



Norwich City FC Academy Coaches

Norfolk Coaches Association

“Coaching Young Players”



“Striving for Excellence”

Evening Itinerary

Presentation on Ajax (Amsterdam) Youth Programme

Presentation on NCFC Coaching Session Structure

Practical Sessions with Academy U13 Squad

Dean Rastrick (W-up 5v2)

Darren Bloodworth (SAQ & NCBW)

Neil Adams (Themed Practice)

Dean Rastrick (Small Sided Games)

Question and Answer



“Striving for Excellence”

Ajax FC (Amsterdam)

“Youth Development Programme”

“Striving for Excellence”



Technical Programme

U9-U16 2 week topical rotation for Technical Sessions

U12-U16 4 week topical rotation on Tactical Sessions (U9-U11 No Tactical)

Technical Topics

Passing & Control

Turning & Dribbling

Heading & Shooting

Technique & Individual Weaknesses

Coerver & Shooting

Tactical Topics

4-3-3 & 4-4-2

Possession

Attacking Play

Defending

Recap Sessions



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NCFC Technical Session Structure

Academy 1.5hrs (U9-U16yrs)

Warm up i.e. 5 v 2

Speed Agility Quickness

Individual Ball Work/Non Contact Ball Work

Themed Practice

Small Sided Games

(All staff hand in session plans after training)



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NCFC Technical Session Structure Cont....

W/Up (5 mins)	Players set-up, low – medium intensity, football specific (Focus on Session)	i.e. 5v2 keep ball 2 min low, 2 min med 1 min high
SAQ (10mins)	Football specific dynamic body movements incorporating ladders, hurdles, discs, poles etc	Ball included
NCBW (15mins)	Technique practices I.e. handling, turning, receiving, passing etc...(Small groups)	Ball included
Themed Practice (30 mins)	Session Topic, working with the individual, group, unit Foundation points -	Players Know session topic when they arrive Unopposed Practice
Small-sided Games (30 mins)	Based on session topic with conditions to challenge the players	Opposed, Competitive Situation



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NCFC Practical Coaching Session

Practical Sessions with Academy U13 Squad

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“Striving for Excellence”

Questions??

“Striving for Excellence”

