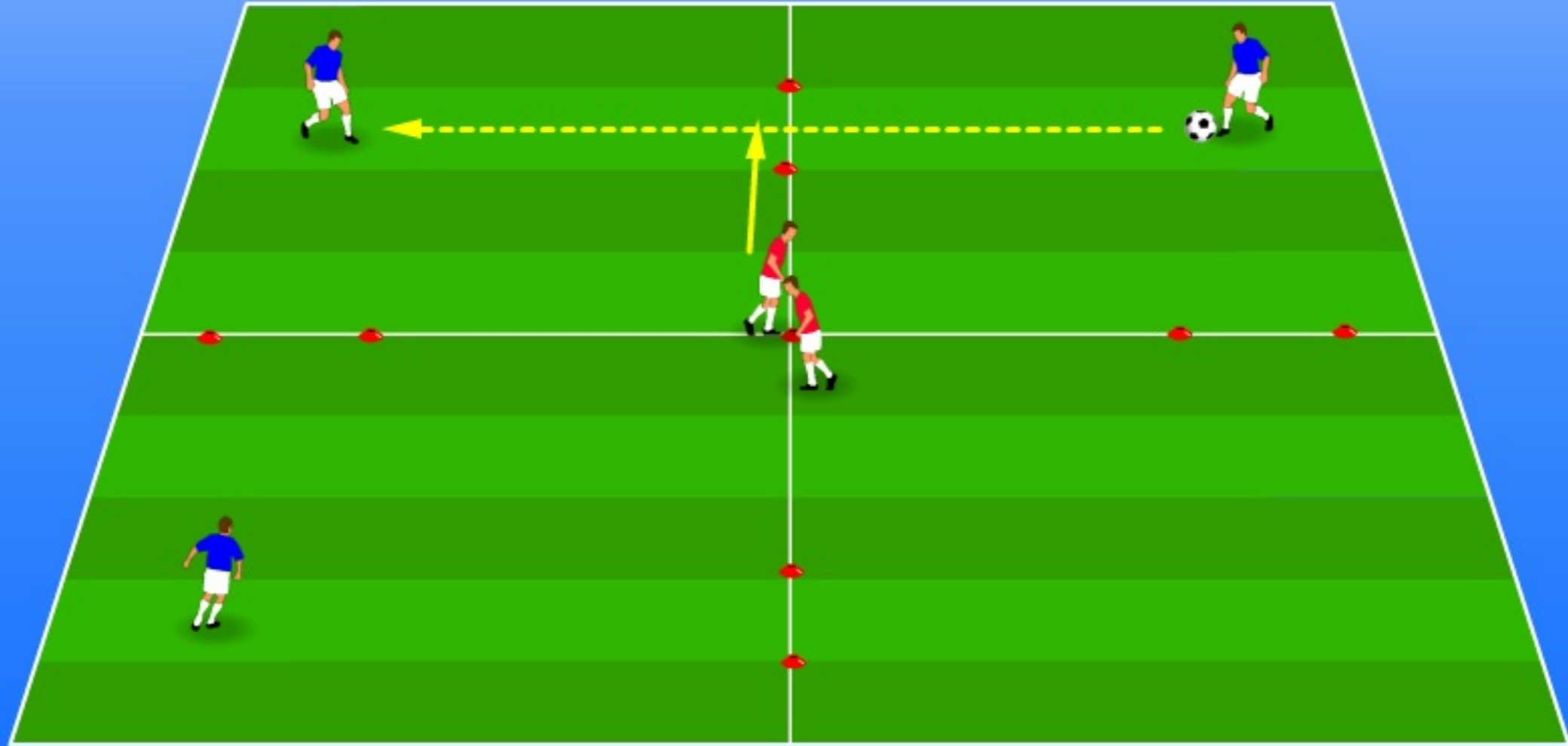
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Raymond Verheijen

- Soccer Fitness - Speed of Actions, Actions per minute, Maintaining good actions
- Training principles:
- Freshness vs Fatigue
 - Training at high intensity
 - Fatigue impacts speed of actions/Performance - less is more
 - Training/Playing with fatigue training players to play slower
 - Fatigue affects nervous system it becomes slower - does not protect body from injury
- Actions per minute - No. of players 11v11 - 3v3 - less recovery between actions
- Maintaining good actions - duration of activities
- Soccer specific fitness

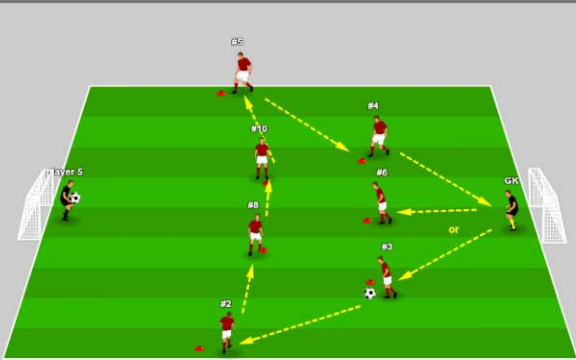
Possession out of Back Utilizing the GK - DiCicco

Date : 14/Jan/2015
Time : 07h 30m

Duration : N/A
Age/Level :

Session Objective: Possession out of the Back Utilizing the Goalkeeper

Possession out of the Back Utilizing the GK - Tony DiCicco - 2015 NSCAA Convention - Activity 1



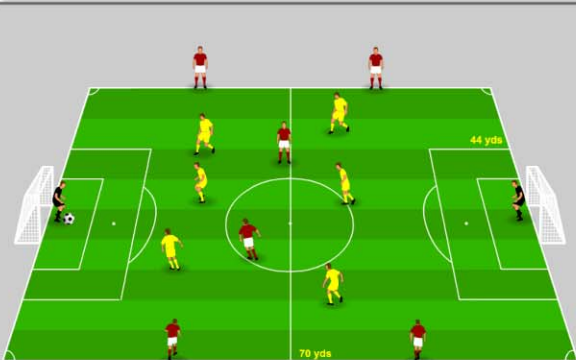
Description :

