



# 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:

- U6-U7 Training groups of 8-10; main focus on individual ball mastery and individual tactical cues.

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

Cycle 2	Topic 1	Topic 2
Week of April 9 <sup>th</sup>	Ball Mastery	Defending (Angle Approach)
Week of April 16 <sup>th</sup>	Moves to beat defender	Change of Direction
Week of April 23 <sup>rd</sup>	Turning with the Ball	Finishing
Week of April 30 <sup>th</sup>	Passing/Receiving	Ball Mastery
Week of May 7 <sup>th</sup>	Change of Direction	Turning with the ball

**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
- Have realistic expectations.
- Maximize touches on the ball (avoid laps, lines, lectures).
- Ball mastery and creativity before tactics.
- Education with fun (all activities should have coaching points).
- Ask lots of questions and encourage the kids to figure out solutions within the game (Guided Discovery).
- Progress and build through each practice.
- Use cones or a coach board to illustrate pre-game and half-me instructions.
- Avoid lengthy post game talks (win or lose).