



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:

- U8-U9 - Training groups of 6-10; main focus on individual ball mastery.

Session I	Topic 1	Topic 2
Week of March 12 th	Ball Mastery	Defending (Pressure)
Week of March 19 th	Passing/Receiving	Moves to beat a defender
Week of March 26 th	Defending (angle approach)	Change of Direction
Week of April 2 nd	Turning with the ball	Ball Mastery

Session II	Topic 1	Topic 2
Week of April 9 th	Ball Mastery	Defending (forcing direction)
Week of April 16 th	Passing/Receiving	Moves to beat a defender
Week of April 23 rd	Finishing	Change of Direction
Week of April 30 th	Turning with the ball	Defending (Pressure/Cover)
Week of May 7 th	Ball Mastery	Finishing

Lesson Plan Format Guide:

Time	Activity	Emphasis
5 minutes	Group Activity (i.e. Juggling)	
15 minutes	Whole (Conditioned)	Confidence to utilize moves and make decisions in game environment
10 minutes	Part I	Confidence to utilize moves under pressure (Time/Space)
10 minutes	Part II	Confidence to utilize moves under pressure (opponent)
15 minutes	Game	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.