

## 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:**

## 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:**

## 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

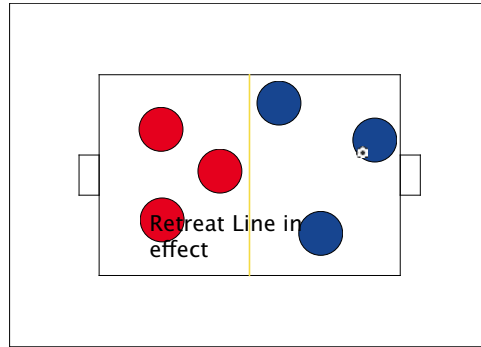
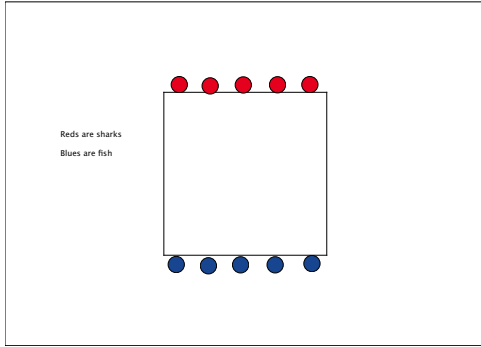
Progression:

- 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:**



## SHARK ATTACK

- Setup:
- Grid size numbers and age/stage appropriate
  - Players on one side of the grid
  - Parents or partner on the opposite side

- Objective:
- On 'GO' fish will move forward to the sharks who cannot move
  - When the coach shouts 'Shark Attack' the sharks sprint and chase the fish to the beginning

- Progression:
- Walk
  - Run
  - Side Shuffle
  - Jump
  - Add a ball

- Coaching Point:
- Head up
  - Listening Skills
  - Dribbling - Small touches
  - Dribbling - Multiple Surfaces (laces, instep, outstep & sole)
  - Running with the ball - Big touches
  - Running with the ball - Laces

**Duration:** 0  
**Repetition:** 0  
**Functional:** N/A  
**Physical:** Speed  
**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:**