

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:

MAKE FRIENDS WITH THE BALL

Setup:

- Players in pairs (early stage with a parent)
- One ball per pair

Objective:

- Players get to know the ball completing the following activities
- Roll the ball back and forth
- Roll the ball to the side and dive
- Loop the ball for 'catching hands'
- Drop the ball in front of the player to trap
- Hold the ball in palm of hand for player to push the ball off with forehead
- Kick the ball between pairs legs and dive

Coaching Points:

- Eye on the ball
- Trap - gentle dont stamp
- Head - use forehead to push the ball off the hand

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

OUCH!

Setup:

- Grid size based on numbers and age/stage
- One ball per player
- One player as the target player (recommend coach in early stage)

Objective:

- To kick your ball under the knee of the target player
- Everytime the player gets hit they must shout "Ouch!"

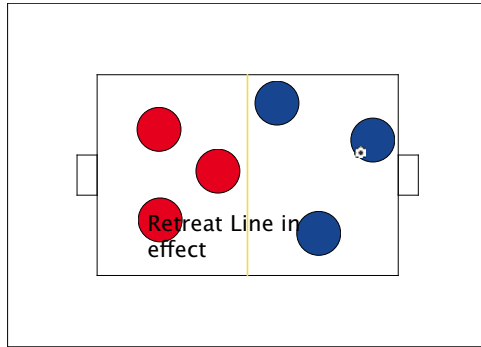
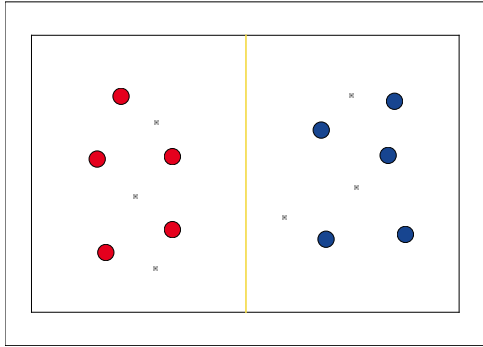
Progression:

- Add more target players
- Opposite Ouch! Where coach chases players

Coaching Points:

- Head up
- Dribbling - Small touches
- Dribbling - Multiple surfaces (laces, instep, outstep & sole)
- Eyes on the ball that the player is making contact with the ball
- Hit the middle of the ball

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



CLEAN YOUR ROOM

- Setup:
- Grid size is based on numbers and age/stage
 - Grid is split into two equal sides
- Objective:
- Players separated into two groups
 - Balls are thrown into each side of the grid
 - Players must remove the balls from their grid (room) and put in their opponents
- Progressions:
- Roll
 - Throw
 - Kick
- Coaching Points:
- Head up
 - Eyes on the ball when the player is making contact with the ball
 - Hit the middle of the ball

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: