



CANADA SOCCER

FUNDAMENTALS



LEGEND



INDIVIDUAL PLAYER SUPPORT STRATEGIES



ON FIELD STRATEGY

01. INDIVIDUAL CONSTRAINTS

Use rewards/restrictions to influence individual behaviors.

02. PLAYER PAIRS TO INCREASE OPPORTUNITY AND CHALLENGE

Pair players intentionally to increase repetition. E.g., small with small, fast with fast, etc...

03. ISOLATED ME AND BALL PRACTICE

Increased repetition of an action allowing the coach to work more forensically.

04. QUESTION PLAYERS ON GOALS DURING SESSIONS

Use questions to gain attention & set challenges "when would you...?"

05. INDIVIDUAL ANALYSIS

Ask the player to evaluate performance and things they seek to improve on.

06. PEER-TO-PEER ROLE MODELING

Use older or more experienced players to demonstrate key behaviors.

07. TARGETED CHALLENGE

Use targeted challenges that act as a guide for learning "Try to score within 6 secs"

08. REPETITION WITHOUT REPETITION

Rehearse behaviors repeatedly with varied angles, timing and distances.

09. VERBAL CUES

Coach and players verbalize intended behaviors (eg, "Can you show me how to...")

10. RELATIONSHIP WORK

Ask players in pairs to discuss questions based on session skill sets.

11. ZONES

Mark areas on pitch where players must perform behaviors to increase intentionality.



PHYSICAL LITERACY GAMES



SKILL GAMES



SMALL SIDED GAMES

