



# 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:

- U5- Training groups of 4-8; main focus on individual ball mastery.

Cycle 1	Topic 1	Topic 2
Week of March 12 <sup>th</sup>	Ball Mastery	Moves to beat a defender
Week of March 19 <sup>th</sup>	Defending (Pressure)	Moves to beat a defender
Week of March 26 <sup>th</sup>	Ball Mastery	Change of Direction
Week of April 2 <sup>nd</sup>	Turning with the ball	Defending (Pressure with footwork)

Cycle 2	Topic 1	Topic 2
Week of April 9 <sup>th</sup>	Protecting/Shielding the Ball	Defending (Pressure)
Week of April 16 <sup>th</sup>	Turning with the ball	Moves to beat a defender
Week of April 23 <sup>rd</sup>	Ball Mastery	Change of Direction
Week of April 30 <sup>th</sup>	Turning with the ball	Defending (Pressure with footwork)
Week of May 7 <sup>th</sup>	Ball Mastery	Change of Direction

**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**

- Fun is pivotal - if it's not fun, the children will not want to play.
- Maximize touches on the ball. (no laps, lines, lectures).
- Ball mastery and creativity before tactics.
- Make it age appropriate.
- Guided Discovery.
- Review and evaluate.
- Above all, try to enjoy yourself. If you do they probably will too.