

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

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

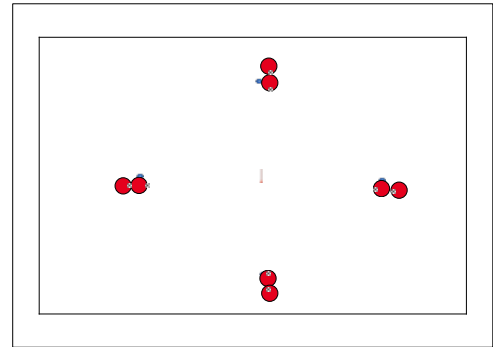
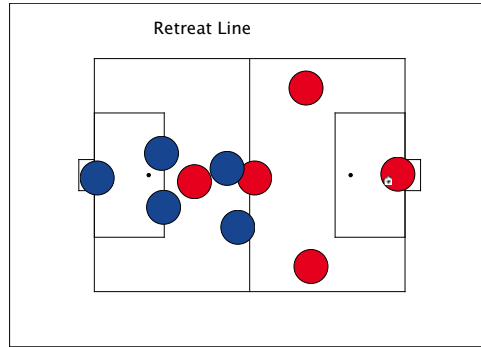
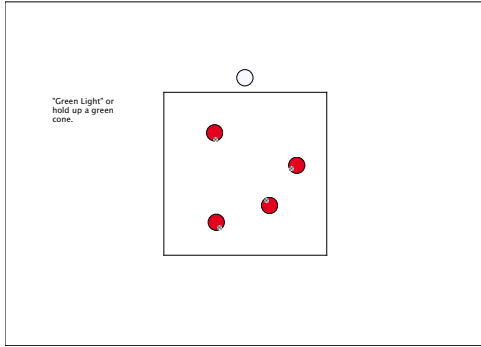
Duration: 0
Repetition: 1
Functional: N/A
Physical: Agility
Set Pieces: N/A
Tactical: N/A
Technical: N/A
Psychological Practices:

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:



DRIBBLING RED LIGHT, GREEN LIGHT

- Setup:**
- Grid size varies on numbers and age/stage
 - One ball per player
- Objective:**
- Players dribble their ball around the grid when the coach calls "green light" or holds up a green cone
 - When the coach calls "red light" or holds up a red cone
- Progressions:**
- Call "speed up" and players will accelerate over a few steps and decelerate
 - Call "turn" players will perform turns (inside, outside, drag back, Cruyff, Maradona etc.)

- 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

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

SSG (5V5)

- Setup:**
- 30x35
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 - 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:

DRIBBLING CROSS

- Setup:**
- 10x10
 - Four equal groups
 - One ball per player
- Objective:**
- Player dribbles towards the middle cone and cuts to either the right or left
 - One player per group goes at a time. Coach starts the next sequence
 - Coach changes direction on command

- Progressions:**
- Player uses the dominant foot
 - Player uses the opposite foot
 - Player performs a move at the cone (drops the shoulder, step over x 1, step over x 2, drag, drag & push, Ronaldo etc.)

- 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
 - Slow down & Accelerate

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