

# NATIONAL SPORT ACADEMY COACHING RESOURCES

The National Sport Academy (NSA) through qualified coaching and leadership provides custom designed programs and services to meet the specific needs of individual players, coaches, teams, and associations. Our goal is to further assist the Calgary Soccer Community at the forefront of Soccer Development.

## TEAM AND COACH MENTORING

Work collaboratively with the National Sport Academy head coach in designing and facilitating a training program addressing the specific athletic, technical and / or tactical aspects of your team environment. All participating teams will receive post training follow-up exercises and continuous support from the National Sport Academy. Custom designed programs can address some of the following examples:

- Attacking in the final 3rd of the pitch.
- Transitional play
- 1 vs. 1 attacking and defensive principles
- Team defensive shape
- Finishing
- Aerial play
- Effective bench management
- Designing your system of play

Team Cost: \$125 / hour



## TRAINING RESOURCES



Bring our expertise and energy to your club academy environment. The National Sport Academy soccer and athletic staff are available for CMSA Club Academy Training. The NSA coach will bring our philosophy and methodology addressing themes identified by club directors / coaches.

Team Cost: \$80 / hour

## COACHES EDUCATION

The National Sport Academy will begin facilitating coaching workshops and NCCP courses commencing in September 2007. Courses and workshops will be open to all CMSA and community coaches.

