

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:

DONKEY TAIL

Setup:

- Grid size is based on numbers and age/stage
- Pinnies

Objective:

- Players pair up with partners or guardian
- One player (donkey) has a pinnie in their pocket or hanging out their shorts
- The donkey attempts to run away from their partner who is trying to grab the pinnie
- If successful give it back and try again
- Players go for a set amount of time

Coaching Points:

- Head up
- Change directions

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

EMPTY MY CAGE

Setup:

- Grid size numbers and age/stage appropriate
- Players each assigned to a cage
- Parent/Coach/Player assigned as Zoo Keeper

Objective:

- Player start activity pretending to be different animals in the cage moving in different ways i.e. skipping, hopping etc.
- On Zoo Keepers comand "GO" players must move to a different cage
- One animal per cage

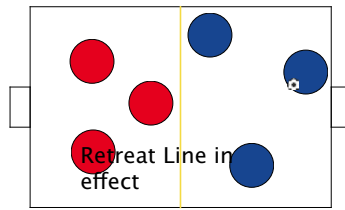
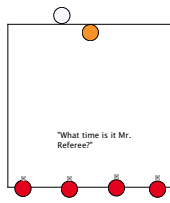
Progression:

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

Coaching Point:

- Head up
- Listening Skills
- Dribbling - Small touches
- Dribbling - Multiple Surfaces (laces, instep, outstep & sole)
- Running with the ball - Big touches
- Running with the ball - Laces

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



WHAT TIME IS IT MR. REFEREE?

Setup:

- Grid size is depending on age/stage
- Players start on one side and coach 'referee' on the opposite

Objective:

- Players begin the activity by shouting 'What time is it Mr Referee?'
- Coach (referee) shouts a number '5 minutes to go' which results in the players moving that many times
- When the coach (referee) shouts 'Full Time' he chases the players to the start

Progressions:

- Walk
- Run
- Jump
- Side Shuffle
- Add Balls

Coaching Points:

- Head up
- Listening Skills
- Dribbling - Small touches
- Dribbling - Multiple Surfaces (laces, instep, outstep & sole)
- Running with the ball - Big touches
- Running with the ball - Laces

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

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

Technical: Dribbling A **Psychological Practices:**

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:** 1 **Functional:** N/A

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

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