

Field Zones Handout

Parents: Please help your soccer player learn the zones of the field. I will be using this terminology throughout the season. I have explained the concept to the players in practice today but will need you to help me reinforce and strengthen the players understanding of these basic concepts.

On the soccer field, we often talk about different zones of play. Picture the field as being divided into three zones lengthwise. Once your player learns the zones, it will be easier to remember where she is supposed to be on the field depending on what position she is playing.

Attacking Third: Closest to opponent's goal. This is where the forwards and often midfielders are playing. We want to keep the ball in the attacking third of the field as much as possible. Fullbacks are never supposed to be in this zone (at least at this level).

Middle Third: Middle third of the field includes the halfway line and the center circle. Midfielders are the primary players in this area although forwards may also "push up" to help win balls or provide defensive help. Usually whichever team can control the ball in this section of the field can set up lots of chances for getting the ball into the attacking third.

Defensive Third: This is the section closest to our own goal. This is where the fullbacks will primarily play. Sometimes the midfielders will help defensively. Forwards should not be in this area because if the ball is taken away from the other team, there will not be anyone back to get the ball and break away for a goal in the other direction before the opposing team recovers.