

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:

FRUIT SALAD

Setup:

- Players spread out around the grid
- Players are named different fruits
- Balls (optional)

Objective

- Coach calls out a fruit and the players change position
- Coach calls out fruit salad and everyone changes position

Progression:

- Add a ball

Coaching Points:

- Head up
- Change Direction
- Listening
- Dribbling - Small touches
- Dribbling - Multiple surfaces (laces, instep, outstep & sole)

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

INDIE 500

Setup:

- Grid size is based on numbers and age/stage

Objective:

- Players split into two groups and positioned in their own pit stop
- On coaches command players will enter the track and do as many laps as instructed
- Players must stay inside the grid

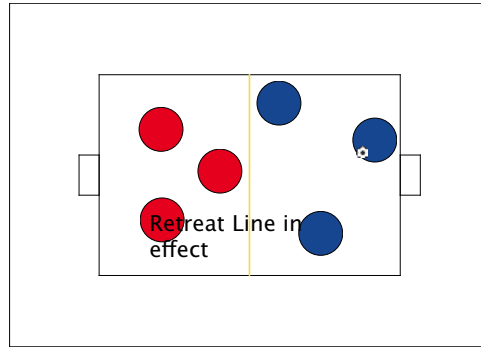
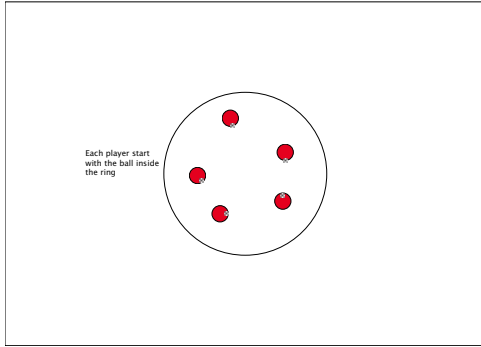
Progressions:

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

Coaching Points:

- Head up
- Dribble - Small touches
- Dribble - Multiple surfaces (laces, instep, outstep, sole)

Duration: 0
Repetition: 0
Functional: N/A
Physical: Agility
Set Pieces: N/A
Tactical: N/A
Technical: Ball Control
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

Coaching Points:
 - Head up
 - Dribble - Small touches
 - Dribble - Multiple surfaces (laces, instep, outstep, sole)
 - Protect the ball - Get body between opponent and ball

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

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: 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)
FLAG (4)
FOOTBALL (14)
HURDLE (3)
LONG LADDER (2)
POLE (3)