

March 2024



NSA NEWS

Photo Contest



Congratulations to our winner!

Camryn Hadaway

2005/2006 Girls Academy

"I love NSA because it's a place for me to continue playing my favorite sport with amazing people!"

Important Dates

3/5 Warrior Night 6:15 – 7:00
3/12 Warrior Night 6:15 – 7:00
3/18 Last Week for Indoor Practice
3/19 Warrior Night 6:15 – 7:00
3/25 – 3/28 Spring Break Camp

NSA Tryout Dates Youth Boys and Girls

April 8 th	4:30 – 5:30 pm	Birth Years 2017, 2016, 2015
April 8 th	5:45 – 7:00 pm	Birth Years 2014, 2013
April 8 th	7:15 – 8:30 pm	Birth Years 2012, 2011, 2010
April 15 th	Supplemental 4:30 – 8:30 pm	All Ages
May 5 th	5:30 - 6:45 pm	2009 – 2006 High School Girls
May 5 th	7:00 – 8:15 pm	2009 – 2006 High School Boys

[Register Here Today!](#)

Coach German's Corner



PHASES OF THE GAME AND FIELD ZONES

Which are the 5 phases of the game?

- ATTACK: In possession of the ball
- DEFENSE: No ball possession
- OFFENSIVE-TRANSITION: Ball recovery situation
- DEFENSIVE-TRANSITION: Ball losing situation
- SET PIECES: goal kick, throw-in, free kick, corner

This month, the focus will be on the attacking principles in every zone of the field.

-March Newsletter: Defense principles
-April Newsletter: Transitions principles



Build up/Initiation zone

- Width and depth
- To create passing lanes
- Dribble to fix and release

Creation zone

- Force the opponent team to defend wide
- Constant unmarking
- When Mid manages to turn facing opposing goal, players running to space



End/Finishing zone

- Looking for superiority through wings
- Break away and support unmark combinations
- Shooting to avoid counterattack

Link to the video with NSA and professional team examples

[NSA Video Game Link](#)

