

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

ASTROIDS

Setup:

- Size of the grid is based on numbers. Approx. 20x10
- One ball per player

Objective:

- Players start at one end of the grid with either the coach or designated player starts on the width
- Players must dribble or run with the ball to the opposite end without losing control of their ball or being hit with the ball from those on the width
- Players on the width must pass the ball on the ground and hit either the dribbling players foot/ankle or ball
- If a player is hit they join those on the width passing the ball. Alternative is they can swap roles with whoever hit them

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

Running with the ball Coaching Points:

- Scan and assess the space available
- First touch with instep pushing out of feet
- Sprint with each touch using the laces
- Always reassess the weight of touch based on space available

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

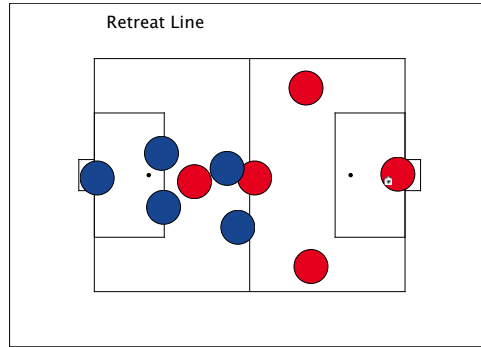
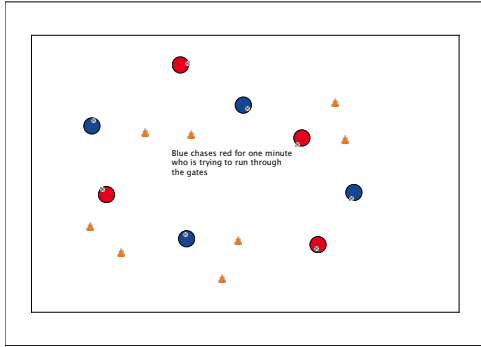
Physical: N/A **Set Pieces:** N/A **Tactical:** N/A

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:**



1V1 CHASE

Setup:
 - 30x25
 - 12 players

- Objective:
- Players have a ball each and work in pairs
 - One of the pair is designated the chaser
 - On a signal from the coach, the chaser dribbles their ball and tries to touch their partner without losing control of the ball
 - The player being chased can go through or around any of the goals
 - How many times can the chaser touch their partner in one minute?
 - Allow 30 seconds for recovery and rotate roles

Progression:
 - Use specific feet ensuring the weaker foot gets attention

- 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
 - Drop the shoulder/fake
 - Slow down & Accelerate

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

S5G (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:**