

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

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

Coaching Points:

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

MARIO KART

Setup:

- Course
- Cones
- Balls

Objective:

- Players starts and on 'GO' completes the track
- Players must avoid cones (bananas)
- Players must avoid balls (shells)
- Players need to complete task (e.g. toe taps)
- Players finish the race

Progressions:

- Players can complete without a ball
- Players complete with a ball

Coaching Points:

- Head up
- Bend knees to change direction and speed
- Dribbling - Small touches
- Dribbling - Multiple surfaces (laces, instep, outstep, sole)

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

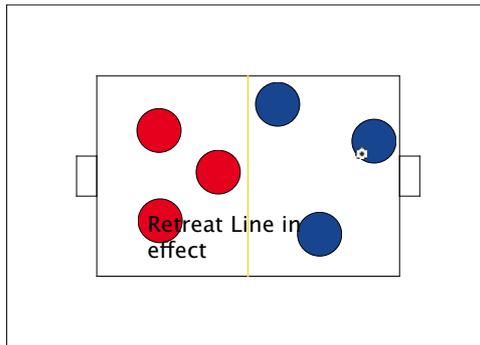
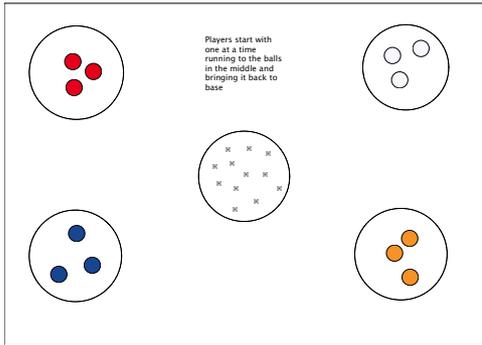
Physical: Agility Set Pieces: N/A Tactical: N/A

Technical: Ball Control Psychological Practices:

Duration: 0 Repetition: 1 Functional: N/A

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

Technical: N/A 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: