

BURLINGTON YOUTH SOCCER ASSOCIATION



U6 PLAYER AND COACH DEVELOPMENT CURRICULUM

Coaches,

Thank you for volunteering your time with Burlington Youth Soccer Association. You are the bridge between players and the beautiful game. Throughout the season we will develop not only players but the coaches as well.

In this curriculum you can find tips on interaction, management, and training drills crucial to the progression of your players. The curriculum focuses on the basics – passing, dribbling, and shooting. Building strong foundations at a young age will allow players to move into the mental side of the game and raise their in-game IQ at an earlier age. We want to have well rounded players, and together we can do it.

Remember, development is more important than winning! We want our players to have fun when they step on the field. Best of luck with what will be a rewarding season. Please reach out to board members or Challenger staff for questions or assistance with implementing this program.

BYSA

Session Layout

- 1 hour session
 - 10 minutes – Coaches demonstration/Player warm up
 - 25 minutes – Drills
 - 25 minutes – Scrimmage
 - 4v4 (no goalie)
 - 2-2 formation ideally
 - Kick off, kick ins, goal kicks
 - Don't toss a new ball into play
 - Hold players accountable for dribbling out of bounds

Coach Interaction:

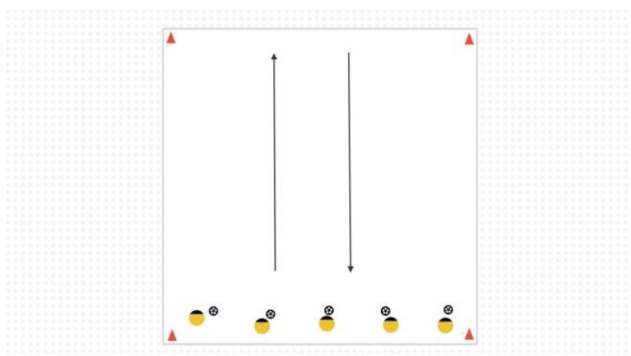
- Kids are KIDS – be patient/positive
- Everyone is learning and mistakes are OK
- Effort isn't synonymous with skill
- Recognize individual AND team pros/cons
- Have players sit out and watch if they do not want to behave/participate
- Sportsmanship/teamwork – win together, lose together – no individual's fault

Team Management:

- Practice
 - Players should take their time in order to do things correctly
 - Keep drill explanations clear and concise
 - Have the players pick up cones before water breaks, and set up the next drill during
 - Explain things without distractions (cones/balls) whenever possible
 - Get through the drill and move on to the next
 - It is important to encourage the players to train both feet
- Game
 - Development is more important than the final score
 - Have a plan for substitutions, there should be equal playing time
 - Players should experience all positions on the field
 - Encourage the players that are out to watch and help the team by communicating from the sidelines
 - Review after the game: 3 good things and 1 thing to work on
- General
 - Stay organized. You're the example (drills, equipment, timeline)
 - Kneel or crouch to address team/individual and try to stay upbeat
 - Use any extra time between drills and game to review

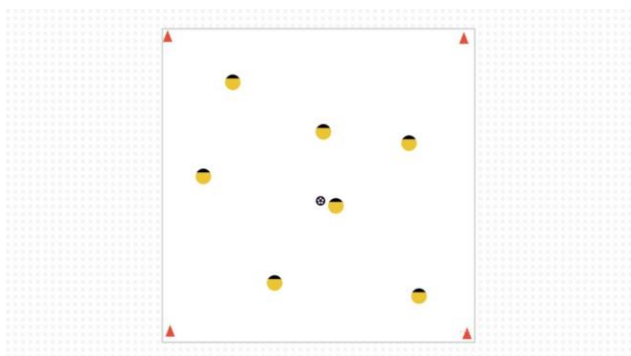
Week 1

Drills should only be 8-10 minutes long. Drink breaks in between each drill.



