

## 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

**Duration:** 0  
**Repetition:** 1  
**Functional:** N/A  
**Physical:** N/A  
**Set Pieces:** N/A  
**Tactical:** N/A  
**Technical:** N/A  
**Psychological Practices:**

## MINI RELAY

- Setup:
- Poles/Cones
  - Small groups (age/stage 2/3 max to keep them active)

- Objective:
- Players go around the pole and back to the start
  - Due to age/stage allow a set time rather than based on a winner

- Progressions:
- Run
  - Skip
  - Jump
  - Side shuffle
  - Hop
  - Backwards
  - Add a ball

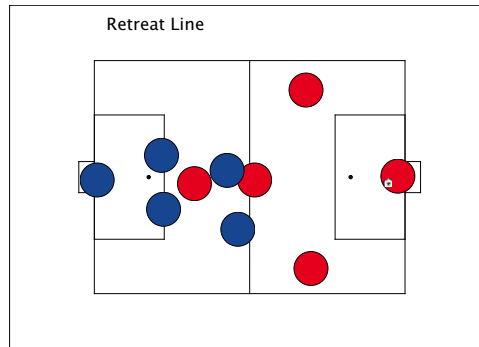
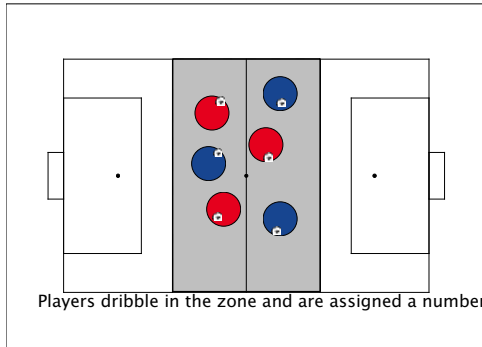
**Duration:** 0  
**Repetition:** 1  
**Functional:** N/A  
**Physical:** Agility  
**Set Pieces:** N/A  
**Tactical:** N/A  
**Technical:** N/A  
**Psychological Practices:**

## 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:** 0  
**Functional:** N/A  
**Physical:** N/A  
**Set Pieces:** N/A  
**Tactical:** N/A  
**Technical:** N/A  
**Psychological Practices:**



## NUMBER SHOOTING

- Setup:
- Two goals
  - Dribbling zone (size based on numbers)
  - Two teams shooting in different goals
  - Each player is given a number should mirror on the other team
  - One ball per player

- Objective:
- Players dribble around the zone avoiding each other.
  - When the coach shouts a number the player on each team accelerate towards their identified goal and shoot on goal.

- Progression:
- Add a goalkeeper
  - Keep score

- 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

- 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)

- Finishing Coaching Points:
- Scan the goal and goalkeeper (take a look)
  - Assess where the best or biggest area of the goal is
  - Decide method of contact i.e. instep, outside, laces, toe punt etc.
  - Disguise decision using body shape
  - Eyes on the ball

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

## S5G (5V5)

- Setup:
- 30x35
  - Pugg or 5x8
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  - U8 (FUNdamental) 5v5 with goalkeepers
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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:**