

As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.

The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.

Zone Soccer



Use this practice for short and long passing, principles of play, improving vision, reading the game, composed purposeful play, defending techniques, concentration, accelerating into space, and controlling the speed of the game.

Divide players into 2 teams of 3 to 6 and play in an area 40 m x 20 m to 60 m x 40 m, plus 2 10 m end zones.

- Each team tries to score a goal by passing the ball into the opposing end zone so that a team-mate may collect the ball before it rolls out of the end zone.
- Defending players are not allowed inside their own end zone. This is punished by a free kick to the attacking team.
- Players should be encouraged to build the play in a composed manner until the opportunity to make the scoring pass and run presents itself.
- Defending players must work to gain possession and track attackers making runs into space.

Progressions can be added by allowing the scoring pass to be played along the ground only or through the air only. Additionally, upon scoring the attacking team should be allowed to keep the ball and immediately change direction and try to score in the opposite end zone.

The coach should encourage the attacking players to spread out - wide and long; open out and see more of the field; get the ball out of your feet; and keep the ball moving (don't stop it dead).

