

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

YAK MAN

Setup:

- Grid 8x8
- Players split into two groups

Objective:

- One team inside the grid with the other team outside between the gate.
- Coach starts the clock and one player at a time enters the grid and attempts to tag any of the players inside and exits on the opposite side.
- Once a player exits the next player enters.
- When all players have got to the opposite side the coach stops the clock.

Progression:

- Add a ball and you cannot tag a player with the ball.

Coaching Points:

- A = Agility
- B = Balance
- C = Coordination
- S = Speed

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

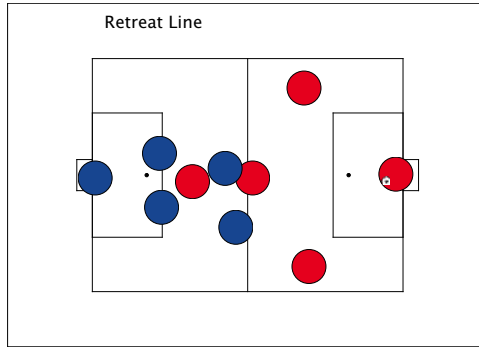
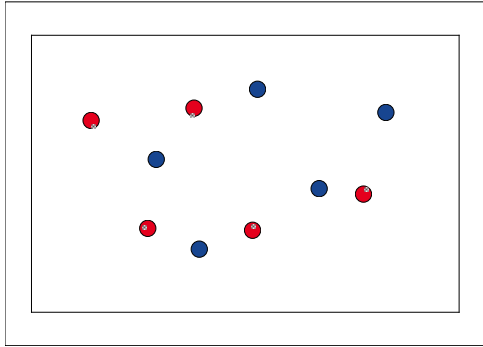
Coaching Points:

- 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: 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:



1V1 IN PAIRS

Setup:
 - 30x30
 - 12 players

- Objective:
- Players work in pairs, with one ball between them
 - Player 1 dribbles with the ball at maximum speed, stopping and changing directions continually
 - After 12 seconds, they pass the ball to the partner, who repeats the activity
 - Sequence is performed 8 times each
 - Then they run slowly, passing the ball for two minutes and repeat the full sequence again

Progression:
 - Get the players to execute different 1v1 moves

- 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
 - Ability to change direction
 - Drop the shoulder/fake
 - Slow down & Accelerate

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: