

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

TICK TACK TOE

Setup:

- Distance is age/stage appropriate (approx. 6-8yards)
- Players in groups of two or three
- Two teams
- Cones or pinnies (different colours)
- Nine squares

Objective:

- One player runs to the squares and puts down a cone or pinnie
- Once the cone or pinnie has been put down the next person on the other team goes doing the same
- Players are trying to get a line of three

Progressions:

- Run
- Skip
- Jump
- Side shuffle
- Hop
- Backwards
- Add a 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

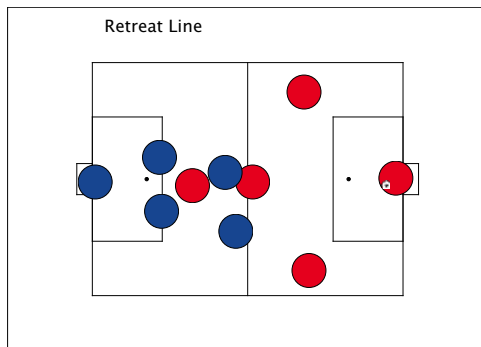
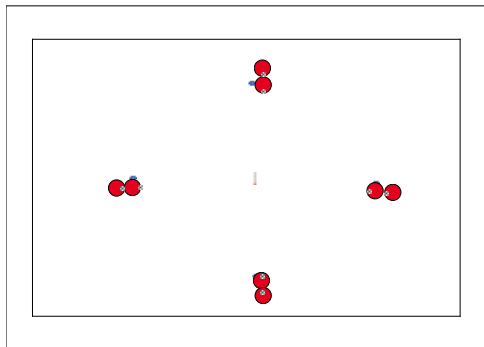
Physical: Agility **Set Pieces:** N/A **Tactical:** N/A

Technical: N/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:**



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:

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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: N/A Psychological Practices: