

The Power of Nano & SSG

Instead of the traditional view of breaking soccer into its individual techniques; dribbling, shooting, passing etc **we choose** to take the **long term view** and develop techniques IN games **in addition** to developing tactical principles and decision making.

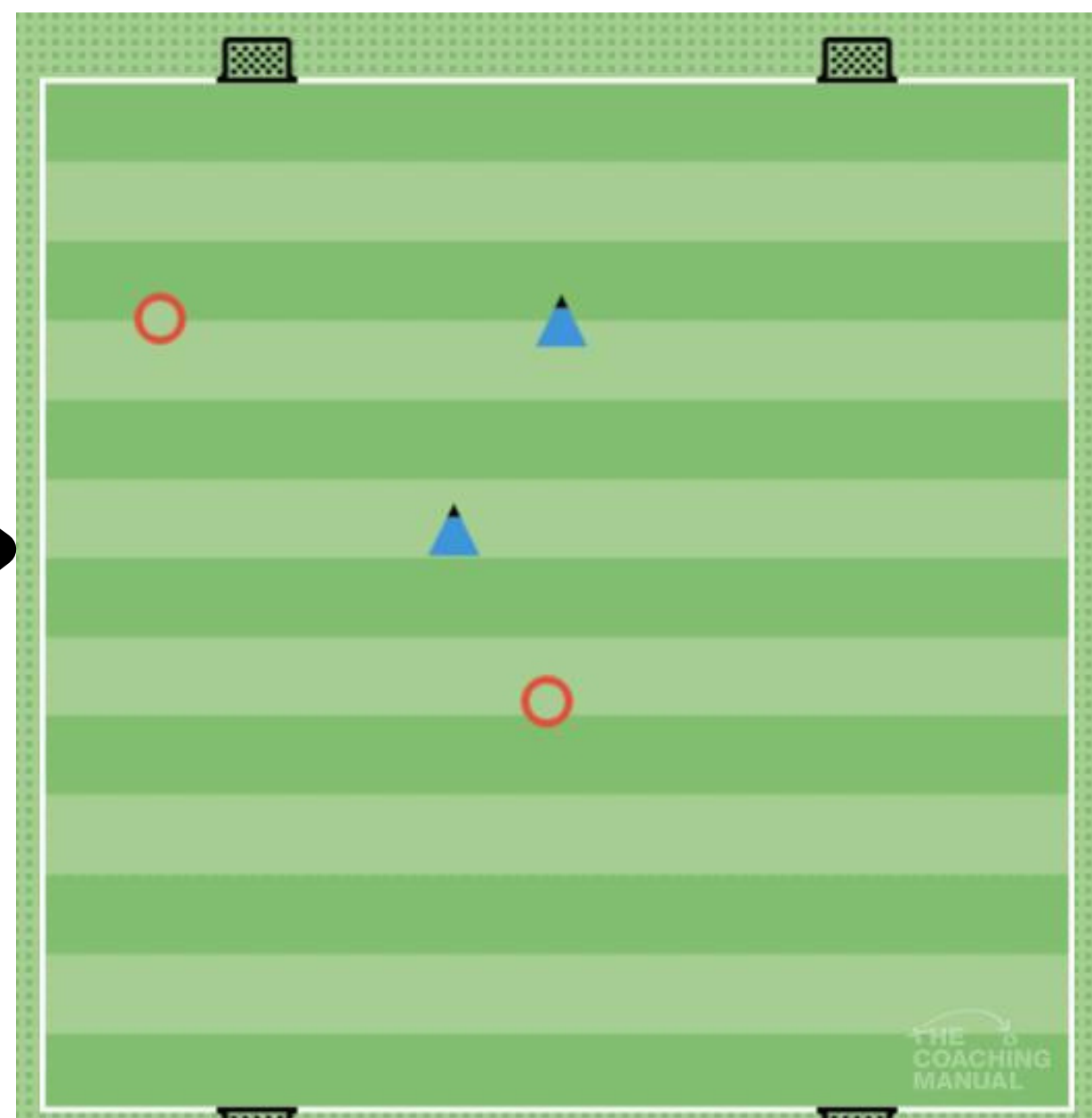
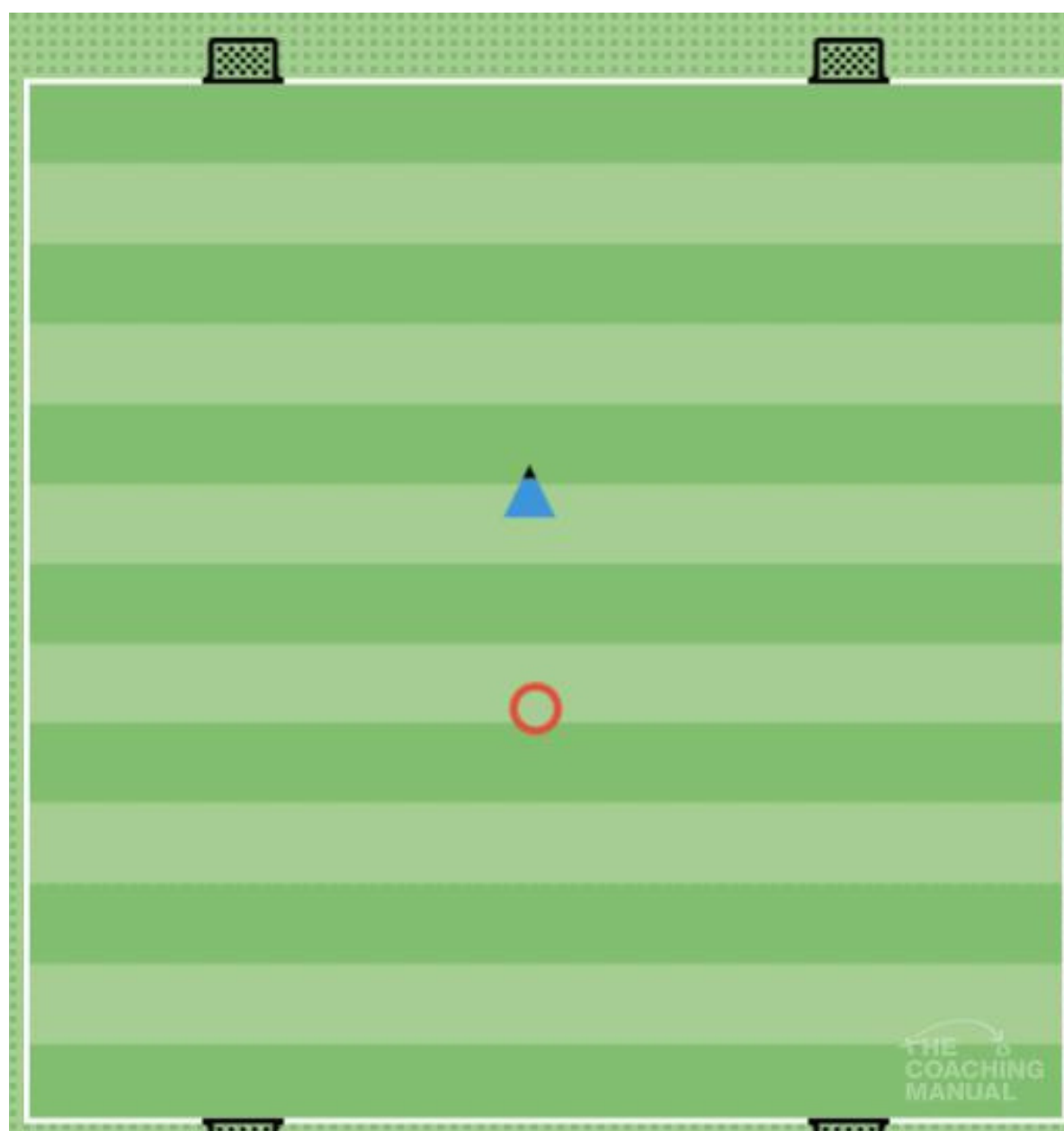
We choose to coach the ideas and the decision because it is **more reflective of the learning cycle (Look, Think, Do, Review)** and **more transferable from practice to performance.**

Nanosoccer - 1v1 - **The Power Of ME**

- Develop comfortability of **“Me, My Ball, My Game”**
- Coaching intervention based on decision-making (what, when, where, why, how), not execution (success & failure)
- **Praise Intent vs. Outcome**
- Scoring, Keeping & Stealing the ball
- **Awareness of danger**

Nanosoccer - 2v2 - **The Power of WE**

- Coaching intervention based on decision-making (what, when, where, why, how), not execution (success & failure)
- Develop comfortability of **“We, Our Ball, Our Game”**
- Scoring, Keeping, Sharing & Stealing the ball
- **Awareness of danger and the game beyond myself**



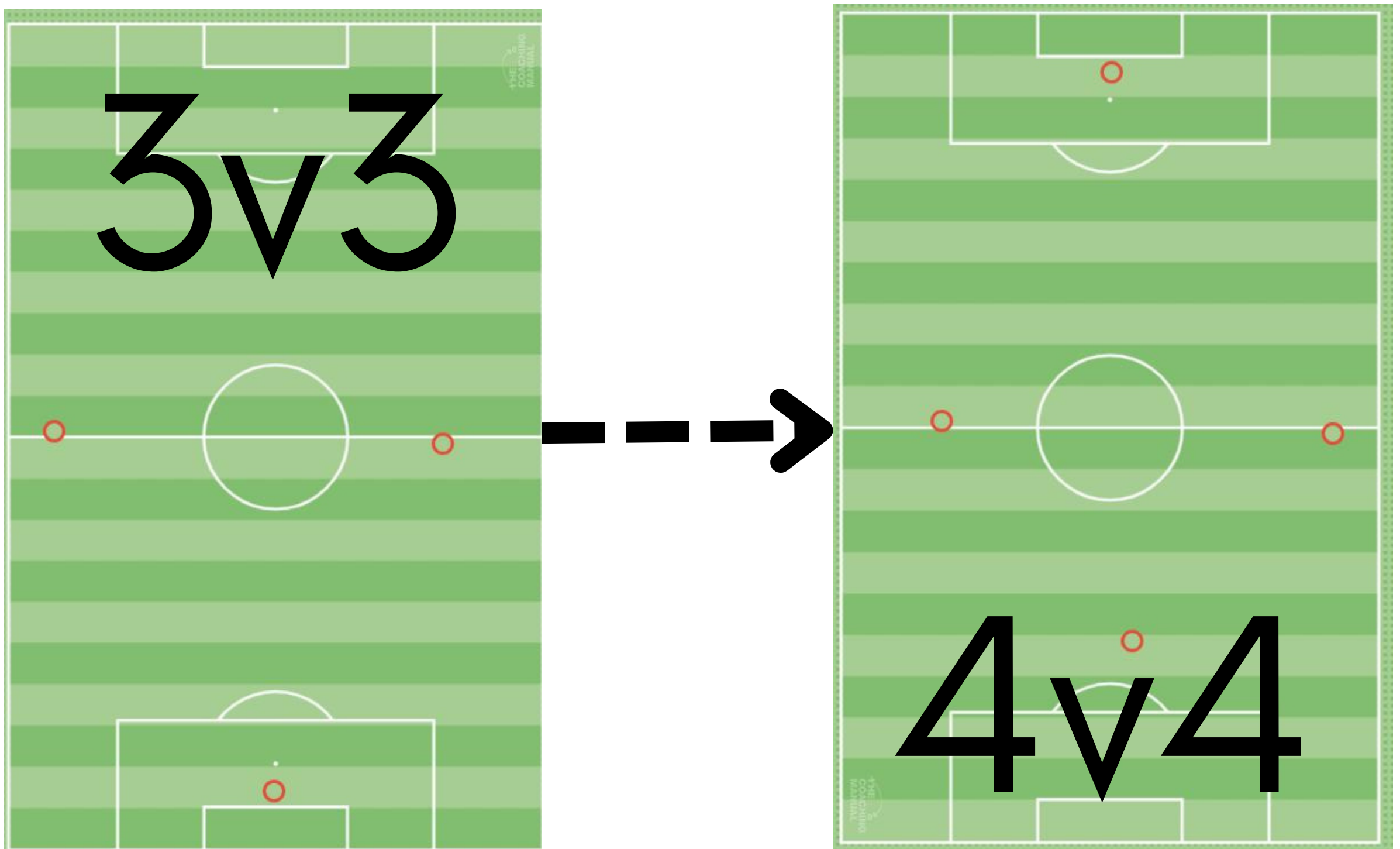
3v3 & 4v4 - Building US

When we can start to see the children understanding and appreciating the simple ideas in the game, such as scoring, stealing, keeping, and sharing the ball from the ages of 4-8, we can start developing the world (**SLOWLY**) beyond themselves and a friend into larger formats.

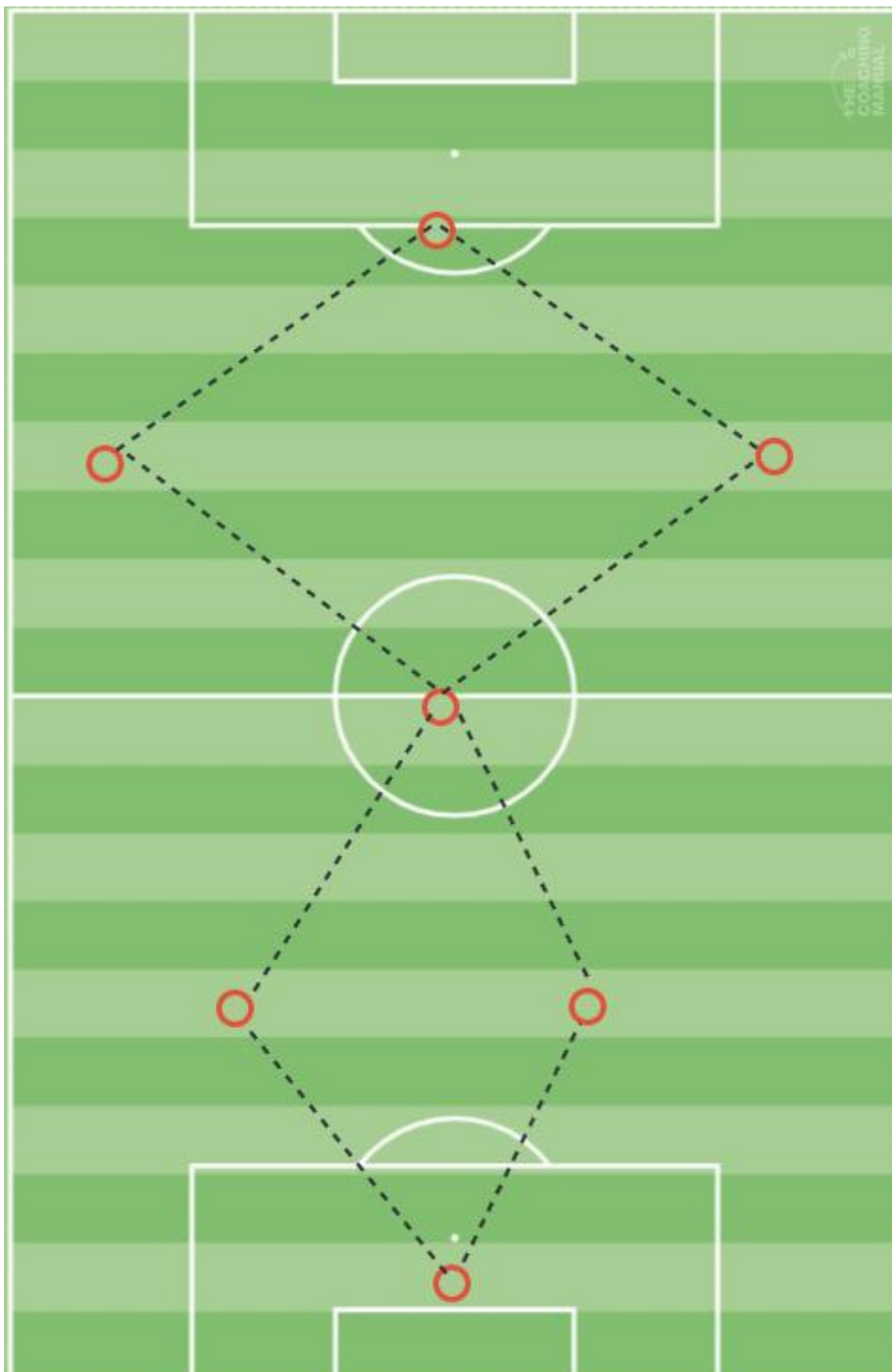
The key here for 8-11-year-olds with 3 v 3 and 4 v 4 is to **CONTINUE** emphasizing all the previous parts of the game, **INTENT OVER OUTCOME**, but to teach these within a **SLIGHTLY more structured** method.

We can still teach this through games, challenges, and bonus points/incentives. Moving from 2v2 > 4v4, we need to develop the idea of SHAPES and create a number of 1v1 situations within those shapes.

