

## 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:**

## ALIENS

Setup:

- Grid size based on numbers and age/stage
- Coach/Parent/Player selected to be the aliens

Objective:

- Players must run away from the aliens
- Only one player allowed in the 'safe house' at a time
- If tagged the player must do an action e.g. jumping jacks, reach for the sky jumps etc.

Progression:

- Add more aliens
- Add a ball

Coaching Points:

- Head up
- Change Direction
- Listening
- Dribbling - Small touches
- Dribbling - 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:**

## FOLLOW THE LEADER

Setup:

- Grid size is based on numbers and age/stage

Objective:

- Players pair up with partners or guardian
- On coaches command players will follow the leader
- Players must stay inside the grid

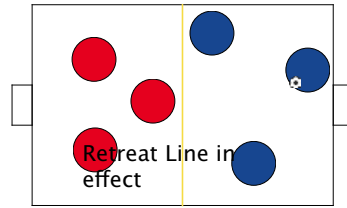
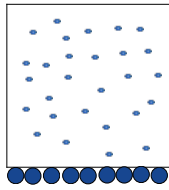
Progressions:

- 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:** N/A  
**Psychological Practices:**



## SHREKS SWAMP

- Setup:
- Grid size depending on numbers and age/stage
  - Cones inside the area as obstacles
  - Balls for progression

- Objective:
- Players move through the swamp without hitting the obstacles
  - Add a 'Shrek' to chase them

- Progression:
- Walk
  - Run
  - Side shuffling
  - Jump
  - Skipping
  - Add a ball

- Coaching Points:
- Head up
  - Dribbling - Small touches
  - Dribbling - Multiple surfaces (laces, instep, outstep & sole)

## 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:** 0      **Functional:** N/A

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

**Technical:** Ball Control      **Psychological Practices:**

**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 (35)  
FLAG (4)  
FOOTBALL (9)  
HURDLE (3)  
LONG LADDER (2)  
POLE (3)