

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)

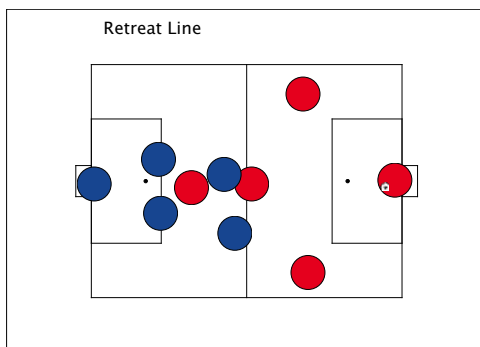
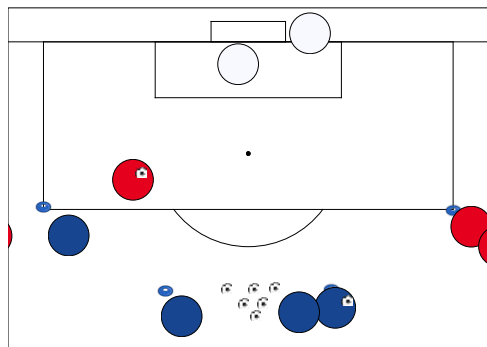
Setup:

- 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:



FINISHING (BEHIND)

- Setup:
- Distance is age appropriate (FUNdamental stage shooting from approx. 6-8 yards & Learning to Train stage shooting from 8-12 yards)
 - Two groups as attackers, two groups as defenders and goalkeepers
 - Cone/pole 5 yards away from where attacker receives the ball

- Objective:
- Defender plays the ball to the attacker who has to run around the cone/pole and apply back pressure on the attacker
 - Attacker receives the ball and runs with the ball towards goal
 - Attacker attempts to finish on goal
 - If the defender wins the ball they play to the first defender in their line

- Progression:
- Move the cone closer to the attacker
 - Add a time limit for the attacker to add realistic pace

- Finishing Coaching Points:
- Scan the goal and goalkeeper (take a look)
 - Assess where the best or biggest area of the goal is
 - Decide method of contact i.e. instep, outside, laces, toe punt etc.
 - Disguise decision using body shape
 - Eyes on 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

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

SOG (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: