

## 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

## DONKEY TAIL

- Setup:
- Grid size is based on numbers and age/stage
  - Pinnies

- Objective:
- Players pair up with partners or guardian
  - One player (donkey) has a pinnie in their pocket or hanging out their shorts
  - The donkey attempts to run away from their partner who is trying to grab the pinnie
  - If successful give it back and try again
  - Players go for a set amount of time

- Coaching Points:
- Head up
  - Change directions

## SSG (5V5)

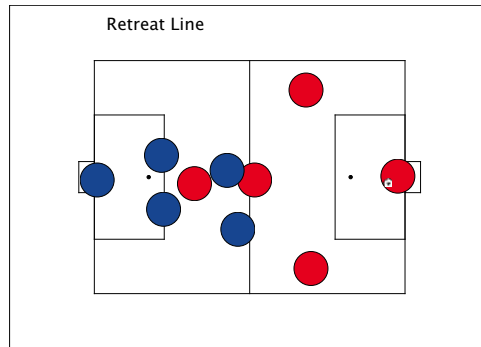
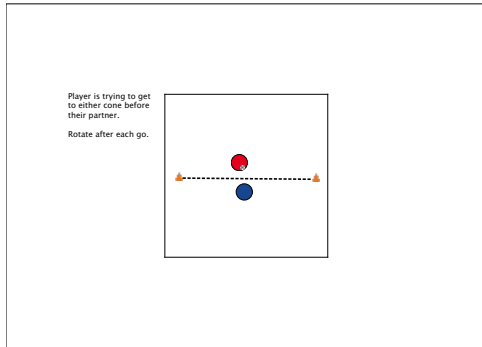
- Setup:
- 30x35
  - Pugg or 5x8
  - U7 (FUNDamental) 4v4 with no goalkeepers
  - U8 (FUNDamental) 5v5 with goalkeepers
  - Multi ball with the coach to speed up play and assist with flow if necessary. If the ball goes out place another in play, preferably to space or player who is not getting many touches 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:**



### RACE TO THE TARGET

- Setup:
- Length varies on age/stage (approx. 5-8 yards)
  - In pairs with one ball
  - Player has to stay on their side of the cones

- Objective:
- Player with the ball is attempting to beat their partner to the cone
  - Rotate after each turn

- 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
  - Creative moves to get the defender off balance (step overs, scissors etc.)

### SOG (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: 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: