

## 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

**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:**

## SSG (5V5)

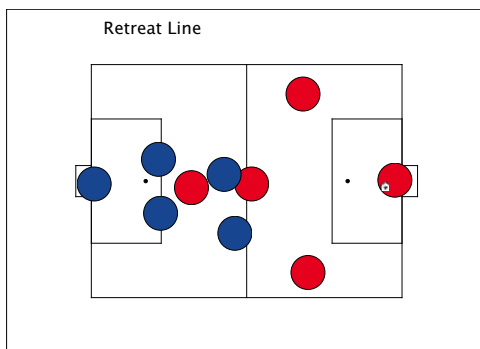
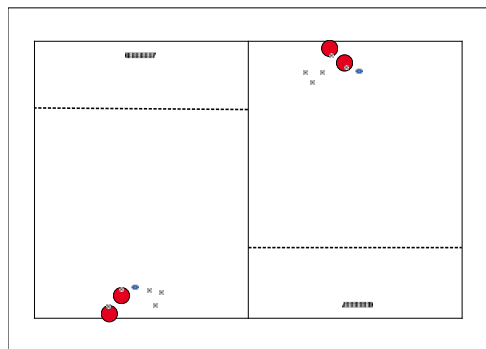
Setup:

- 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:** 0  
**Functional:** N/A  
**Physical:** N/A  
**Set Pieces:** N/A  
**Tactical:** N/A  
**Technical:** N/A  
**Psychological Practices:**



### SHOOTING ALLEYWAY

- Setup:
- Distance no longer than 18 yards
  - Shooting reference line approx. 8 yards
  - Players split between the two starting points
  - One ball per player

- Objective:
- Players dribble or run with the ball towards goal and shoot
  - Collect their ball and rotate to the other side

Progression:

- Add a goalkeeper
- Add a time restriction
- Add pressure

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

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

### SSG (5V5)

- Setup:
- 30x35
  - Pugg or 5x8
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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:**