

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

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

SSG (5V5)

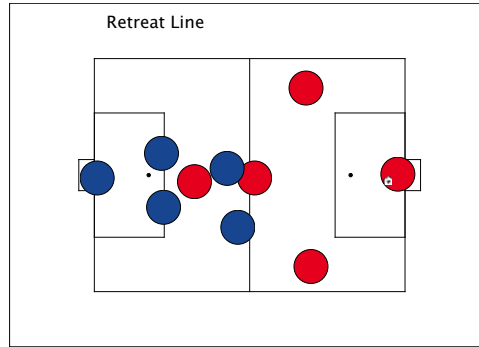
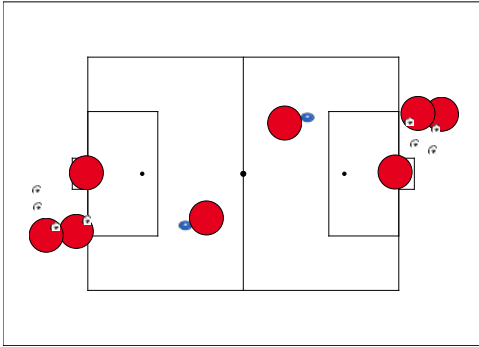
- Setup:
- 30x35
 - Pugg or 5x8
 - U7 (FUNDamental) 4v4 with no goalkeepers
 - U8 (FUNDamental) 5v5 with goalkeepers
 - Multi ball with the coach to speed up play and assist with flow if necessary. If the ball goes out place another in play, preferably to space or player who is not getting many touches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

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 Technical: N/A Psychological Practices:



RECEIVE AND SHOOT

- Setup:
- Distance between receiving the ball and goal 8-10 yards
 - Balls to the side of the goal
 - Players split equally between the two start points

Objective:

- Players receive the ball diagonally to the goal
- Take a touch towards the goal and shoot
- Player rotates the following - GK to the back on the line, shooter becomes the GK & the passer is now the shooter

Progression:

- Rotate to the opposite side of the goal
- Add pressure from either behind, side or front

Receiving Coaching Points:

- Player on their toes anticipating to receive the ball
- Get their body inline with the ball
- Open hips to maximize vision and awareness
- Identify the surface of the foot to receive. Start with instep of the furthest foot. (Advance introduce receiving on the near foot with the outside)
- Relax foot on contact to control the ball in available space

Shooting Coaching Points:

- Scan the goal (take a look)
- Bigger last touch on an angle towards the shooting foot
- Big step into the ball
- Non-kicking foot slightly ahead of the ball (when contact is made in-line with the ball)
- Eyes on the ball
- Contact with the big bone located near the bridge of the foot (not laces)
- Strike the middle of the ball
- Knee and head over the ball
- Follow through the ball (Advanced - Kicking foot should land on the floor first if done correctly)

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

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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: