



# ALBERTA SOCCER ASSOCIATION

*The Governing Body of Soccer in Alberta*

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## Preferred Training Model Implementation Guide



This document presents a guide for the implementation of an eight-week, outdoor, community-based Preferred Training Model (PTM) program. The PTM focuses on age-appropriate station-rotation activities that align with the Long-Term Player Development (LTPD) plan. The following notes will support the implementation of this template.

Within the document, each Stage of Development presents a recommended balance of activities, number of players and coaches, plus the recommended duration times for each stage's events.

An example is presented below:

### INSTRUCTIONAL GUIDE

#### ACTIVE START:

Maximum of 8 players per station, working 3 rotations (24 players), with time to allow for late arrivals, laces to be tied, water breaks and transitions; this will account for between 10-14 minutes of activity per station. If a lead coach wishes to adjust these timing, this is acceptable as they are guidelines.

- Number of coaches required would also be based on many factors such as experience, qualification and/or level of training. It is recommended that when initially implementing the PTM, hosts utilize session and activities plans from the supporting activities guide book and Canada Soccer Toolkits. It is also recommended that communities offer a training program to ensure all the coaches possess an understanding of the logistical considerations for the operation of this event. Alberta Soccer would be willing to deliver comprehensive training for these events. With experienced coaches it is recommended that one coach should be available per station, two coaches for less experience. Coaches should remain at the station as the players rotate.
- The selection of activities are provided as templates to indicate how the program may be constructed, some lead coaches may elect to change the specified activities within an event to accommodate the number of players in attendance or changing weather conditions.



- It is advisable to have someone (a timer) to indicate when stations should rotate, and players should transition to the appropriate station. Also, allow time for refreshment breaks, especially during warm weather, a chaperone in case children require washrooms or get disorientated.

### **TEAM DEVELOPMENT**

The PTM advocates that players and coaches are mixed and matched each session, according to availability. Therefore, there is no requirement for team jerseys, specific colors, or referees. The purpose is to encourage greater integration and socialization between players and coaches.

#thisis**GRASSROOTS**





## OUTDOOR COACHING PROGRAM

### UNDER FIVE – ACTIVE START – 45 Minutes

- Focus is upon Physical Literacy: 1 on 1 coaching
- 3 Rotation Stations with players in groups of 8
- 4 Mini Festivals within the main event
- 4 lead coaches and 12 supporting coaches required for 100 children

WEEK 1	Station 1	Station 2	Station 3
Day 1	Pinnies Snatch	Shoot for Goal (1 on 1)	Skills Square Ball Taps
Day 2	2 v 2 game	Body Parts	Baked Beanz

WEEK 2	Station 1	Station 2	Station 3
Day 1	Physical Literacy Relays	Coconut Shy	2 v 2 game
Day 2	Skills Square Zig Zag	2 v 2 game	Shoot for Goal (1 on 1)

WEEK 3	Station 1	Station 2	Station 3
Day 1	Bunny hops Catch	Pinnie Snatch	2 v 2 game
Day 2	Bedroom Clean up	Bingo Bango	Shoot for Goal (1 on 1)

WEEK 4	Station 1	Station 2	Station 3
Day 1	Shooting Technique	2 v 2 soccer	Running Ball Relays
Day 2	Skills Square Turns	Dribble n shoot	2 v 2 game

WEEK 5	Station 1	Station 2	Station 3
Day 1	2 v 2 games	Three & In	Coconut shy
Day 2	Crazy Golf	Juggle One bounce	1 v 1 soccer

WEEK 6	Station 1	Station 2	Station 3
Day 1	2 v 2 game	High – Low hands	Shoot for Goal (1 on 1)
Day 2	Bunny Hop n somersault	British Bulldog	2 v 2 games

WEEK 7	Station 1	Station 2	Station 3
Day 1	Troll	Ball Tag	2 v 2 games
Day 2	Physical Literacy Relays	2 v 2 game	Coconut Shy



WEEK 8	Station 1	Station 2	Station 3
Day 1	Baked Beanz	Chain British Bulldog	1 v 1 soccer
Day 2 (Parent session)	Pinnie Snatch	Turn n burn	Numbers game

**UNDER SEVEN – FUNDamentals 60 Minutes**

- Focus is upon Ball Mastery: 3 v 3 games
- 4 Rotations Stations with players in groups of 12
- 2 Mini Festivals within the main event
- 2 Lead coaches and 8 supporting coaches required for 100 children

WEEK 1	Station 1	Station 2	Station 3	Station 4
Day 1	Pinnies Snatch	3 v 3 game	Skills Square Ball Taps	Dribble n Shoot
Day 2	Dishes & Domes	Body Parts	Baked Beanz	3 v 3 game

WEEK 2	Station 1	Station 2	Station 3	Station 4
Day 1	Physical Literacy Relays	Coconut Shy	Freeze Tag	3 v 3 game
Day 2	Skills Square Zig Zag	Shoot on Sight	Traffic Lights Turns	3 v 3 game

WEEK 3	Station 1	Station 2	Station 3	Station 4
Day 1	Bunny hops Catch	Juggling One bounce one touch	3 v 3 game	Tramlines
Day 2	Four Houses	Numbers Game	Indy 500	3 v 3 game

WEEK 4	Station 1	Station 2	Station 3	Station 4
Day 1	Shooting Technique	3 v 3 game	Running Ball Relays	Sit down Circle bicycle
Day 2	Skills Square Turns	Dribble n shoot	3 v 3 game	Numbers game

WEEK 5	Station 1	Station 2	Station 3	Station 4
Day 1	3 v 3 game	Soccer flick-ups	Coconut shy	Baked Beanz
Day 2	Off to the Races	Juggle One bounce	2 v 2 soccer	Circle drills Keep the ball within

WEEK 6	Station 1	Station 2	Station 3	Station 4
Day 1	Skills Square Player of the Ring	High – Low hands	3 v 3 game	Off to the races
Day 2	Tramlines	British Bulldog	Indy 500	3 v 3 game



WEEK 7	Station 1	Station 2	Station 3	Station 4
Day 1	Turn n Burn	Ball Tag	3 v 3 game	Off to the races
Day 2	Physical Literacy Relays	3 v 3 game	Coconut Shy	2 V 1 Challenge

WEEK 8	Station 1	Station 2	Station 3	Station 4
Day 1	Baked Beanz	Chain British Bulldog	3 v 3 game	Goalie Goalie
Day 2 (Parent Session)	Pinnie Snatch	Dribble n Shoot	Parent Game	Wild West Shoot-out

### UNDER NINE – FUNDamentals 60 Minutes

- Focus is upon Ball Mastery: 4 v 4 games
- 4 Rotations Stations with players in groups of 16 – 2 Coaches per station
- 2 Mini Festivals within the main event
- 2 Lead coaches and 16 supporting coaches required for 128 children

WEEK 1	Station 1	Station 2	Station 3	Station 4
Day 1	Pinnies Snatch	4 v 4 games	Skills Square Ball Taps	Dribble n Shoot
Day 2	Dishes & Domes	Juggling	Baked Beanz	4 v 4 games

WEEK 2	Station 1	Station 2	Station 3	Station 4
Day 1	Physical Literacy Relays	Coconut Shy	Freeze Tag	4 v 4 games
Day 2	Skills Square Zig Zag	Shoot on Sight	Juggling	4 v 4 games

WEEK 3	Station 1	Station 2	Station 3	Station 4
Day 1	Bunny Hop-Rainbow	Soccer Tennis	4 v 4 games	Tramlines
Day 2	Four Houses	Use you Head	4 v 4 games	Turn n Burn

WEEK 4	Station 1	Station 2	Station 3	Station 4
Day 1	Shooting Technique	4 v 4 games	Running Ball Relays	World Cup Knock Out
Day 2	Skills Square Turns	4 v 4 games	Shoot on Sight	Numbers game

WEEK 5	Station 1	Station 2	Station 3	Station 4
Day 1	4 v 4 games	Soccer flick-ups	Twist n Shoot	Baked Beanz
Day 2	Off to the Races	Goalie Goalie	2 v 2 soccer	World Cup Volley's





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WEEK 6	Station 1	Station 2	Station 3	Station 4
Day 1	Knock Down Pillars	High – Low hands	4 v 4 games	Off to the races
Day 2	Tramlines	British Bulldog	10 and one	3 v 3 game

WEEK 7	Station 1	Station 2	Station 3	Station 4
Day 1	Turn n Burn	Rondo Fun	4 v 4 games	Off to the races
Day 2	Breakout	4 v 4 games	Passing Square	2 V 1 Challenge

WEEK 8	Station 1	Station 2	Station 3	Station 4
Day 1	Baked Beanz	Chain British Bulldog	4 v 4 games	Goalie Goalie
Day 2 (Parent Session)	Pinnie Snatch	Dribble n Shoot	Parent Game	Wild West Shoot-out

**UNDER ELEVEN – LEARNING TO TRAIN 90 Minutes**

- Focus is upon Ball Mastery: 5 v 5 games
- 4 Rotations Stations with players in groups of 10 – 1 Coach
- 2 Mini Festivals within the Main Event
- 3 Lead coaches and 12 supporting coaches required for 120 children

WEEK 1	Station 1	Station 2	Station 3	Station 4
Day 1	Ball Juggling	5 v 5 games	Skills Square Ball Taps	Shoot on Sight
Day 2	Bingo Bango	Triangle Play	Baked Beanz	5 v 5 games

WEEK 2	Station 1	Station 2	Station 3	Station 4
Day 1	Three Lines Passing	Soccer Tennis	Passing Square	5 v 5 games
Day 2	3 v 3 Games	Shoot on Sight	Rondo Fun	Goalie n Attacker

WEEK 3	Station 1	Station 2	Station 3	Station 4
Day 1	Rainbow hops	Soccer Tennis	5 v 5 games	Tramlines
Day 2	Four Houses	3 v 3 Games	Give n Go Square	Turn n Burn

WEEK 4	Station 1	Station 2	Station 3	Station 4
Day 1	Shooting Technique	5 v 5 games	Skills Challenge - Turns	Passing Through
Day 2	Twist n Shoot	Give n Go Square	Use your Head	5 v 5 games

WEEK 5	Station 1	Station 2	Station 3	Station 4
Day 1	5 v 5 games	Juggling	Ten and one	Baked Beanz
Day 2	Off to the Races	Soccer Tennis	2 v 2 soccer	World Cup Headers



WEEK 6	Station 1	Station 2	Station 3	Station 4
Day 1	Skills Square Player of the Ring	High – Low hands	5 v 5 games	Off to the races
Day 2	Tramlines	Ten and One	Crossfire	5 v 5 game

WEEK 7	Station 1	Station 2	Station 3	Station 4
Day 1	Turn n Burn	Ball Tag	5 v 5 Game	Keep Away - Splits
Day 2	Soccer Tennis	5 v 5 games	Pass to the Target	2 V 1 Challenge

WEEK 8	Station 1	Station 2	Station 3	Station 4
Day 1	Pressure Cooker	Chain British Bulldog	5 v 5 games	Goalie Goalie
Day 2 (Parent Session)	Hunger Games	Dribble n Shoot	Parent Game	Wild West Shoot-out

**UNDER THIRTEEN – LEARNING TO TRAIN 90 Minutes**

- Focus is upon Ball Mastery: 6 v 6 games
- 4 Rotations Stations with players in groups of 12 – 1 Coach
- 2 Mini Festivals within the main event
- 2 Lead coaches and 8 supporting coaches required for 96 children

WEEK 1	Station 1	Station 2	Station 3	Station 4
Day 1	Ball Juggling	6 v 6 games	Skills Square	Shoot on Sight
Day 2	Bingo Bango - Advanced	Triangle Play	Baked Beanz	6 v 6 games

WEEK 2	Station 1	Station 2	Station 3	Station 4
Day 1	Three Lines Passing	Soccer Tennis	Passing Square	3 v 3 games
Day 2	Skills Square	6 v 6 games	Rondo Fun	Goalie n Attacker

WEEK 3	Station 1	Station 2	Station 3	Station 4
Day 1	Rainbow hops	Soccer Tennis	6 v 6 games	Tramlines
Day 2	Four Houses	6 v 6 games	Give n Go Square	Turn n Burn

WEEK 4	Station 1	Station 2	Station 3	Station 4
Day 1	Shoot on Sight	6 v 6 games	Use your Head	Passing Through
Day 2	World Cup Headers	Passing Square	Rapid Fire	6 v 6 games

WEEK 5	Station 1	Station 2	Station 3	Station 4
Day 1	6 v 6 games	Juggling	Bench Ball	Transition Patterns
Day 2	Three Team Transition	Soccer Tennis	King Louis	6 v 6 games



WEEK 6	Station 1	Station 2	Station 3	Station 4
Day 1	Rondo Fun	High – Low hands	6 v 6 games	Transition Patterns
Day 2	Give and Go Square	Ten and One	Crossfire	6 v 6 game

WEEK 7	Station 1	Station 2	Station 3	Station 4
Day 1	Give and Go Square teams	3 v 3 games	Game: One Narrow two wide	Soccer Tennis
Day 2	Soccer Tennis	6 v 6 games	Pass to the Target	2 V 1 Challenge

WEEK 8	Station 1	Station 2	Station 3	Station 4
Day 1	3 v 3 Tournament	3 v 3 Tournament	3 v 3 Tournament	3 v 3 Tournament
Day 2 (Parent Session)	Hunger Games	Hunger Games	Big Game	Big Game

#### UNDER FIFTEEN – SOCCER FOR LIFE 90 Minutes

- Focus is upon GAME PLAY
- 3 Rotations Stations with players in groups of 12 – 1 Coach
- 1 Festival
- 1 Lead coaches and 3 supporting coaches required for 36 children

WEEK 1	Station 1	Station 2	Station 3
Day 1	Ball Juggling	6 v 6 games	Skills Square
Day 2	Soccer Tennis	6 v 6 games	Transition Game

WEEK 2	Station 1	Station 2	Station 3
Day 1	4 v 4 Tournament	4 v 4 Tournament	4 v 4 Tournament
Day 2	Soccer Tennis	Shoot on Sight	Target pass n shoot

WEEK 3	Station 1	Station 2	Station 3
Day 1	Skills Square	Soccer Tennis	6 v 6 games: Cross the midline
Day 2	Big Games 8 v 8	Big Games 8 v 8	Big Games 8 v 8

[Click here for additional supporting Grassroots Resources](#)

For direct technical support from the Alberta Soccer Grassroots team, please contact:  
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*“Not every grassroots player becomes a high-performance player,  
But every high-performance player started in grassroots.”*

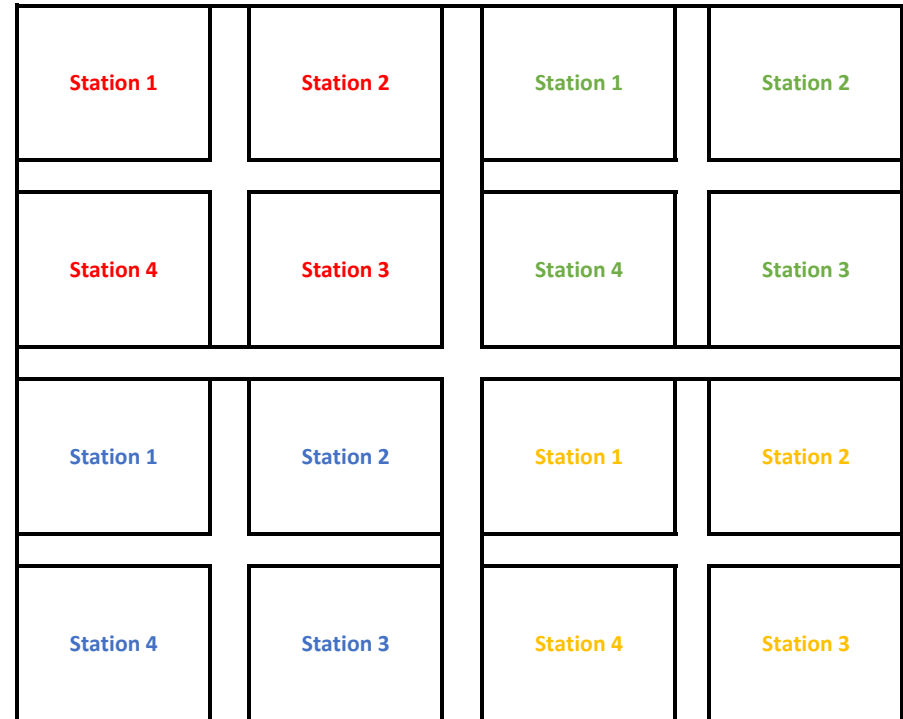


## STATION LAYOUT FOR MINI-FESTIVALS WITHIN A MAIN EVENT

Active Start Festivals



Fundamentals / Learn to Train / Soccer for life Festival Layout



The stations do not need to be placed within a squared zone, this diagram is just to illustrate how the mini festivals may be laid out within the Main event. The true layout may be represented in any shape or format, but the stations, make up a Mini Festival and Mini Festivals the main event.