Building out of the back passing pattern: shape of 2 CD's split, DCM dropping in, OD's going high and wide and ACM's clearing space and coming back to get ball
*Add GK demanding ball from wide player and then choosing to play into DCM or opposite OD
*Add GK distribution skip pass to OD
Variation: 2 balls being played randomly - square, forward or drop

Coaching Points :

- *Proper body shape of players peeking as you are preparing to receive ball
- *Receive the ball across your body
- *GK only plays DCM if they are shaped up to face forward - otherwise they play CD
- *sometimes GK has to drop off to create space for pass if teammate is under pressure
- *encourage GK to play with both feet *GK commands: "use me", "if you need me"

Possession out of the Back using the GK - Tony DiCicco - 2015 NSCAA Convention - Activity 2



Description :

6v6 plus a GK in each goal - 1 team of 6 has 4 perimeter players and 2 players in the field of play and tries to maintain possession, the other team of 6 are all in the field of play and tries to win ball and score on either goal
*play for a set time and then rotate the roles of the two teams - the one that scores the most goals

Coaching Points :

- *GK can play long ball to opposite GK if they are under pressure
- *GK should play the ball out of bounds if under pressure and facing to the side/forward option blocked *GK needs to use weak foot when appropriate
- *GK movement to immediately support any pass they make
- *GK communicates to demand ball or let teammate know what to do with it

Possession out of the Back using the GK - Tony DiCicco - 2015 NSCAA Convention - Activity 3



Description :

7 (GK + back 4 + DCM) versus 3 to build out to end zone - must connect 2 passes in end zone to score. Numbers down team scores to full size goal when they win it.
Progression: added 4th player on numbers down team\
Progression: added 5th player on numbers down team
Progress to 6v6

Coaching Points :

- *GK can't just show/tip where they are playing - look one direction and play another/ deception
- *if players are marked tightly - they can drag defenders out of positions with runs and change positions

Possession out of Back Utilizing the GK - DiCicco

Date : 14/Jan/2015
Time : 07h 30m

Duration : N/A
Age/Level :

Session Objective: Possession out of the Back Utilizing the Goalkeeper

Possession out of the Back using the GK - Tony DiCicco - 2015 NSCAA Convention - Activity 4



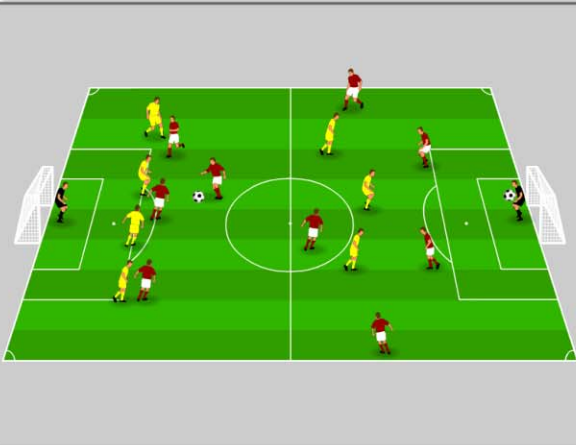
Description :

3v3 in each penalty box area - with 2 wide targets available for each team
 *GK plays to wide targets immediately upon possession or with quick goalkick
 *wide targets must pass into front 3 and then can join to create 5v3
 Variation: have the GK run the ball to edge of area and lead herself outside of box for pass to wide target with feet

Coaching Points :

*GK's should run with the ball to build momentum for throw to wide targets
 *GK full overhand throw with toe pointed to target or sidearm throw with ball arriving low on a friendly bounce
 *GK must give teammate who is under pressure or facing the wrong way instructions on what to do with the ball

Possession out of the Back using the GK - Tony DiCicco - 2015 NSCAA Convention - Activity 5



Description :

5+GK vs 3 in one half of field building out of the back with 4v4 in opposite half to attack goal
 Both halves have a ball to start - back 6 keeps possession until the attacking half ball is out of play and then delivers ball forward. Once back 6 plays ball forward they immediately start possessing another ball
 GK in attacking half distributes to wide Pugg goals with hands on save

Coaching Points :

Reinforce shape of GK and back 5 to build out of the back

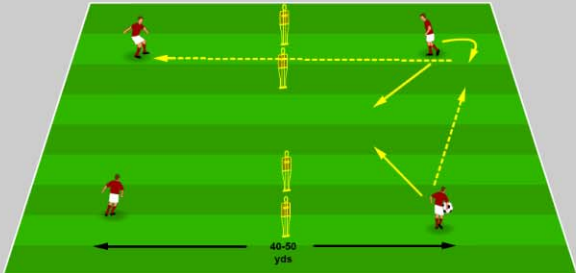
Defenders in Possession_Dick Bate

Date : 15/Jan/2015
Time : 02h 15m

Duration : N/A
Age/Level :

Session : Defenders in Possession - Technical-
Objective: Functional Session

Defenders in Possession_Dick Bate-NSCAA DOC_2015 NSCAA Convention_Activity 1



Description :

Play across and then through with ball moving as quickly and crisply as possible

*always try to do things in 2

Variation: play back across again or through Variation: drive it through with laces as if you were playing a ball in behind the back 4 Variation: drive it and put it on the chest of the target

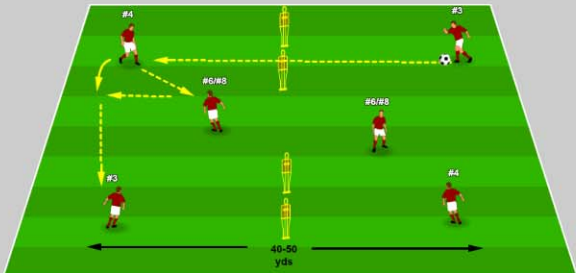
Variation: drive ball to hit the diagonal Variation: use slight outside of foot for bend into F path

Coaching Points :

*as ball travels across - opposite player takes up a support position (underneath if striker is near by) and checks right/left shoulder if it comes from left/right

*get it through the gap as quick as you can - think about punching through with a quick short motion not a long swing (short back lift and punch) *as you play the ball through the CD's step up and get together and as ball comes across they drop off and open up

Defenders in Possession_Dick Bate-NSCAA DOC_2015 NSCAA Convention_Activity 2



Description :

2 CD's playing with DCM: back 4 moving ball across, straight forward or diagonal (deliver with punch, power, spin)

DCM supports as forward ball arrives for 1-touch pass from CD and 1-touch back or change it.

Variation: can CD play a 1-touch ball forward or across when DCM lays it off to them

Variation: CD can also drive forward on the dribble before punching it through with DCM dropping in and CD ending up as DCM

Coaching Points :

Add DCM midfielders: link with CD's, supply CD's when they give to you, drop in and make a 3rd CD, filling spot for CD who makes run forward out of back

Progression: when CD drives forward into midfield - look at the forward option that you aren't playing before you pass - disguise/deception

Defenders in Possession_Dick Bate-NSCAA DOC_2015 NSCAA Convention_Activity 3



Description :

2 CD's playing with DCM on each side and 2 OD's that play with both CD's

Coaching Points :

OD shows CD can play them and get it back to play long straight or DCM first time

OD goes long can you play into them

DCM's switch/enchange roles

OD goes high - DCM drops out to provide short option

Defenders in Possession_Dick Bate

Date : 15/Jan/2015
Time : 02h 15m

Duration : N/A
Age/Level :

Session Objective: Defenders in Possession - Technical-Functional Session

Defenders in Possession_Dick Bate-NSCAA DOC_2015 NSCAA Convention_Activity 4



Description :

- *Add 3 defenders - 1 in middle zone defending DCM, 1 pressuring backs in possession and 1 on opposite cone line ready to pressure ball on long pass
- *Add one more defender on each cone line so that 2 pressure CD's in possession and other 2 try to block passes across to high targets on the cone line
- *add a 2nd midfielder for 2v2 in that area
- *add Gk's on both ends for even longer pass and support underneath CD's

Coaching Points :

- Play midfielders on safe side - foot opposite of pressure
- How are you going to get out of trouble with pressure from 2 strikers
- Whenever you can turn and play forward/over

Defenders in Possession_Dick Bate-NSCAA DOC_2015 NSCAA Convention_Activity 5



Description :

- 2 groups of back 4 and a midfielder 4
- *Ball moves with hands with one back 4 in possession while opposite back 4 takes up proper defensive shape
- *OD backs push high and wide as ball comes across and winger exchanges
- *2 CM's exchange as ball moves
- *go full pitch and play with feet

Coaching Points :

Counter Attack-Simple to Complex_Schellus Hyndman

Date : 16/Jan/2015

Duration : N/A

Time : 09h 00m

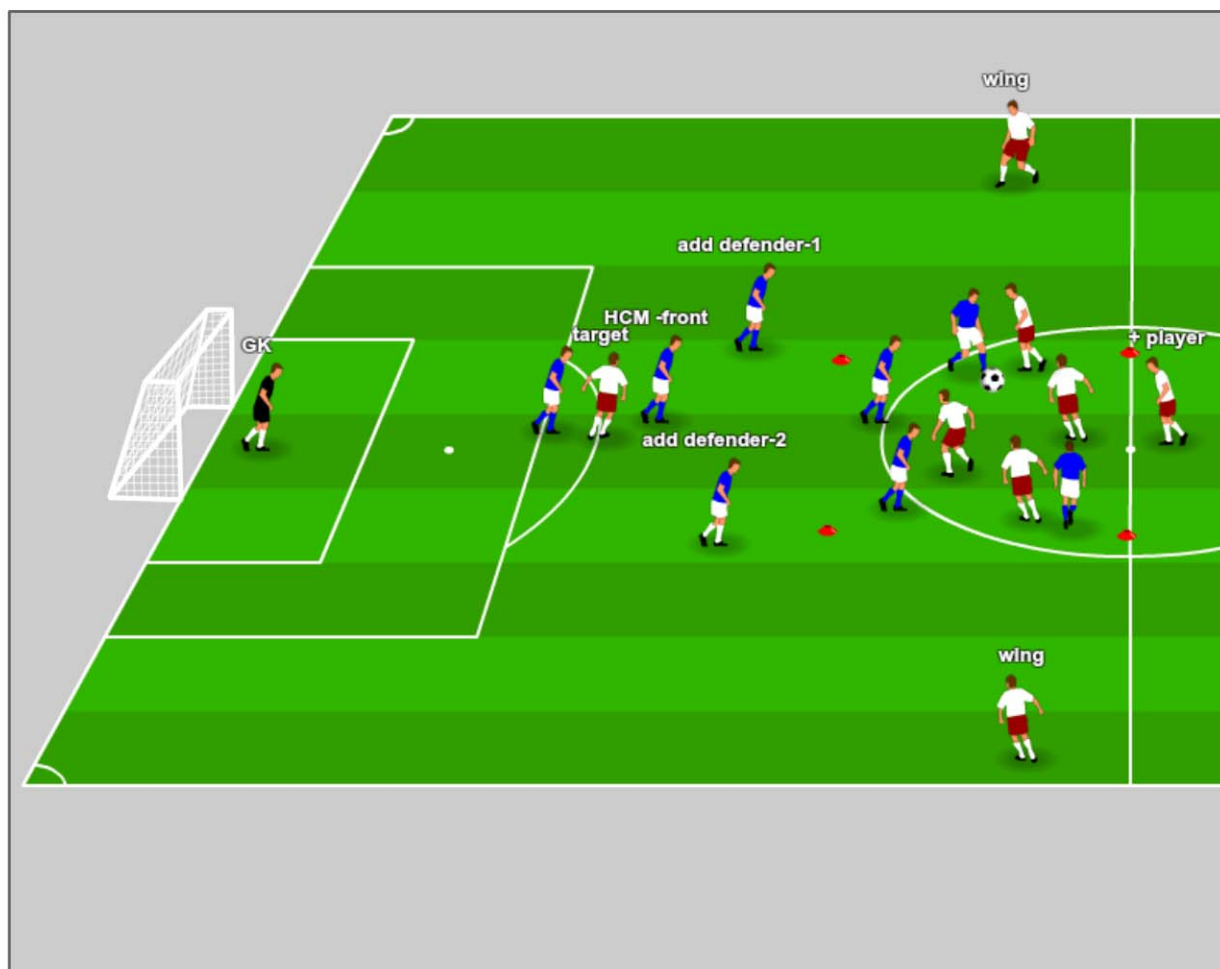
Age/Level :

Session

Counter Attack - Simple to Complex

Objective:

Counter Attack - Simple to Complex_Schellus Hyndman_2015 NSCAA Convention - Activity 1



Objective :

Counter Attacking - from Simple to Complex

Description :

Counter attack activity - 4v4 in 10x10 yard grid to break 2 players into attack on dribble or with pass to then play with 1 defended target - 2 touch restriction for counter attack team

Add wings who join in when counter starts and allow counter team to use + player behind

Add holding mid on defense to front the target

Allow 1 defender from 4v4 box to recover defensively

Add 1 more defender in position to press 1st wide ball-then add another so both sides covered

Coaching Points :

Target player checks off defender at angle for ball or dragging defenders wide to create space

Eliminate defenders with passes (skip passes) - drive centrally and overlap that player

Sense of urgency - but don't be in too much of a hurry so that your technique gives it away

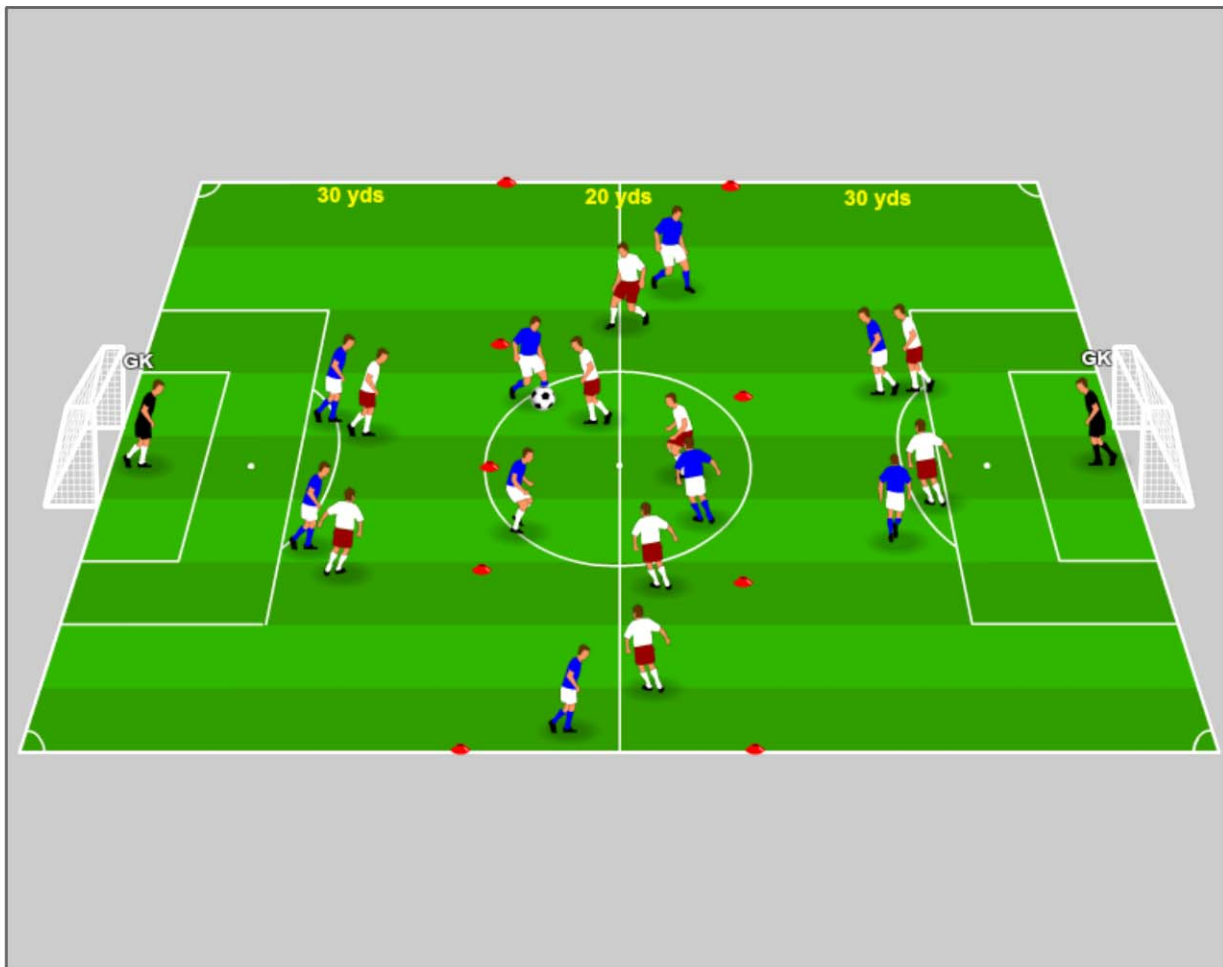
Read numbers in areas on counter - attack where you have superiority

When target doesn't face up/turn immediately - lay it off and go

Progression :

Make passes that beat defenders on the counter

Think forward, look forward, run forward, pass forward

Counter Attack-Simple to Complex_Schellus Hyndman**Date :** 16/Jan/2015**Duration :** N/A**Session** Counter Attack - Simple to Complex**Time :** 09h 00m**Age/Level :****Objective:****Counter Attack - Simple to Complex_Schellus Hyndman_2015 NSCAA Convention - Activity 2****Objective :**

Counter Attacking - from Simple to Complex

Description :

5v5 in central zone with 2v2 in each zone in front of goals

Ball played into central zone who has 10 seconds to get ball into attacking 3rd - when ball gets into attacking 3rd 3 mids join in for 5v2

GK distributes into midfield 3rd

Have to pass into attacking 3rd to start - then can pass or dribble in

If you score (or get shot that goes over endline) your team gets another ball 5v2

Coaching Points :

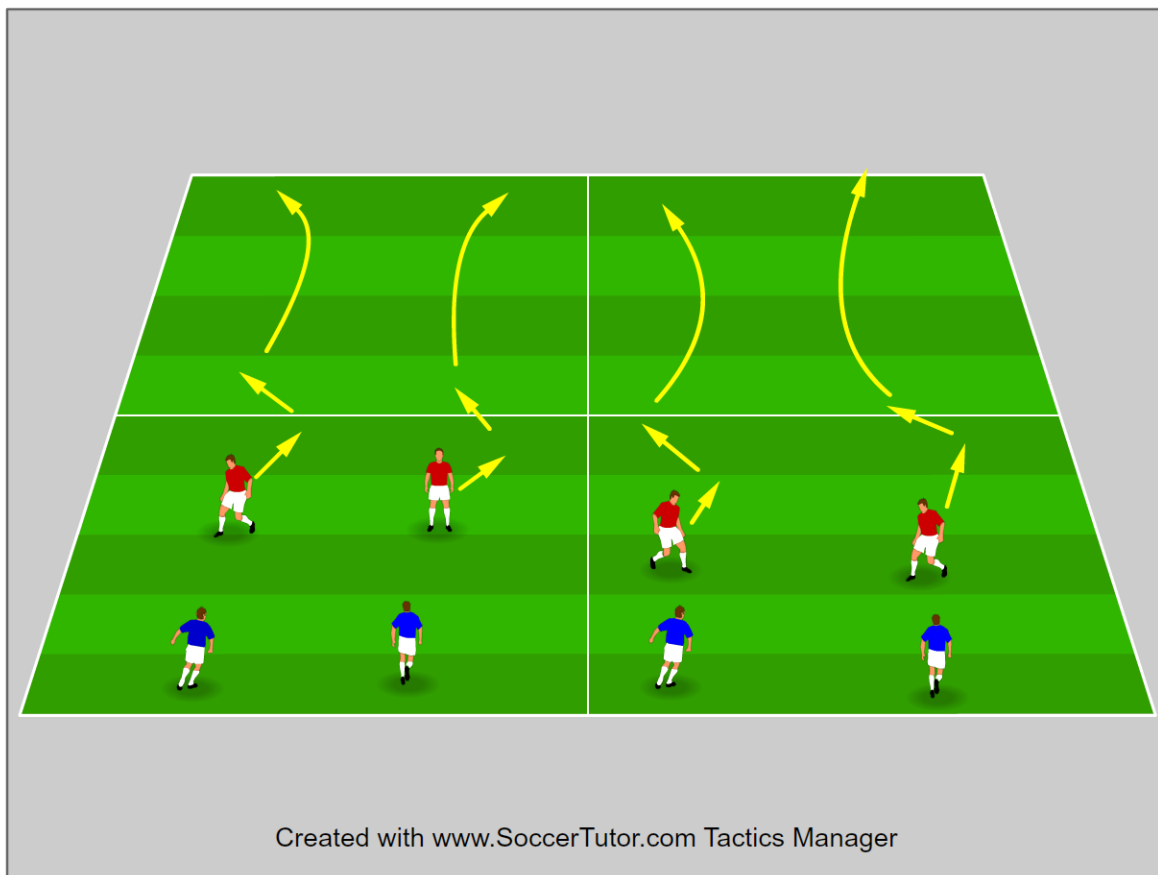
As soon as we win the ball we are trying to go forward

Talked to attacking targets about staying high and away from midfield zone to create space

When ball is delivered into midfield 3rd immediately on possession change - need to play quickly but with quality - don't play 1-touch or pass a ball that hasn't been controlled and lose it : excellent job winning ball and now we need to keep it

Progression :

Celtic Phse 1 - Willie Mcnab



Date:	13/Feb/2015	Measurement:	30 x 30 Yards
Time:	N/A:N/A	Players:	12
Duration:	N/A	Level/Age Group:	U8 - 18+

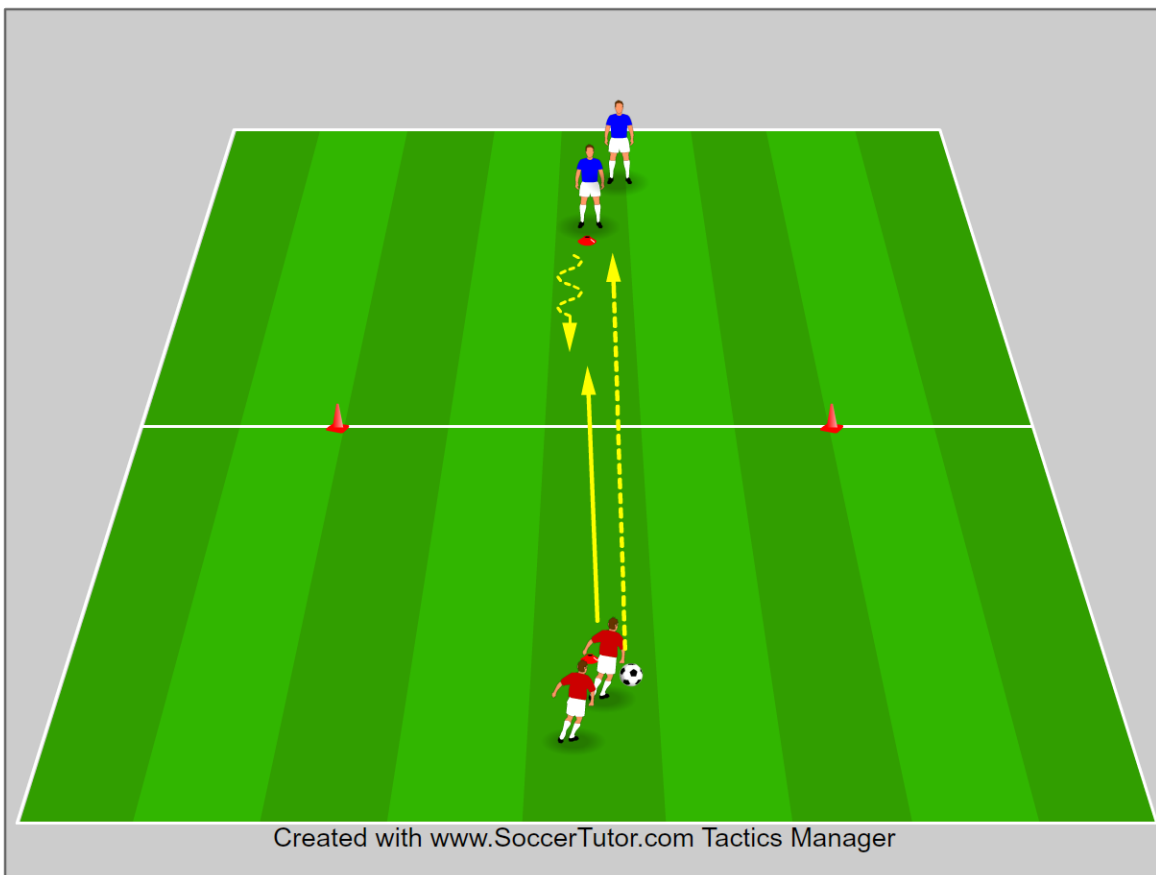
Description: 1v1 Defending Technique without opponent - Warm Up

Objective: Improve fundamentals of 1v1 defending

Coaching Points: Dropping in defensive posture - switching feet - at half line sprint out
Quick feet, Bent knees
Eyes on ball - arm up and out across body
Spook opponent - threaten player on ball to draw a decision

Progression: Work in two's - Attacker makes attempts to past defender - keep distance - get body across attacker if they try to go past

Celtic Defending - 4-2-3-1 - Willie Mcnabb - Phase 2



Date:	13/Feb/2015	Measurement:	20 x 20 Yards
Time:	N/A:N/A	Players:	6
Duration:	N/A	Level/Age Group:	U8 - 18+

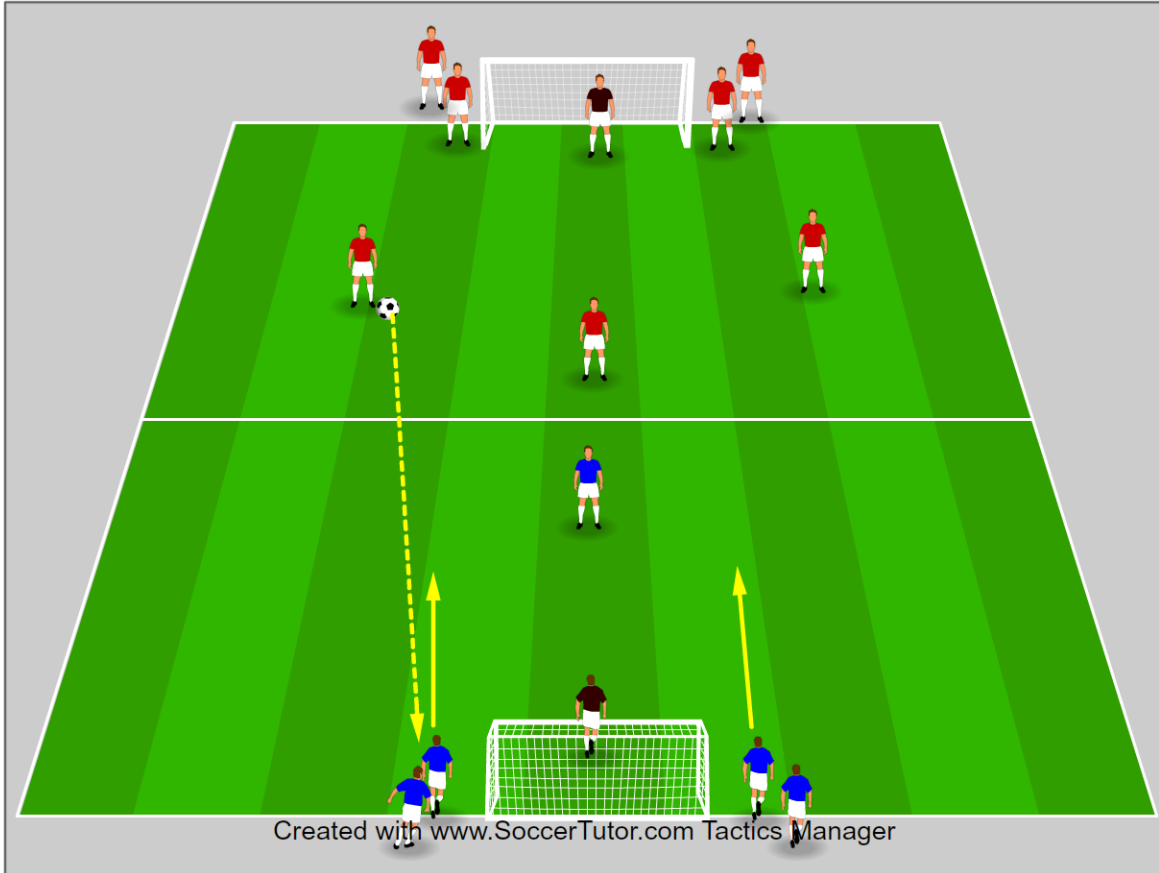
Description: 1v1 Defending - Ball played across Diamond
 Attacker tries to break half way line off dribble - Defender closes to win ball
 Defender dribbles out of diamond in transition to score a point

Objective: Improve 1v1 Defending techniques

Coaching Points: Close space quickly - cautious upon approach to attacker
 Take away one of attackers options - use half way cones as passing lane reference
 Arm out to block/get across attacker when they attempt to go by you
 Tackle with lead foot

Progression:

Celtic 4-2-3-1 - Phase 3



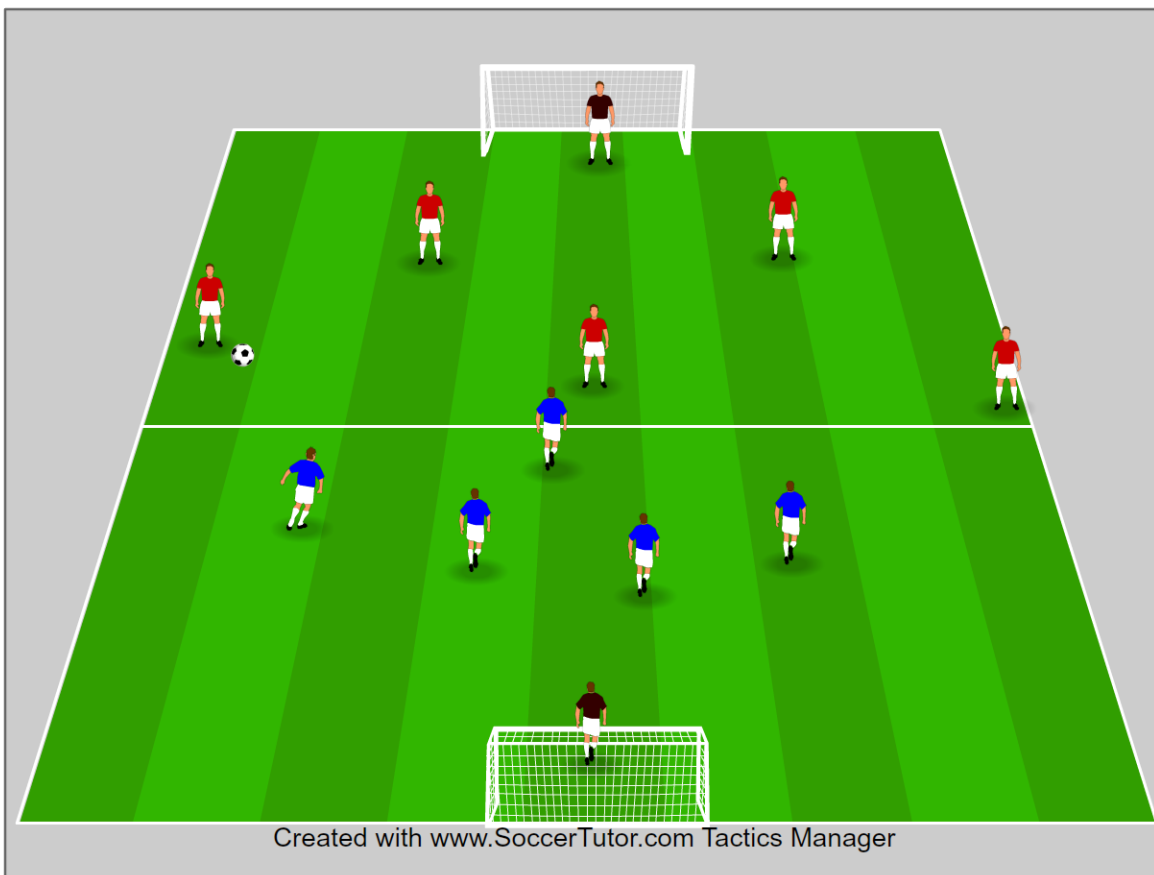
Date:	13/Feb/2015	Measurement:	40 x 40 Yards
Time:	N/A:N/A	Players:	12
Duration:	N/A	Level/Age Group:	U8 - 18+

Description: Red team play 3v1 to targets - Blue team transitioning into 3v3 to goal
Two holding midfield players always stay on field
Team that scores/finishes builds up play from back

Objective: Buld up play & transition defending

Coaching Points: Center backs split - CMF player holds in between CBs - play into targets early with quality
Transition to def. shape - where to show the game, cover and communication
Role of holding midfield player can we inaitate pressure early or sit in stay compact and dictate game

Progression:

Celtic 5v5 + GK - defending organized

Date: 13/Feb/2015 **Measurement:** 40 x 40 Yards
Time: N/A:N/A **Players:** 12
Duration: N/A **Level/Age Group:** U8 - 18+

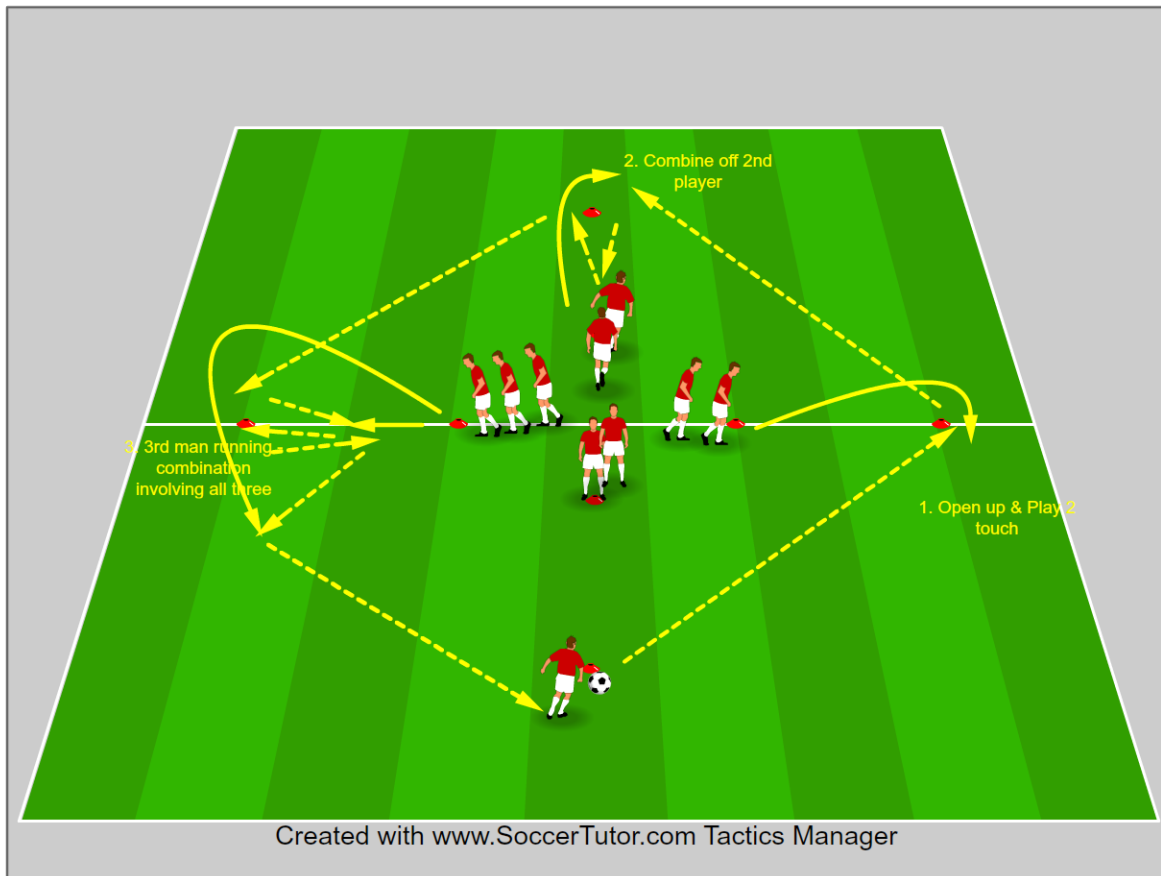
Description: 5v5 + Goalkeeper
Organized in 4 Defenders & 1 Midfielder