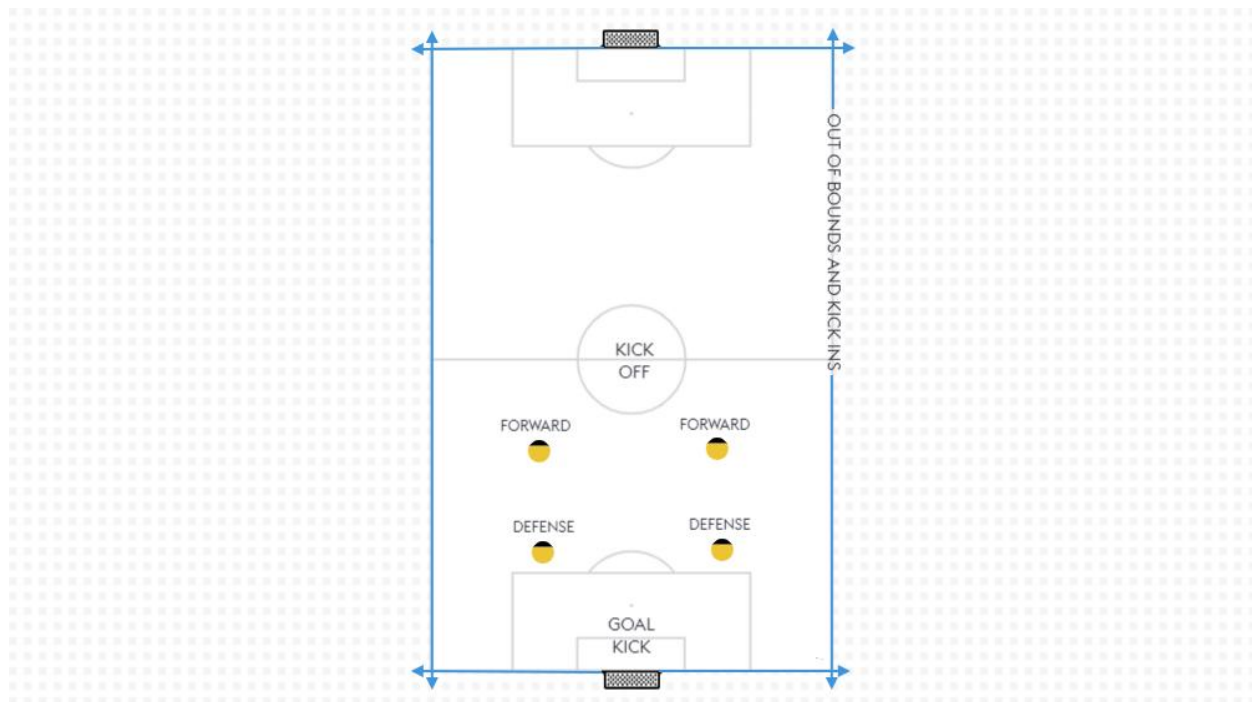
Red Light/Green Light – Players will dribble to the other side of the square and back while listening for different colors. Do the first round without balls so the players understand the rules.

- **Red** = Stop.
- **Yellow** = Slow, little kicks.
- **Green** = Quick, little kicks.
- Train both R & L foot.



Passing – Everyone spread out. Pass around 1 ball, working on technique for passing and receiving.

- Standing foot steps on the side of the ball, and kicking foot swings through using the inside of the foot.
- Inside of foot out in front of you gently to stop the ball.
- Do not try to step on top of the ball.
- Train both R & L foot.

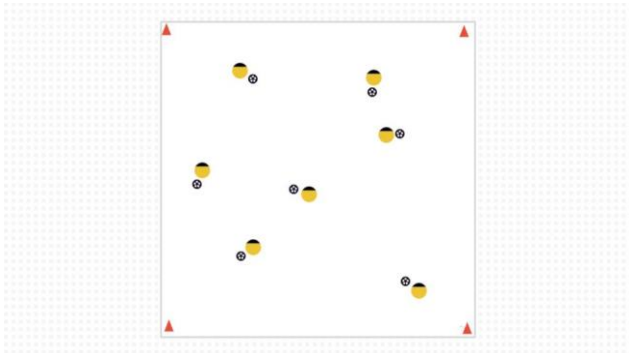


Field Orientation – Show the players around the field. Explain all of the terms below

- **Goals** – Which goal is yours and which goal is the other team's
- **Kick off** – Where the ball goes to start the game, and restart after every goal scored
- **Out of bounds** – The cones around the field
- **Kick in** – How we start the game after the ball goes past the sidelines
- **Goal kick** – How we start the game after the ball goes past the goal lines
- **Positions** – Offense tries to score on the other team and defense tries to protect your goal

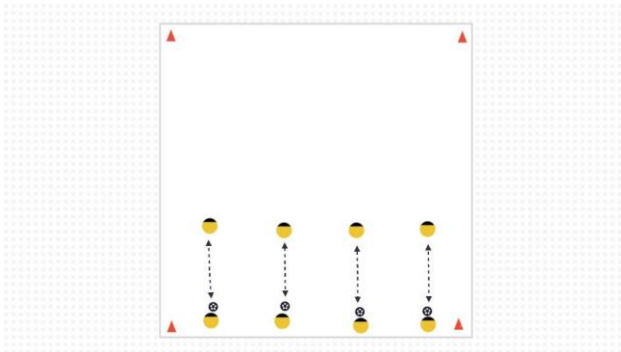
Week 2

Drills should only be 8-10 minutes long. Drink breaks in between each drill.



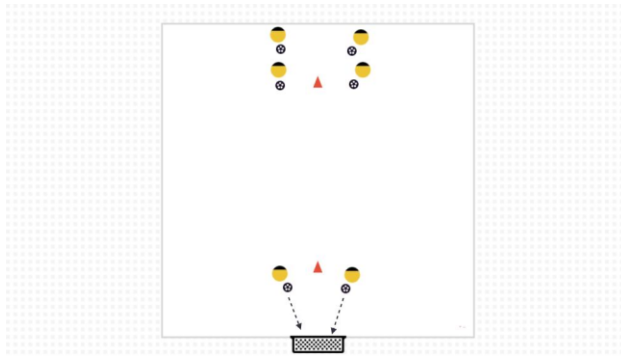
Ball Mastery – Players will dribble around the square while listening for different commands. (Show how to do each move so the players understand.) Train both L & R foot.

- **Stop** = Stop your ball with foot on top.
- **Toe taps** = Put the bottom of one foot on top of the ball, and back down. Now the other foot. Keep switching.
- **Sole rolls** = Put foot on top of the ball and roll it forward. Now the other foot. Keep switching.
- **Pull back** = Put foot on top of the ball and roll it back behind you and then turn around.
- **Side rolls** = Stand on the side of the ball, put foot on top of ball and roll it sideways.
- **Tick tocks** = Stand over the ball and push it side to side with the inside of your feet.



Passing – Passing and receiving with a partner 5 yards apart.

- Standing foot steps on the side of the ball, and kicking foot swings through using the inside of the foot.
- Inside of foot out in front of you gently to stop the ball.
- Do not try to step on top of the ball.
- Train both R & L foot.

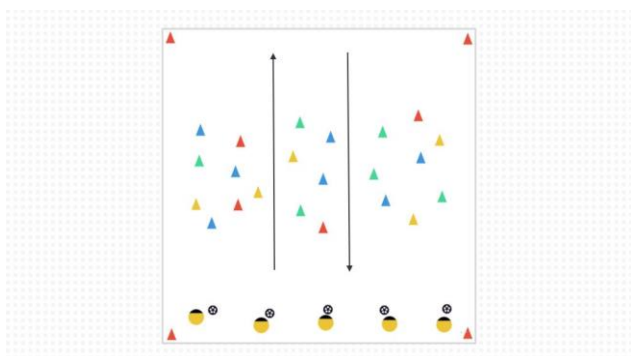


Shooting – Stationary shooting. Use 2 lines and have players shoot one at a time so they can be watched for proper technique.

