



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

Week	Topic
Week 1	Ball Mastery (Both Feet)
Week 2	Defending (Pressure/Footwork)
Week 3	Ball Mastery (Attacking Moves)
Week 4	Turning with the ball
Week 5	Defending (Pressure)
Week 6	Finishing
Week 7	Passing
Week 8	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.
- Above all, try to enjoy yourself. If you do they probably will too.

