



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.

Week	Topic 1	Topic 2
Week 1	Ball Mastery (Both Feet)	Defending (Pressure)
Week 2	Passing	Moves to beat a defender
Week 3	Combination Passing	Possession Def 3rd
Week 4	Possession Mid 3rd	Defending (Pressure with footwork)
Week 5	Ball Mastery (Both Feet)	Defending (Pressure)
Week 6	Defending (Pressure/Cover)	Moves to beat a defender
Week 7	Possession Attacking 3rd	Creating Goal Scoring Opps
Week 8	Possession Def 3rd	Defending (Group Defending)
Week 9	Creating Goal Scoring Opps	Possession Attacking 3rd

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 pre-game and half-time instructions.
- Avoid lengthy post game talks (win or lose).

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	