

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:

YAK MAN

- Setup:
- Grid 8x8
 - Players split into two groups

- Objective:
- One team inside the grid with the other team outside between the gate.
 - Coach starts the clock and one player at a time enters the grid and attempts to tag any of the players inside and exits on the opposite side.
 - Once a player exits the next player enters.
 - When all players have got to the opposite side the coach stops the clock.

- Progression:
- Add a ball and you cannot tag a player with the ball.

- Coaching Points:
- A = Agility
 - B = Balance
 - C = Coordination
 - S = Speed

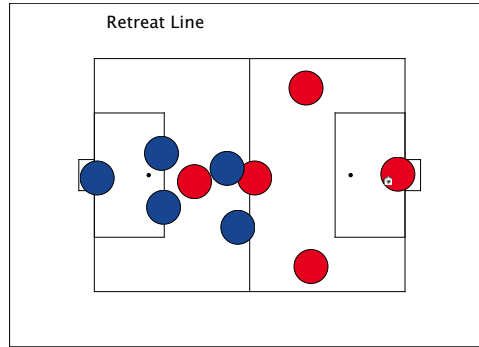
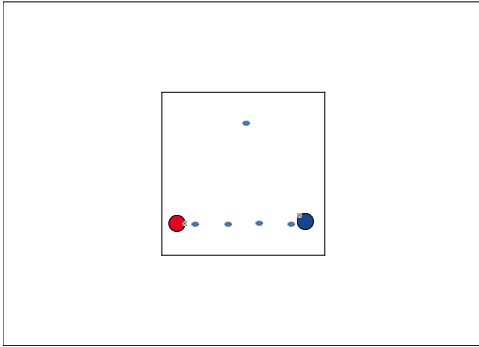
Duration: 0
Repetition: 0
Functional: N/A
Physical: N/A
Set Pieces: N/A
Tactical: N/A
Technical: N/A
Psychological Practices:

SSG (5V5)

- Setup:
- 30x35
 - 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 & RUNNING WITH THE BALL

Setup:
 - 5x5
 - Cones in a straight line with one located away
 - Start position is players begin on opposite ends of the cones situated in a straight line

Objective:
 - Players attempt to catch partner

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

Running with the ball Coaching Points:
 - Scan and assess the space available
 - First touch with instep pushing out of feet
 - Sprint with each touch using the laces
 - Always reassess the weight of touch based on space available

Progression:
 - Each player can change the direction once before being caught

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

S5G (5V5)

Setup:
 - 30x35
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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: