

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:

CHAIN SOCCER

Setup:

- Size is age/stage appropriate
- Balls
- Flags or cones
- Equal amount of numbers on each team
- Number accordingly to match on each team

Objective:

- Players link up to make a chain and are to stay on the goal line
- Coach calls a number and players from both teams come out to the middle and attempt to score in the opposite goal
- Players who are still in the chain must work together to stop the attacker scoring
- Game continues until a goal is scored or the ball leaves the grid
- Celebrate once you score

Progression:

- Two balls, one for each player (early active start stage)
- One ball 1v1
- One ball 2v2
- One ball 3v3

Coaching Points:

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

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

MINI AGILITY COURSE

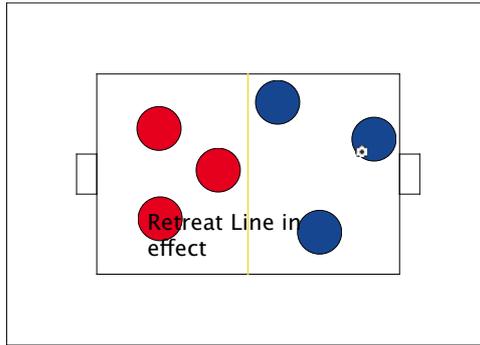
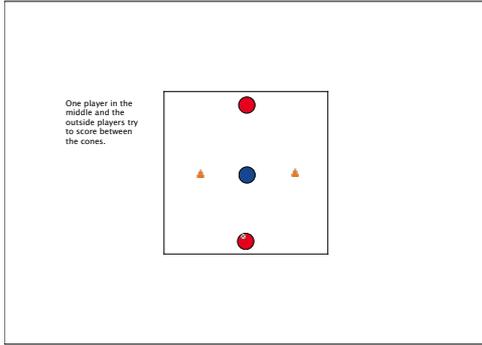
Setup:

- Ladders
- Hurdles
- Poles
- Spacing and distance needs to be adjusted appropriately based age/stage (Recommend short distance for Active Start & FUNDamental stage)

Objective:

- Players complete the agility course
- Depending on their understanding players can either go one at a time or at a certain point

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



MONKEY IN THE MIDDLE

- Setup:
- Distance is age/stage appropriate (U4 - 6/8 yards & U6 - 10/12 yards)
 - In groups of three
 - One balls per group

- Objective:
- Player attempts to shoot (kick) the ball between the cones past the goalkeeper
 - If the goalkeeper saves the ball, he/she turns around and rolls it to the player at the opposite end
 - The first player to score three goals switches place with the goalkeeper

- 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

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: Shooting
 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 (10)
- HIGH CONE (2)
- FLAG (4)
- FOOTBALL (18)
- HURDLE (6)
- LONG LADDER (4)
- POLE (10)