In particular, a **TRIANGLE** or **DIAMOND** (not a square) gives us **LENGTH AND WIDTH IN POSSESSION** to **CREATE SPACE** and a platform to **DESTROY SPACES OUT OF POSSESSION** when we get **NARROW AND SMALL**



Pre-Teen & Teen Soccer - Small(ish) Sided Game - 7v7 & 9v9



But how would training in Nanosoccer sized games like this translate to those having to play larger formats on the weekend?

THE KEY IS IN THE SHAPES.

When we use Nanosoccer formats not only do we get :

- More kids on the ball
- Making more decisions
- In game like situations and scenarios more
- Options of variance in practice

We are able to build platforms so it is easier for the kids transfer those principles to larger formats later down the road. **THE LONG VIEW**

7v7 Transference

In 7v7 the transfer from 4v4 to 7v7 is very simple. That diamond shape is reflected into the other half of the field AND in tandem with our principles:

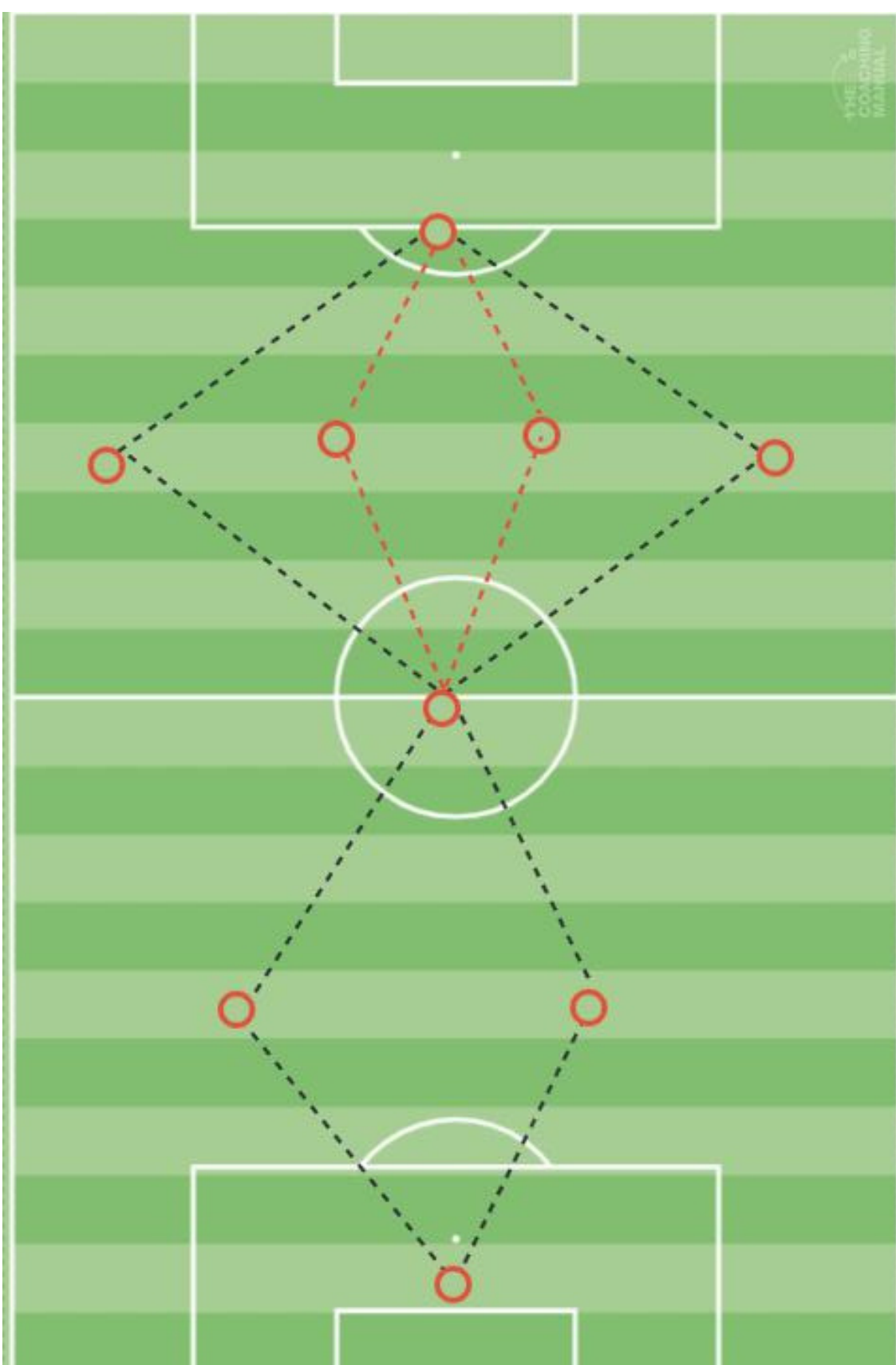
- **CREATING SPACE** through **LENGTH & WIDTH IN POSSESSION**
- **DESTROYING SPACES** by getting **SMALL** and **NARROW OUT OF POSSESSION**

Playing in shapes like this allow us to have continuity from 1 format to the other thus keeping the game and change of format as simple as possible. The shapes are identifiable by the children (when trained with), creating similar and familiar frames of reference, despite the added numbers and greater spaces to use.

9v9 Transference

When changing formats from 7v7 to 9v9 we stick to the same principles as before and attempt to create frames of reference and situations that are similar to previous experiences.

The best way to do this is to add 2 number 10s (midfielders) into the previous 7v7 shape (1-2-1-2-1) and create a (1-2-1-2-2-1) with wing backs offering and covering the width. In doing this we are maintaining the same roles and functions as previously allowed in 7v7 , 4v4 and 3v3.



Adult Soccer -11v11

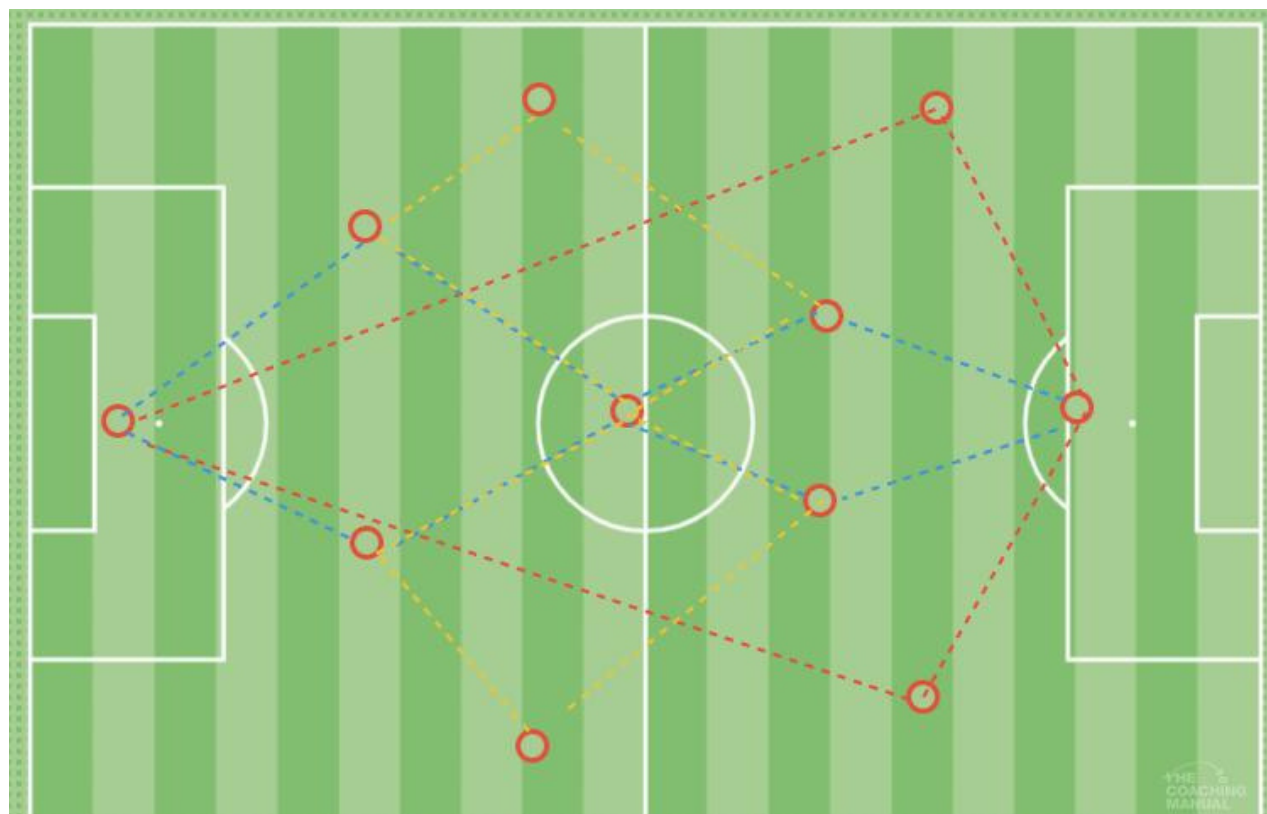
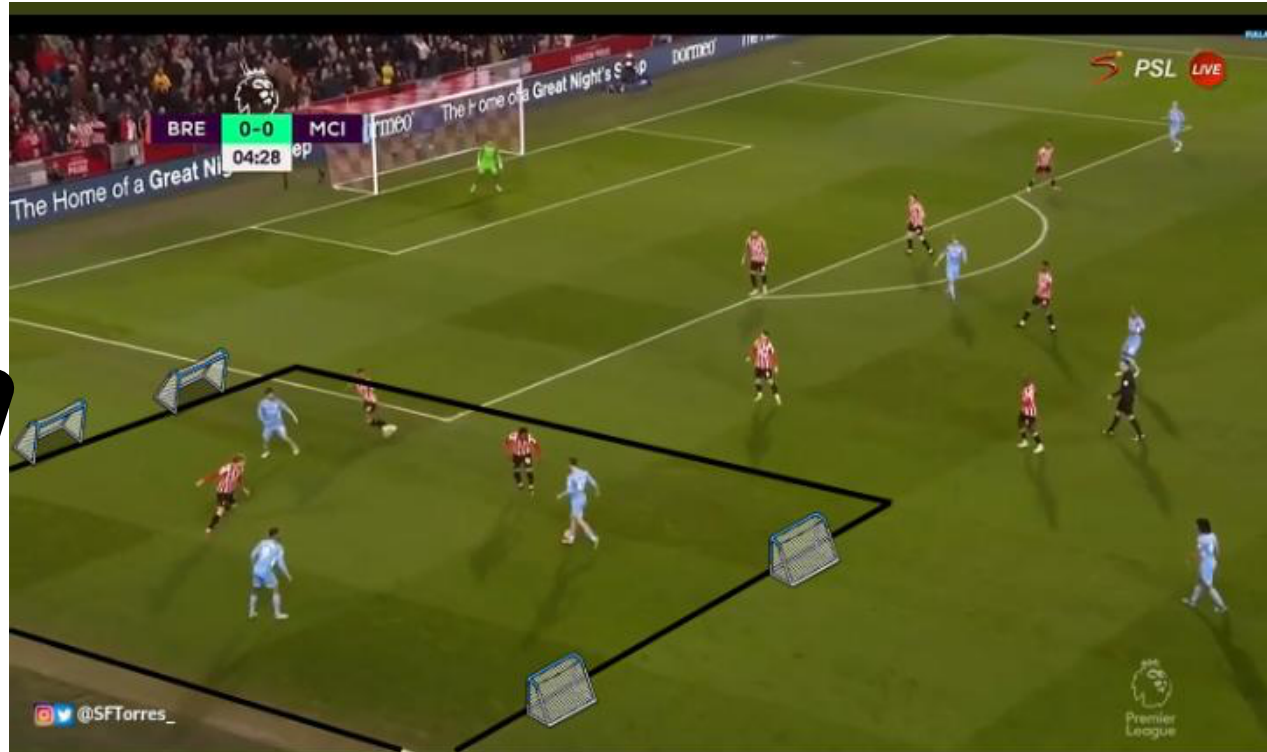
The end result ending up in 11v11 and a 1-4-3-3 like this. This has been the most used shape in modern times for teams to play.

Here we add the full backs into the team for the 10th and 11th players.

In completing our sequence like this we are again able to maintain a level of familiarity to the children as they grow through the game.

Ending with the adult game

More of this



**Means Better
This**

The Caveat

Whilst it is important to know and understand the context where we are aiming to get to with the children in our teams, the importance of knowing where we are and supporting **THE INDIVIDUALS** cannot be understated.

Our objective with this explanation is to show the path and why we train the way we do.

It is critical we give every child as many opportunities on the ball, making decisions in realistic games and situations as we can. We want to keep the game **ENJOYABLE & ENGAGING**

This a reminder that this is **THE LONG VIEW** on development.

Whilst we do have teams to coach, it is the individuals in the team that make the team. Children who can understand the game, problem-solve and make their own decisions is the best we can hope for.

Ensuring children are still in the game at 16 is the minimum we can do for them and the game itself.