

## 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.
  - Seperate groups based on age and stage

- Notes:
- Small Sided Game Retreat line active on half way line
  - Water/Rest station optional based on enviornment

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

## KING OF THE RING

- Setup:
- Grid size varies on numbers and age/stage
  - One ball per player

- Objective:
- Players dribble their ball around the 'ring'
  - Players are attempting to kick their opponents ball out of the 'ring'
  - If a player's ball is kicked out of the 'ring' they must go retrieve it and complete 5 toe taps before re-entering

- Dribbling Coaching Points:
- Head up
  - Small touches (reference no further then 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

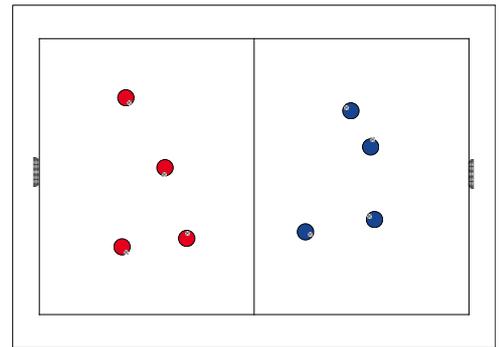
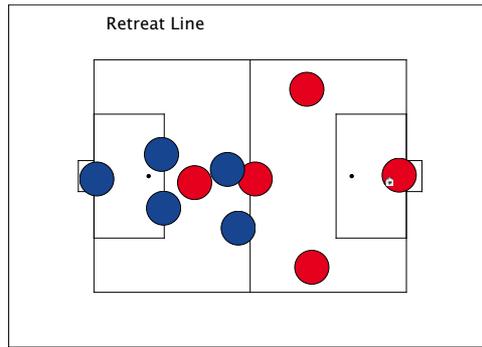
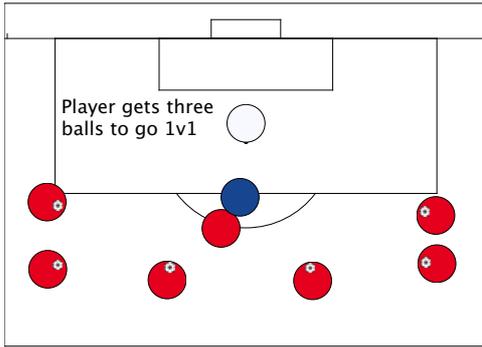
**Duration:** 0  
**Repetition:** 1  
**Functional:** N/A  
**Physical:** N/A  
**Set Pieces:** N/A  
**Tactical:** N/A  
**Technical:** Ball Control  
**Psychological Practices:**

## 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:**



**1V1 CIRCLE**

Setup:  
- 15x25  
- 10 players

Objective:  
- Player is 1v1 inside the outlined area  
- Player can receive a ball from any player on the outside  
- Goes 1v1 at goal  
- Regardless of success the player can get another ball off their team mate  
- Once three balls have been completed rotate roles.

Progression:  
- If a player bumps the ball first time back to their team mate they can cancel that ball. Use for creating space

Coaching Points Attacking:  
- Head up  
- Small touches (reference no further then 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

Coaching Points Defending:  
- Anticipation/ Recognition  
- Pressure (urgent/mentality)  
- Body direction/shape  
- Read the trigger/cue of touch  
- Identify best moment to win the ball  
- Body between opposition and ball

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

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Coaching Points:  
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Physical: N/A      Set Pieces: N/A      Tactical: N/A  
Technical: N/A      Psychological Practices:

**1V1 TO GOAL**

Setup:  
- 2x 30x25  
- 8 players

Objective:  
- Divide the players into two groups of 4  
- Each player has a number from 1-4  
- Players dribble the ball at pace in their area  
- When the coach calls out a number the blue player leaves their ball and closes down the red player who is trying to score in the blue players goal  
- If the blue player wins the ball they try to score in the opposite goal  
- If nobody has scored after 30 seconds the coach will call a new number

Progression:  
- Coach can multiple numbers  
- Coach calls multiple numbers but with one ball

Coaching Points Attacking:  
- Head up  
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