

## PREFERRED TRAINING MODEL (FUN)

Soccer Nova Scotia Preferred Training Model

FUNDamental Version

- 20% General Movement
- 20% Coordination
- 20% Soccer Technique
- 40% 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

## BULLDOG

Setup:

- Grid size varies on numbers.
- One player starts in the middle. Recommended the coach when playing for the first time.

Objective:

- Players start the activity when the player in the middle calls "Bulldog"
- Players attempt to run from one side of the grid to the opposite side without being tagged
- If a player is tagged they will join the player in the middle
- Repeat until everyone has been tagged

Progression:

- Add a ball. Players attempt to tackle and kick the ball into selected targets on the outside of the grid.

Dribbling Coaching Points:

- Head up
- Small touches (reference no further than arms length for a visual)
- Encourage multiple surfaces (inside, outside, laces & sole)
- Knees slightly bent with players on the balls of their feet
- Head over the ball

Running with the ball Coaching Points:

- Scan and assess the space available
- First touch with instep pushing out of feet
- Sprint with each touch using the laces
- Always reassess the weight of touch based on space available

## SSG (5V5)

Setup:

- 30x35
- Pugg or 5x8
- U7 (FUNDamental) 4v4 with no goalkeepers
- U8 (FUNDamental) 5v5 with 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
- 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:**

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

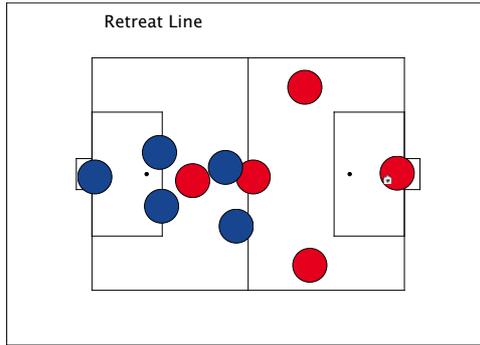
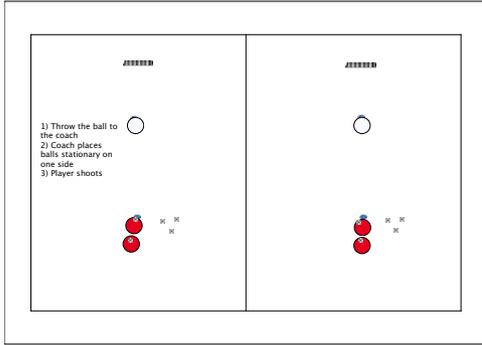
**Physical:** Agility      **Set Pieces:** N/A      **Tactical:** N/A

**Technical:** Dribbling A      **Psychological Practices:**

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

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

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



## SHOOTING TARGETS

- Setup:
- Players divided into small groups
  - Each group has a coach OR rotates after each attempt
  - Each player has a ball
  - Goal distance from shooting approx. 8 yards

- Objective:
- Players start by throwing the ball to the designated person who spots the ball to either the left or right side of the player
  - Player approaches the ball at an angle and shoots on goal

- Progression:
- Player passes the ball to the designated person who settles it in front, the player must take a touch at an angle around with the outside of their shooting foot, before shooting on goal.
  - Make it a competition i.e. first to ten goals

- Shooting Coaching Points:
- Scan the goal (take a look)
  - Bigger last touch on an angle towards the shooting foot
  - Big step into the ball
  - Non-kicking foot slightly ahead of the ball (when contact is made in-line with the ball)
  - Eyes on the ball
  - Contact with the big bone located near the bridge of the foot (not laces)
  - Strike the middle of the ball
  - Knee and head over the ball
  - Follow through the ball (Advanced - Kicking foot should land on the floor first if done correctly)

## S5G (5V5)

- Setup:
- 30x35
  - Pugg or 5x8
  - U7 (FUNdamental) 4v4 with no goalkeepers
  - U8 (FUNdamental) 5v5 with 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
  - 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: 0  
 Functional: N/A  
 Physical: N/A  
 Set Pieces: N/A  
 Tactical: N/A  
 Technical: N/A  
 Psychological Practices: