

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

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

THROUGH THE GATE

Setup:

- Distance is age/stage appropriate (U4 - 5 yards & U6 - 8yards)
- In pairs
- One ball per pair

Objective:

- Player attempts to shoot (kick) the ball between the cones and past their teammate
- Play point system or time system

Coaching Points:

- Eyes on the ball when the player is making contact with the ball
- Hit the middle of the ball
- U6 (if stage appropriate) can be introduced to making contact with their laces
- U6 (if stage appropriate) can be introduced to placing their non-kicking foot in-line but not touching the ball they are shooting
- U6 (if stage appropriate) can be introduced to stepping into the ball on an angle in one fluid motion
- U6 (if stage appropriate) can be introduced to following through the ball

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

SHREKS SWAMP

Setup:

- Grid size depending on numbers and age/stage
- Cones inside the area as obstacles
- Balls for progression

Objective:

- Players move through the swamp without hitting the obstacles
- Add a 'Shrek' to chase them

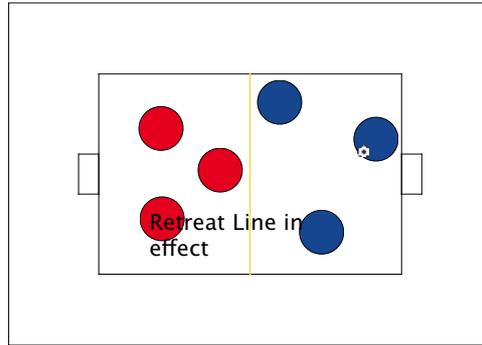
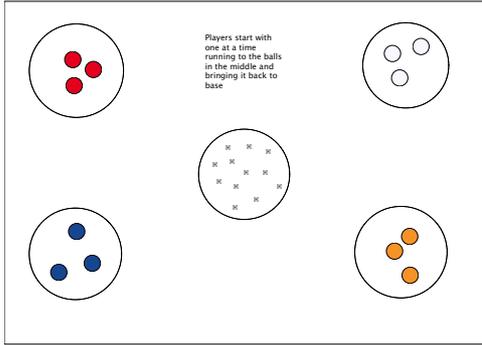
Progression:

- Walk
- Run
- Side shuffling
- Jump
- Skipping
- Add a ball

Coaching Points:

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

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



ROBIN HOOD

- Setup:
- 8 players +
 - Lots of balls
 - Age/Stage appropriate space between base and the balls

- Objective:
- Players bring as many balls back to base before they have all gone
 - One player can go at once

- Progression:
- Players can carry the ball, dribble the ball and pass the ball
 - Players are on a set time and can steal from anyone's base. One player at a time

- Coaching:
- Head up
 - Slow down on approach
 - Dribbling - Little touches

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: 10
 Repetition: 1
 Functional: N/A
 Physical: N/A
 Set Pieces: N/A
 Tactical: N/A
 Technical: Ball Control
 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 (35)
HIGH CONE (12)
FLAG (4)
FOOTBALL (24)
HURDLE (3)
LONG LADDER (2)
POLE (3)