



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 for 4v4.

Curriculum:

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

Week	Topic
Week 1	Ball Mastery (1v1 attacking)
Week 2	Defending (Pressure)
Week 3	Ball Mastery (1v1 and 2v1)
Week 4	Ball Mastery (2v2 and 3v3)
Week 5	Passing
Week 6	Finishing
Week 7	Defending (Pressure)
Week 8	Finishing

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).