



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). These topics should be utilized throughout your weekly training session.

Curriculum:

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

Week	Topic
Week 1	Ball Mastery (Right Foot)
Week 2	Moves to beat defenders
Week 3	Ball Mastery (Left Foot)
Week 4	Turning with the ball
Week 5	Finishing (Inside of foot)
Week 6	Ball Mastery (Head Up)
Week 7	Defending (Pressure)
Week 9	Finishing

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.

