

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

CATCH ME IF YOU CAN

- Setup:
- Grid size is based on numbers and age/stage

- Objective:
- Players pair up with partners or guardian
 - Players start on the opposite side of the grid
 - On coaches command players will chase each other

- Progressions:
- Walk
 - Run
 - Side Shuffle
 - Jump
 - Skip
 - Add a ball

- 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

SSG (5V5)

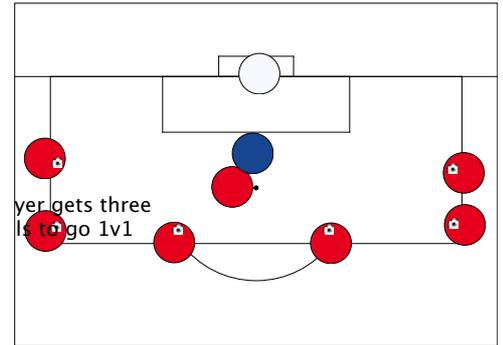
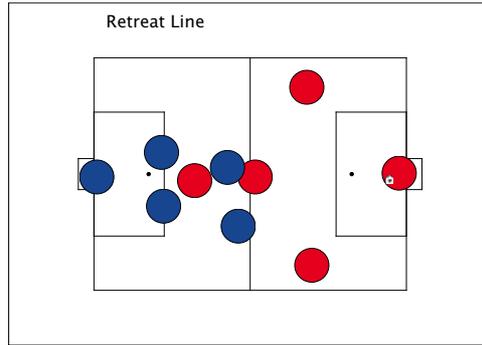
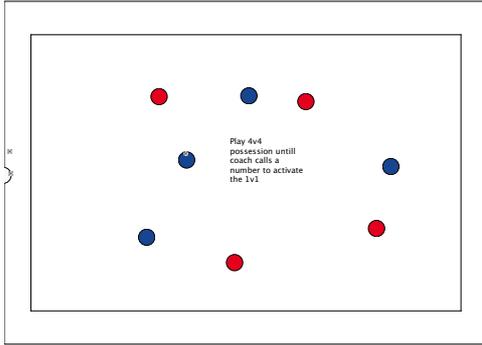
- Setup:
- 30x35
 - Pugg or 5x8
 - U7 (FUNDamental) 4v4 with no goalkeepers
 - U8 (FUNDamental) 5v5 with goalkeepers
 - Multi ball with the coach to speed up play and assist with flow if necessary. If the ball goes out place another in play, preferably to space or player who is not getting many touches 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: Agility
Set Pieces: N/A
Tactical: N/A
Technical: Ball Control
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 & 4V4

- Setup:**
- 30x30
 - 8 players
 - 2 balls
- Objective:**
- Divide players into two groups of 4
 - Give each player a number from 1-4 on each team
 - Game starts with them playing 4v4
 - When the coach shouts out a number those two number 1's for example play 1v1 whilst the other continue to play 3v3
 - After a minute the coach will shout a new number and the 1's will return to 3v3 whilst the new number play 1v1
 - Game continues until everyone has been
 - One minute recovery after everyone has completed the 1v1

- 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:

SSG (5V5)

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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:

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