

**NSCAA COACHING FORMULA - STAGE 3 (9-11 YEAR OLD PLAYERS)**

NSCAA offers the following formula to guide coaches planning for the development of players in the 3rd Stage of Development. Children approximately 9-11 years old. The coaching formula is designed to provide coaches with the recipe for producing the optimum learning environment for players, but these are only recommendations. The coach must also plan for local considerations that may affect the formula, such as climate, field availability, other sports and after school activities and social or religious restrictions.

<b>COACHING FORMULA</b>		
<p><b>COACHING THEME</b> Priority themes for this stage of development. For a comprehensive list see NSCAA Competency Matrix.</p>	<p>Consolidate from Stages 1&amp;2:</p> <ol style="list-style-type: none"> <li>1v1 Attacking.</li> <li>1v1 Defending.</li> <li>Passing over a short distance.</li> <li>Receiving the ball with the feet.</li> </ol>	<p>Introduce at Stage 3:</p> <ol style="list-style-type: none"> <li>1. Passing and receiving - 3 player combinations.</li> <li>2. Attacking and defending in pairs and threes.</li> <li>3. Shooting.</li> <li>4. Basic goalkeeping.</li> </ol>
<p><b>SESSION FREQUENCY</b> How often training sessions should occur.</p>	<p>2 to 3 seasons per year = 20-30 weeks per annum. 2 training sessions a week = 40-60 training sessions per annum.</p>	
<p><b>SESSION DURATION</b> How long training sessions last.</p>	<p>60-75 minutes per session for 9 year old players. 75-90 minutes per session for 10-11 year old players.</p>	
<p><b>COACHING TIME ANNUALLY</b> How many hours we should dedicate to training in a 12 month period.</p>	<p>100-150 hours per annum in an organized coaching session with a suitably qualified and experienced coach.</p>	
<p><b>NUMBER OF ACTIVITIES DURING THE SESSION</b> The total number of activities including warm-up, main theme and games.</p>	<p>3-4 activities per session related to 1 or 2 themes (see coaching themes). Each activity to last 15-25 minutes.</p>	
<p><b>NUMBER OF NEW ACTIVITIES</b> The number of activities introduced into a training session that are new to the players.</p>	<p>NSCAA recommends coaches introduce no more than 2 new activities per session.</p>	
<p><b>BALANCE BETWEEN INDIVIDUAL AND TEAM FOCUS</b> Ideal percentage of training dedicated to individual and team/group training.</p>	<p>50% of time should be dedicated to individual technical development. Up to 50% of time should be dedicated to small group attacking and defending concepts and tactics.</p>	
<p><b>NUMBER OF COACHING POINTS</b> Average number of coaching points/teaching moments a coach will wish to share in a session.</p>	<p>Plan to introduce and reinforce 2-3 key coaching points a session.</p>	
<p><b>GAME FORMAT</b> Recommended practice and game format.</p>	<p>Practice - 1v1-3v3 format is ideal. Small sided games - 5v5 to 7v7 with goalies.</p>	