- Standing foot steps on the side of the ball and the shooting foot swings through.
- Kick with top of foot/laces.
- Follow through after kicking the ball.
- Train both R & L foot.

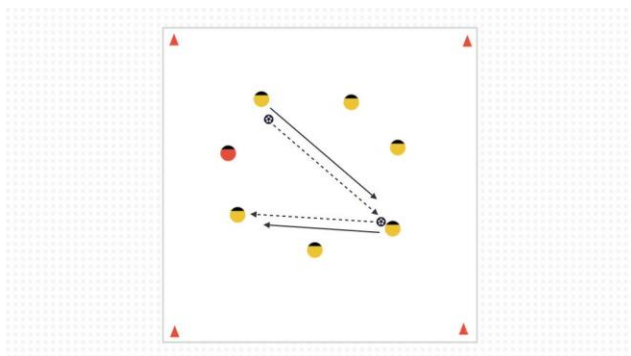
Week 3

Drills should only be 8-10 minutes long. Drink breaks in between each drill.



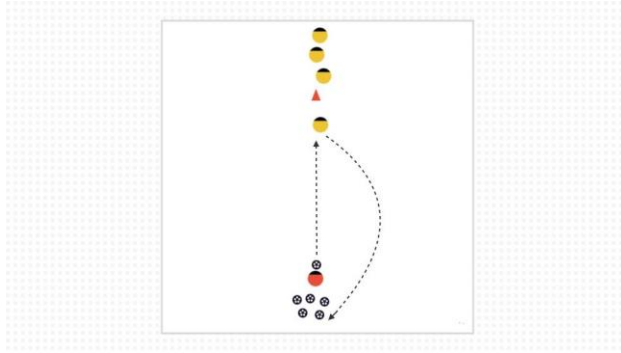
Ball Mastery – Players will dribble to the other side of the square and back while using different techniques and avoiding the cones.

- Slow little kicks.
- **Sole rolls** = Put foot on top of the ball and roll it forward.
- **Side rolls** = Stand on the side of the ball, put foot on top of ball and roll it sideways.
- Train both R & L foot.



Passing – Everyone in a circle. Pass around 1 ball, working on technique for passing and receiving. Follow your pass to stand in a new spot.

- Standing foot steps on the side of the ball, and kicking foot swings through using the inside of the foot.
- Inside of foot out in front of you gently to stop the ball.
- Do not try to step on top of the ball.
- Train both R & L foot.

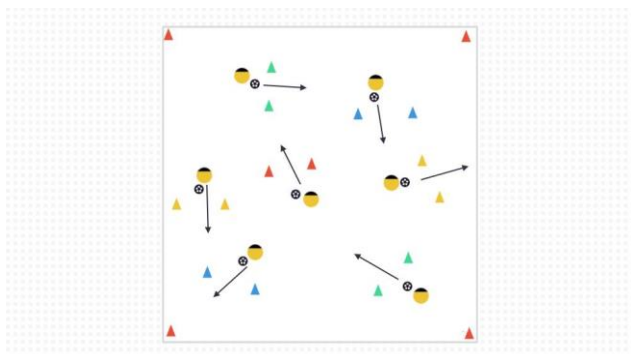


Ball Control – Coach will pass the ball on the ground or in the air. Players will control the ball, dribble it back to the pile, and then return to the back of the line.

- Inside of foot out in front of you gently to stop the ball.
- Back up if the ball is bouncing too high.
- Move forward if the ball is bouncing low.
- Train both R & L foot.

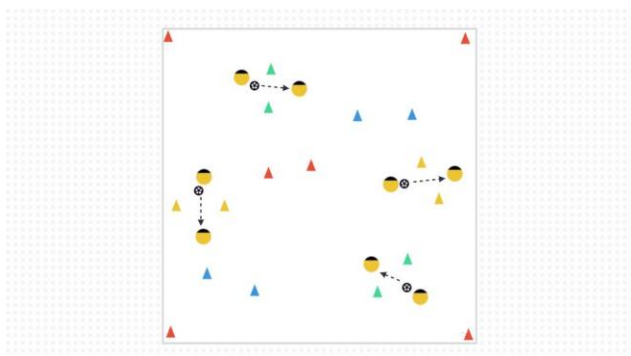
Week 4

Drills should only be 8-10 minutes long. Drink breaks in between each drill.



