

Canadian Soccer Association
B License Pre-Test
Practical Coaching Topics

1. Conduct a technical warm-up on a theme of your choice.
2. Introduce players to attacking heading techniques.
3. Develop basic instep shooting techniques in unopposed situations.
4. Introduce players to two specific dribbling/feinting techniques.
5. Technique practice on receiving a ball played along the ground.
6. Develop a practice using basic interpassing techniques in small games.
7. Develop basic wall-passing situations.
8. Develop basic overlapping situations.
9. Technique practice on receiving the ball using the chest.
10. Coach shooting in small sided games (2v2, 3v3, 4v4).
11. Technique practice on receiving a ball out of the air using the feet.
12. Coach basic 1v1 defending principles.
13. Use game-like situations to teach combination plays (wall passing, cross-overs, etc).
14. Coach players to create space using small sided games (4v4).
15. Coach basic 1v1 attacking principles.
16. In a 3v3 game coach basic defending principles.
17. Coach interpassing using uneven-sided games (i.e., 2v2+1).
18. In a 3v3 game coach basic attacking principles.
19. Teach players to avoid pressure in small sided game
20. In a 4v4 game teach the use of width