

PREFERRED TRAINING MODEL (AS)

Soccer Nova Scotia Preferred Training Model

Active Start Version

- 25% General Movement
- 25% Coordination
- 25% Soccer Technique
- 25% Small Sided Game

Objective:

- Players work on a station for a set amount of time. When time expires they move to the next station.
- Separate groups based on age and stage

Notes:

- Small Sided Game Retreat line active on half way line
- Water/Rest station optional based on environment

CATCH ME IF YOU CAN

Setup:

- Grid size is based on numbers and age/stage

Objective:

- Players pair up with partners or guardian
- Players start on the opposite side of the grid
- On coaches command players will chase each other

Progressions:

- Walk
- Run
- Side Shuffle
- Jump
- Skip
- Add a ball

Coaching Points:

- Head up
- Dribble - Small touches
- Dribble - Multiple surfaces (laces, instep, outstep, sole)

THINK FAST

Setup:

- Grid size based on numbers and age/stage
- Every player can have access to a ball

Objective:

- 'Go' - use your feet to dribble the ball around the field.
- 'Stop' - use the bottom of your foot to stop the ball.
- 'Turn' - put your foot on the ball. Roll it backwards. Turn and continue dribbling in the opposite direction.

Progressions:

- 'Step over' - step over the ball and move it another direction.
- 'Fake' - pretend to pass or shoot, then continue dribbling.
- 'Explode' - change speed quickly and move the ball into an open area.

Coaching Points:

- Head up
- Dribbling - Small touches
- Dribbling - Multiple surfaces (laces, instep, outstep & sole)
- Dribbling - Get low to the ball by bending knees
- Dribbling - Be on the balls of your feet

Duration: 0 **Repetition:** 1 **Functional:** N/A

Physical: N/A **Set Pieces:** N/A **Tactical:** N/A

Technical: N/A **Psychological Practices:**

Duration: 0 **Repetition:** 0 **Functional:** N/A

Physical: Agility **Set Pieces:** N/A **Tactical:** N/A

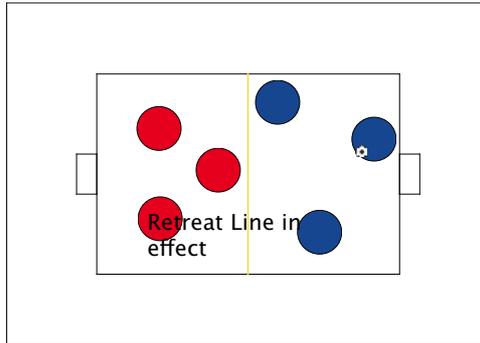
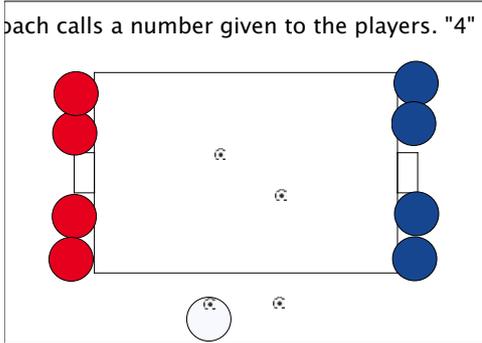
Technical: Ball Control **Psychological Practices:**

Duration: 0 **Repetition:** 0 **Functional:** N/A

Physical: N/A **Set Pieces:** N/A **Tactical:** N/A

Technical: Ball Control **Psychological Practices:**

Coach calls a number given to the players. "4"



NUMBERS GAME

- Setup:
- Grid size depends on numbers and age/stage. Approx. 10x8
 - Number off the players on both sides
 - Balls

- Objective:
- Coach calls a number out and players attempt to score a goal in the opposite goal. Start with two balls; one each.
 - Encourage celebrations when a player scores

- Progression:
- Remove a ball and have players go 1v1

- Coaching Points:
- Dribble - Small touches
 - Dribble - Head up
 - Shoot - Laces or instep
 - Shoot - Eyes on the ball

SSG (3V3)

- Setup:
- 20x25 with pug goals
 - U6 (Active Start) 3v3 with no goalkeepers
 - Multi ball with the coach to speed up play and assist with flow if necessary. If the ball goes out place another in play, preferably to space or player who is not getting many touches of the ball

- Objective:
- Play for two minutes or first to score and rotate teams if you have many players
 - Retreat line is situated at halfway

- Coaching Points:
- Let them play

Duration: 0
 Repetition: 0
 Functional: N/A
 Physical: N/A
 Set Pieces: N/A
 Tactical: N/A
 Technical: N/A
 Psychological Practices:

Duration: 0
 Repetition: 1
 Functional: N/A
 Physical: N/A
 Set Pieces: N/A
 Tactical: N/A
 Technical: N/A
 Psychological Practices:



Rules

GENERAL NOTES

EQUIPMENT

GOAL (16'X7') (2)
TRAINING CONE (7)
HIGH CONE (4)
FLAG (4)
FOOTBALL (18)
HURDLE (3)
LONG LADDER (2)
POLE (3)