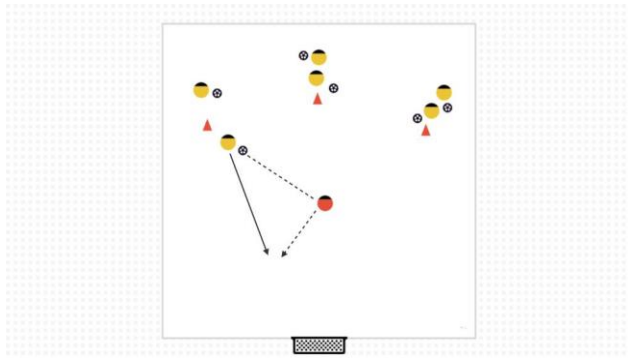
Ball Mastery – Players will dribble around the square trying to go through different cone gates.

- Quick little kicks.
- Slow little kicks.
- Train both R & L foot.



Passing – Players will stand opposite of their partner at a cone gate. They pass the ball to their partner and then dribble to the next gate and repeat. Working on passing and receiving.

- Standing foot steps on the side of the ball, and kicking foot swings through using the inside of the foot
- Inside of foot out in front of you gently to stop the ball.
- Do not try to step on top of the ball.
- Train both R & L foot.

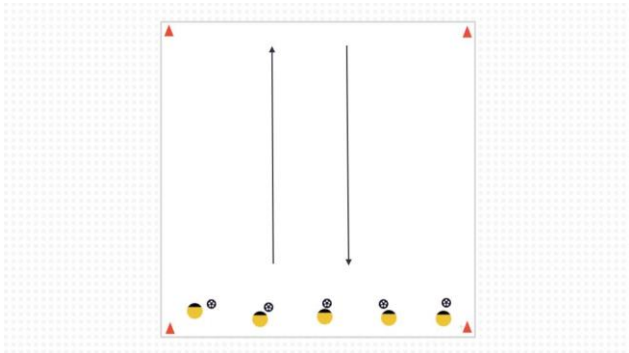


Give and go – Shooting while moving. Players will pass to coach and run to receive it back before shooting on goal. 3 stations: left, middle, and right.

- Standing foot steps on the side of the ball, and kicking foot swings through using the inside of the foot.
- Inside of foot out in front of you gently to stop the ball.
- Shoot with inside of foot or top of foot/laces.
- Train both R & L foot.

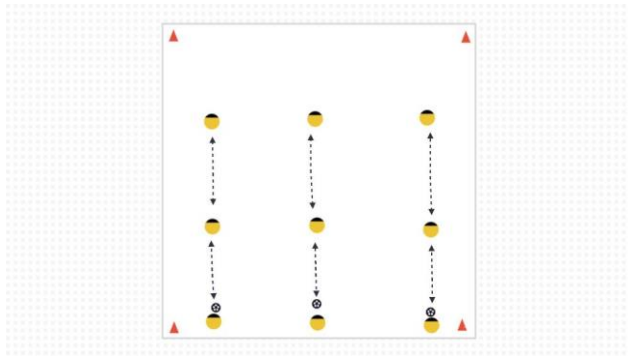
Week 5

Drills should only be 8-10 minutes long. Drink breaks in between each drill.



