

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

Duration: 0
Repetition: 1
Functional: N/A
Physical: N/A
Set Pieces: N/A
Tactical: N/A
Technical: N/A
Psychological Practices:

BATTLESIPS

Setup:

- Distance is age/stage appropriate (U4 - 3/5 yards & U6 - 5/8yards)
- In pairs
- Three balls per pair
- Two balls on top of a cone

Objective:

- Player attempts to pass (kick) the ball and hit the ball on the cone (battleship)
- Play point system or time system

Coaching Points:

- Eyes on the ball when the player is making contact with the ball
- Hit the middle of the ball
- U6 (if stage appropriate) can be introduced to making contact with their instep
- U6 (if stage appropriate) can be introduced to placing their non-kicking foot in-line but not touching the ball they are passing
- U6 (if stage appropriate) can be introduced to stepping into the ball in one fluid motion
- U6 (if stage appropriate) can be introduced to following through the ball

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

MINI RELAY

Setup:

- Poles/Cones
- Small groups (age/stage 2/3 max to keep them active)

Objective:

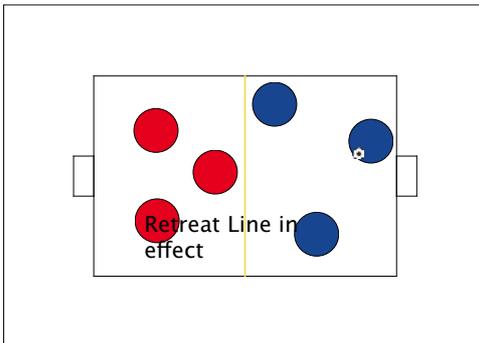
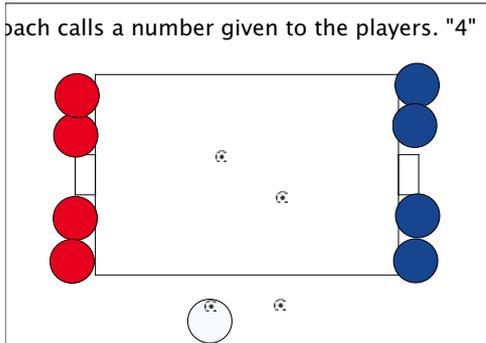
- Players go around the pole and back to the start
- Due to age/stage allow a set time rather than based on a winner

Progressions:

- Run
- Skip
- Jump
- Side shuffle
- Hop
- Backwards
- Add a ball

Duration: 0
Repetition: 1
Functional: N/A
Physical: Agility
Set Pieces: N/A
Tactical: N/A
Technical: N/A
Psychological Practices:

Coach calls a number given to the players. "4"



NUMBERS GAME

- Setup:
- Grid size depends on numbers and age/stage. Approx. 10x8
 - Number off the players on both sides
 - Balls

- Objective:
- Coach calls a number out and players attempt to score a goal in the opposite goal. Start with two balls; one each.
 - Encourage celebrations when a player scores

- Progression:
- Remove a ball and have players go 1v1

- Coaching Points:
- Dribble - Small touches
 - Dribble - Head up
 - Shoot - Laces or instep
 - Shoot - Eyes on the ball

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

Duration: 0
 Repetition: 1
 Functional: N/A
 Physical: N/A
 Set Pieces: N/A
 Tactical: N/A
 Technical: N/A
 Psychological Practices: