

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

RED LIGHT, GREEN LIGHT

Setup:

- Every player can have access to a ball
- Red & Green visual

Objective:

- Players attempt to get to the other side of the grid first
- Coach starts the movement by either saying green or holding a green visual aid (latter is more difficult)
- Players must stop when the coach calls 'red' or holds up a red visual aid
- Players have to go to the beginning if they do not stop

Progressions:

- Walk
- Run
- Jump
- Side shuffle
- Dribble

Coaching Points:

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

CHAIN SOCCER

Setup:

- Size is age/stage appropriate
- Balls
- Flags or cones
- Equal amount of numbers on each team
- Number accordingly to match on each team

Objective:

- Players link up to make a chain and are to stay on the goal line
- Coach calls a number and players from both teams come out to the middle and attempt to score in the opposite goal
- Players who are still in the chain must work together to stop the attacker scoring
- Game continues until a goal is scored or the ball leaves the grid
- Celebrate once you score

Progression:

- Two balls, one for each player (early active start stage)
- One ball 1v1
- One ball 2v2
- One ball 3v3

Coaching Points:

- Dribble - Small touches
- Dribble - Head up
- Shoot - Laces or instep
- Shoot - Eyes on the ball

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:** 1 **Functional:** N/A

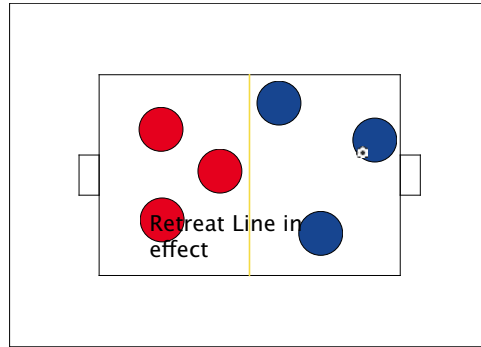
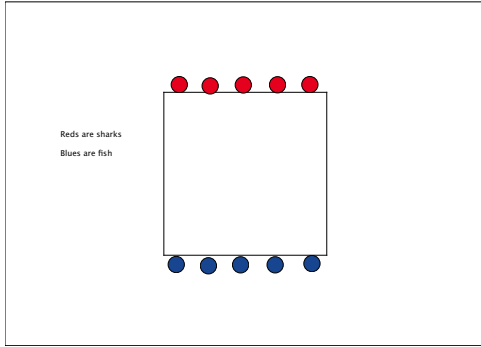
Physical: N/A **Set Pieces:** N/A **Tactical:** N/A

Technical: Ball Control **Psychological Practices:**

Duration: 0 **Repetition:** 1 **Functional:** N/A

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

Technical: Ball Control **Psychological Practices:**



SHARK ATTACK

- Setup:
- Grid size numbers and age/stage appropriate
 - Players on one side of the grid
 - Parents or partner on the opposite side

- Objective:
- On 'GO' fish will move forward to the sharks who cannot move
 - When the coach shouts 'Shark Attack' the sharks sprint and chase the fish to the beginning

- Progression:
- Walk
 - Run
 - Side Shuffle
 - Jump
 - Add a ball

- Coaching Point:
- Head up
 - Listening Skills
 - Dribbling - Small touches
 - Dribbling - Multiple Surfaces (laces, instep, outstep & sole)
 - Running with the ball - Big touches
 - Running with the ball - Laces

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

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: 1
Functional: N/A
Physical: N/A
Set Pieces: N/A
Tactical: N/A
Technical: N/A
Psychological Practices: