

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:

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:

MONKEY IN THE MIDDLE

Setup:

- Distance is age/stage appropriate (U4 - 6/8 yards & U6 - 10/12 yards)
- In groups of three
- One balls per group

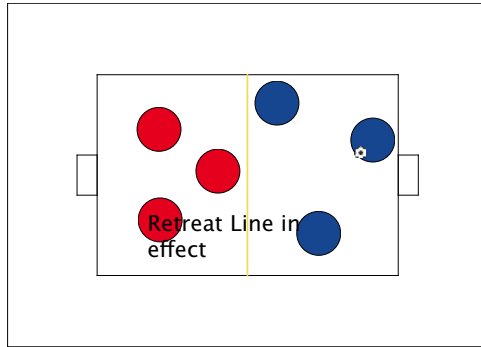
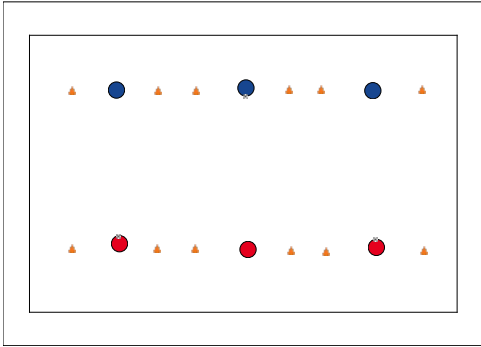
Objective:

- Player attempts to shoot (kick) the ball between the cones past the goalkeeper
- If the goalkeeper saves the ball, he/she turns around and rolls it to the player at the opposite end
- The first player to score three goals switches place with the goalkeeper

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 laces
- U6 (if stage appropriate) can be introduced to placing their non-kicking foot in-line but not touching the ball they are shooting
- U6 (if stage appropriate) can be introduced to stepping into the ball on an angle 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: Shooting
Psychological Practices:



THROUGH THE GATE

- Setup:
- Distance is age/stage appropriate (U4 - 5 yards & U6 - 8yards)
 - In pairs
 - One ball per pair

- Objective:
- Player attempts to shoot (kick) the between the cones and past their teammate
 - 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 laces
 - U6 (if stage appropriate) can be introduced to placing their non-kicking foot in-line but not touching the ball they are shooting
 - U6 (if stage appropriate) can be introduced to stepping into the ball on an angle in one fluid motion
 - U6 (if stage appropriate) can be introduced to following through 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: Shooting Psychological Practices:

Duration: 0 Repetition: 1 Functional: N/A

Physical: N/A Set Pieces: N/A Tactical: N/A

Technical: N/A Psychological Practices:



Rules

GENERAL NOTES

EQUIPMENT

GOAL (16'X7') (2)
TRAINING CONE (7)
HIGH CONE (14)
FLAG (4)
FOOTBALL (13)
HURDLE (3)
LONG LADDER (2)
POLE (3)