



# BOULDER VALLEY YOUTH SOCCER

## Overview:

The emphasis is placed on technical skills (making the player more confident and comfortable on the ball) and tactical concepts (decisions and awareness). All sessions will be based on Play-Practice-Play methodology.

## Curriculum:

- U11-U18 - Training groups of 9-13; main focus on individual ball mastery.

Cycle 1	Topic 1	Topic 2
Week of March 12 <sup>th</sup>	Playing out of the back	Defending (Pressure/Cover)
Week of March 19 <sup>th</sup>	Possession (Def 3rd to Mid 3rd)	Moves to beat a defender
Week of March 26 <sup>th</sup>	Playing out of the back	Defending (Unit)
Week of April 2 <sup>nd</sup>	Turning with the ball	Finishing

Cycle 2	Topic 1	Topic 2
Week of April 9 <sup>th</sup>	Possession (Attacking 3rd)	Defending (Unit)
Week of April 16 <sup>th</sup>	Possession (Mid 3rd to Attacking 3rd)	Defending (Pressing the ball)
Week of April 23 <sup>rd</sup>	Playing out of the back	Switching point of attack
Week of April 30 <sup>th</sup>	Finishing	Possession (Attacking 3rd)
Week of May 7 <sup>th</sup>	Possession (Mid 3rd)	Defending (Defending 3rd)

**Lesson Plan Format Guide:**

<b>Time</b>	<b>Activity</b>	<b>Emphasis</b>
5 minutes	Group Activity (i.e. Juggling)	
15 minutes	Play (Conditioned)	Confidence to utilize moves and make decisions in game environment
10 minutes	Practice Part I	Confidence to utilize moves under pressure (Time/Space)
10 minutes	Practice Part II	Confidence to utilize moves under pressure (opponent)
15 minutes	Play	Confidence to utilize moves and make decisions in game environment
5 minutes	Skills Challenge	

**Training Session Tips**

- Maximize touches on the ball (avoid laps, lines, lectures).
- Progress and build through each practice.
- Review and evaluate practice sessions.
- Consider using cones or a coach board to illustrate pregame and halftime instructions.
- Avoid lengthy post game talks (win or lose).