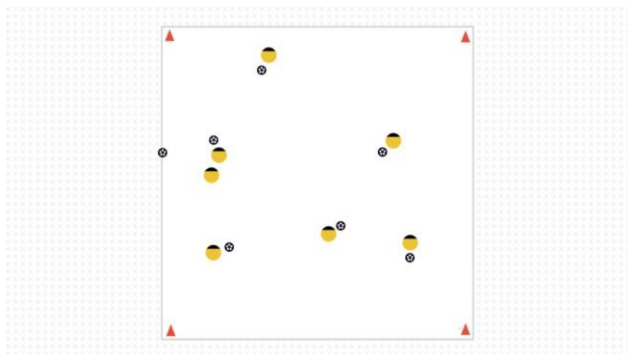
Ball Mastery – Players will dribble across the square and back using different techniques. (Show how to do each move so the players understand.) Train both R & L foot.

- **Stop** = Stop your ball with foot on top.
- **Toe taps** = Put the bottom of one foot on top of the ball, and back down. Now the other foot. Keep switching.
- **Sole rolls** = Put foot on top of the ball and roll it forward. Now the other foot. Keep switching.
- **Pull back** = Put foot on top of the ball and roll it back behind you and then turn around.
- **Side rolls** = Stand on the side of the ball, put foot on top of ball and roll it sideways.
- **Tick tocks** = Stand over the ball and push it side to side with the inside of your feet.
- **Inside/outside** = Touch the ball with the inside of your foot, and then the outside. Repeat.



Passing – Working on technique for passing and receiving. Outside player will pass to the middle player, who will receive it, turn, and pass to the other outside player. Rotate middle players.

- Standing foot steps on the side of the ball, and kicking foot swings through using the inside of the foot.
- Inside of foot out in front of you gently to stop the ball.
- Do not try to step on top of the ball.
- Train both R & L foot.

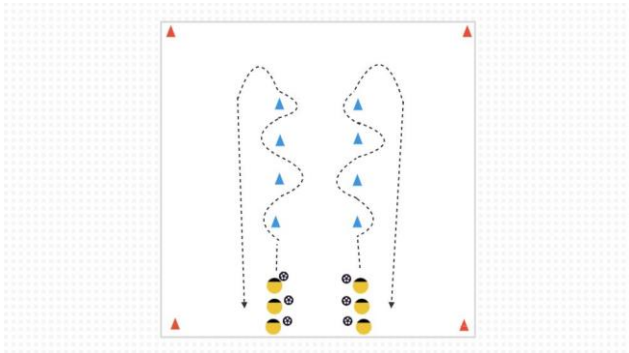


Knockout – Players will try to dribble and protect their ball while attempting to kick other balls out of the square.

- Shield = Put arm up to protect the ball.
- Don't leave the ball by itself, keep it with you.

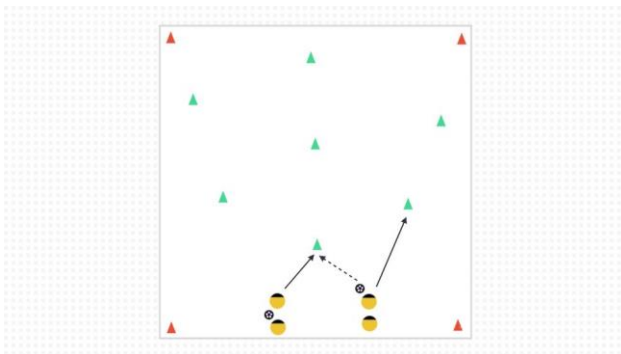
Week 6

Drills should only be 8-10 minutes long. Drink breaks in between each drill.



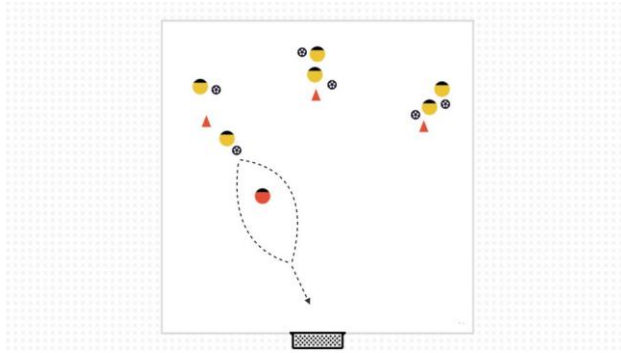
Relay race – Players will dribble through the cones and back to the end of the line using different techniques. (Do the first round without balls so the players understand the rules.)

- Train both R & L foot.
- **Sole rolls** = Put foot on top of the ball and roll it forward. Now the other foot. Keep switching.
- **Side rolls** = Stand on the side of the ball, put foot on top of ball and roll it sideways.
- **Inside/outside** = Touch the ball with the inside of your foot, and then the outside. Repeat.



Passing – Passing and moving. Working in pairs, pass to partner at cone and then run to another cone to receive the next pass. Repeat until you reach the end.

- Standing foot steps on the side of the ball, and kicking foot swings through using the inside of the foot.
- Inside of foot out in front of you gently to stop the ball.
- Do not try to step on top of the ball.
- Train both R & L foot.

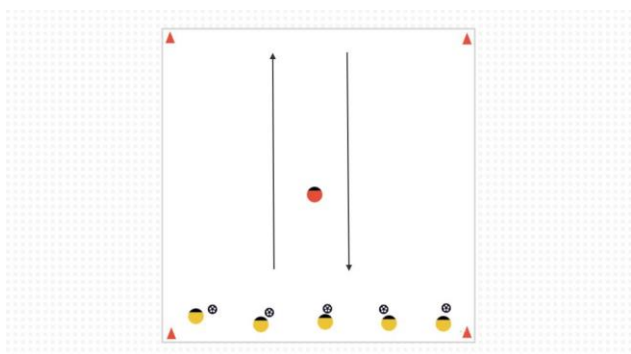


Shooting – Players will dribble around coach before shooting on goal. 3 stations: left, middle, and right.

- Shield = Put your arm up to keep coach away from the ball.
- Quick little kicks.
- Look at where the goal is before shooting.
- Train both R & L foot.

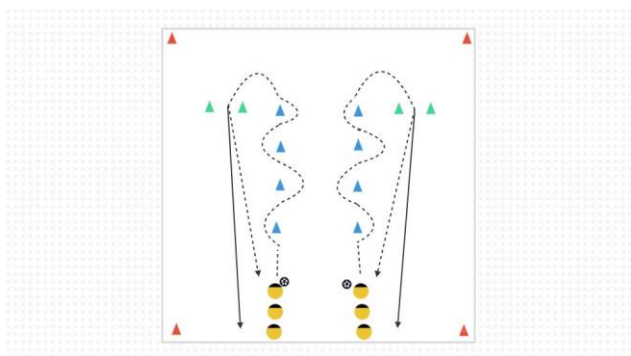
Week 7

Drills should only be 8-10 minutes long. Drink breaks in between each drill.



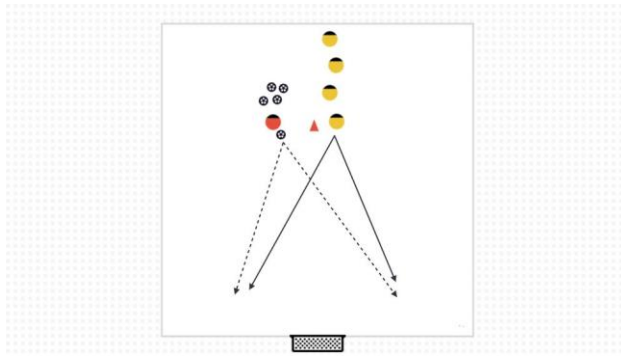
Ball Mastery – Players will dribble to the other side of the square and back while shielding from coach.

- Put your arm up to keep coach away and protect the ball.
- Train both R & L foot.



Relay race – Players will dribble through the cones, go to the gate at the end, and pass to the next person in line.

- Quick little kicks.
- Look before we pass.
- Standing foot steps on the side of the ball, and kicking foot swings through using the inside of the foot.
- Inside of foot out in front of you gently to stop the ball.
- Do not try to step on top of the ball.
- Train both R & L foot.

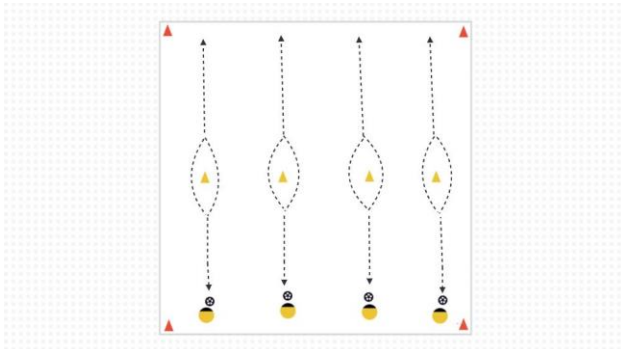


Shooting – Coach will send the ball towards the out of bounds line between the corners and the goal. Players will run to stop the ball from going out of bounds, turn, dribble in, and shoot.

- Get to the ball before it goes out of bounds.
- Dribble with quick little kicks.
- Shoot with inside of the foot or top of the foot/laces.
- Look up before shooting.

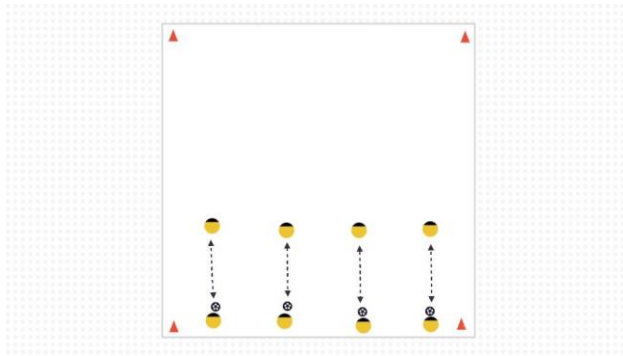
Week 8

Drills should only be 8-10 minutes long. Drink breaks in between each drill.



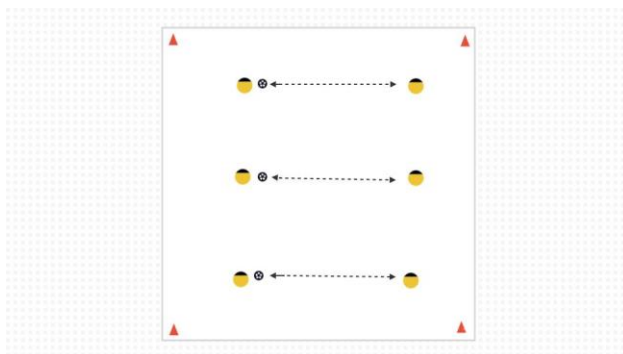
Ball Mastery – Players will dribble to the other side of the square and back while using different techniques. Use the cones as defenders.

- **Stop** = Stop your ball with foot on top.
- **Sole rolls** = Put foot on top of the ball and roll it forward. Now the other foot. Keep switching.
- **Pull back** = Put foot on top of the ball and roll it back behind you and then turn around.
- **Side rolls** = Stand on the side of the ball, put foot on top of ball and roll it sideways.
- **Tick tocks** = Stand over the ball and push it side to side with the inside of your feet while moving forward.
- **Inside/outside** = Touch the ball with the inside of your foot, and then the outside. Repeat.
- **Lunge & fake** = Lunge in one direction and use the other leg to push the ball in the opposite direction
- **Stop & go** = Dribble, stop the ball, and then speed up again.



Passing – Passing and receiving with a partner 5 yards apart, using 2 touches.

- 1st touch - Inside of foot out in front of you gently to stop the ball.
- 2nd touch - Standing foot steps on the side of the ball, and kicking foot swings through using the inside of the foot.
- Do not try to step on top of the ball.
- Train both R & L foot.



Throw ins – Throwing the ball in to your partner with proper technique. Take turns.

- Both feet must stay on the ground.
- Use thumbs and index fingers to make a “W” shape around the ball.
- Hold the ball above and behind your head, bending elbows.
- Throw forward with both hands and release.