Objective: Improve defensive organization in a block of 5 - Back 4 and holding midfielder

Coaching Points: Holding midfiled player staying connected to center backs & dictating play
When to lock play from midfield position
Role of back 4 in establishing line of confrontation and supporting midfielder

Progression:

Brucinyx - Diamond Passing Patterns 2015



Date:	13/Feb/2015	Measurement:	30 x 30 Yards
Time:	N/A:N/A	Players:	12
Duration:	N/A	Level/Age Group:	U11 - 18+

Description:

1. Players move to outside diamond to arrive at same time as ball - receive with open body shape - 2 touch
2. Players move to outside of diamond to arrive at same ball - play back into diamond to 2nd player to combine around disc
3. Players move to outside of diamond to arrive at same ball - Pass back into diamond - Pass back to outside player overlap outside player - third player plays the overlap

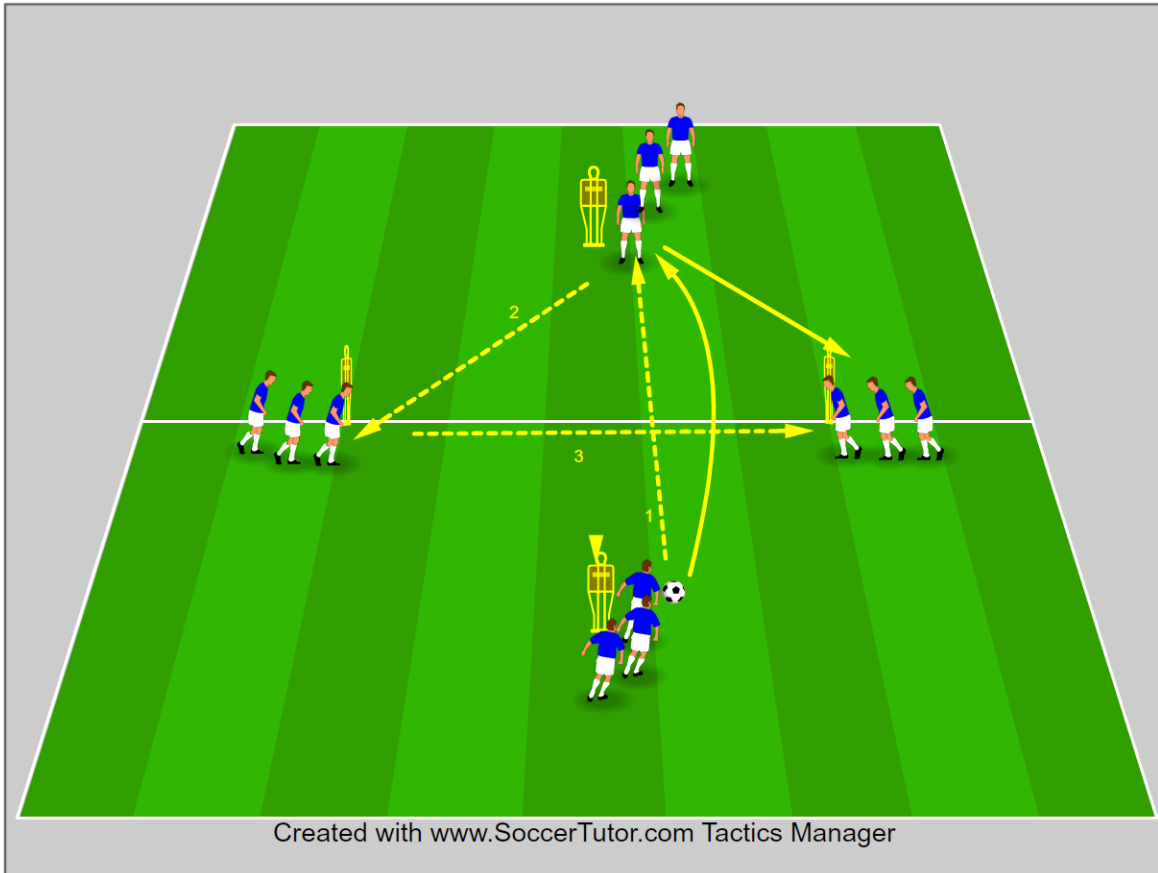
Objective: Improve Passing, Receiving & Movement

Coaching Points:

- Timing of movement
- Opening up to receive ball
- Passing & Receiving techniques
- Distances of support players
- Intensity of ball speed & movement

Progression:

Brucinyx Passing & Defending



Date:	13/Feb/2015	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	0
Duration:	N/A	Level/Age Group:	U8 - 18+

Description:

1. Ball pl with def pressureayed across - after ball played close down and take away players left foot
2. Player receives right foot - plays at 45 degrees to player on right and then joins group 45 degrees to his left

Repeat from #1

Objective: Passing - Receiving
Defensive pressure - closing down space - and 1v1 defending technique

Coaching Points: Quality of pass, quality of 1st touch, What's next movement after the pass
Closing down space , Csutious approach take away oppoents left toot

Progression: