

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

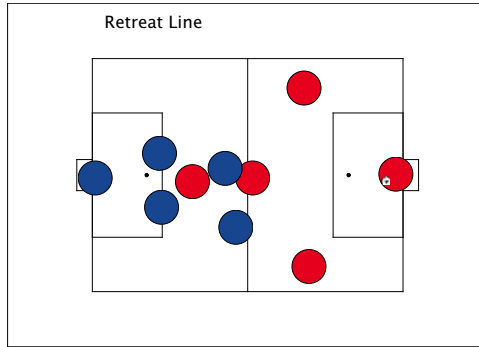
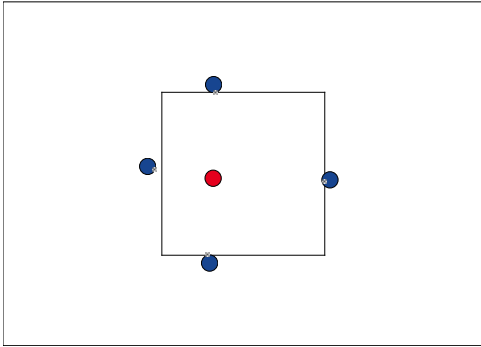
Physical: Agility **Set Pieces:** N/A **Tactical:** N/A

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:**



DRIBBLE TAG

Setup:
- 5x5
- 5 players and 4 with a ball

- Objective:
- Players start outside the grid
 - Players attempt to dribble across the square or to an adjacent side
 - Attempt to avoid the defender in the middle who is trying to tag players with a ball
 - Dribbling across the grid = 2 points
 - Dribbling to adjacent side = 1 point
 - Getting tagged three times means that player becomes the defender

- 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
 - Ability to change direction

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- 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: Dribbling A
Psychological Practices:

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