

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

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

- 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

SSG (5V5)

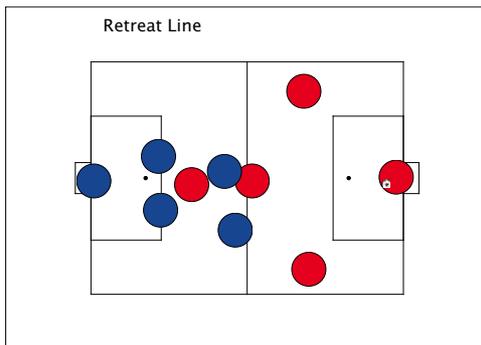
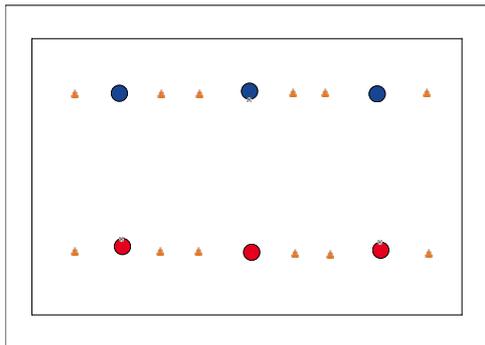
- Setup:
- 30x35
 - Pugg or 5x8
 - U7 (FUNDamental) 4v4 with no goalkeepers
 - U8 (FUNDamental) 5v5 with goalkeepers
 - Multi ball with the coach to speed up play and assist with flow if necessary. If the ball goes out place another in play, preferably to space or player who is not getting many touches 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: Ball Control
Psychological Practices:

Duration: 0
Repetition: 0
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 between the cones and past their teammate
 - Play point system or time system

- 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)

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

SOG (5V5)

- Setup:
- 30x35
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 - 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: