

BURLINGTON YOUTH SOCCER ASSOCIATION



U8 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
 - 4v4/5v5 (+goalie)
 - 2-1-2 formation ideally
 - Kick off, throw ins, corner kicks, goal kicks
 - Don't toss a new ball into play/Don't play through out of bounds
 - Hold players accountable for bad throw ins

Coach Interaction:

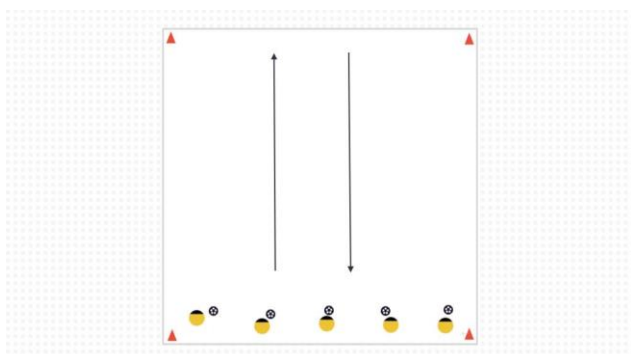
- Kids are KIDS – be patient/positive
- Everyone is learning and mistakes are OK
- Effort isn't synonymous with skill
- Recognize individual AND team pros/cons
- Have players sit out and watch if they do not want to behave/participate
- Sportsmanship/teamwork – win together, lose together – no individual's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

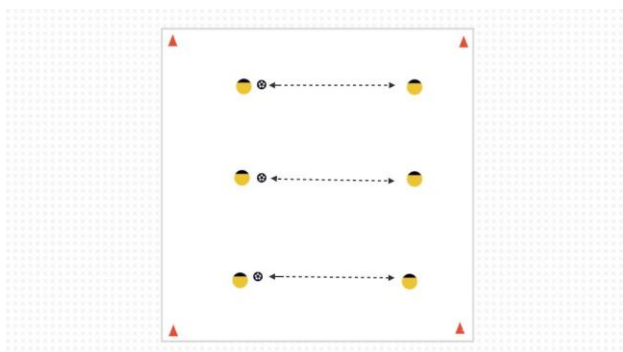
Week 1

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



Ball Mastery – 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.)

- **Sole rolls** = Put foot on top of the ball and roll it forward. Now the other foot. Keep switching.
- **Toe down/laces** = Point toe down and use the laces to dribble with speed.
- **Shield** = Put arm up to keep defender away.
- Train both R & L foot.



Passing – Pass back and forth with a partner, working on proper technique.

- Standing foot steps on the side of the ball, and kicking foot swings through using the inside.
- 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.

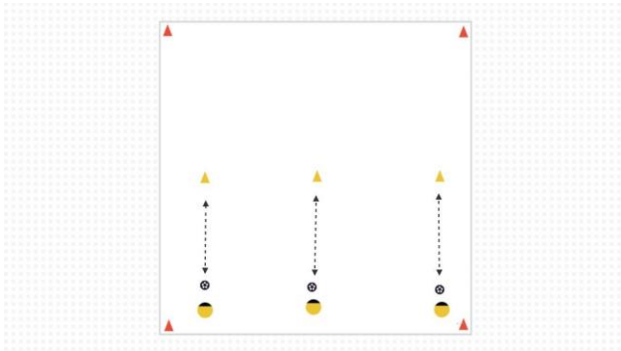


Field Orientation – Show the players around the field. Explain all of the terms below.

- **Goals** – Which goal is yours and which goal is the other team's
- **Halfway** – The middle of the field
- **Kick off** – Where the ball goes to start the game, and restart after every goal scored
- **Out of bounds** – The cones around the field
- **Throw in** – How we start the game after the ball goes past the sidelines
- **Goal kick** – How we start the game after a team kicks past the other team's goal line
- **Corner kick** – How we start the game after a team kicks past their own goal line
- **Positions** – L, C, R Forward tries to score on the other team. L, C, R Midfield helps both forwards and defense. L, C, R Defense tries to protect their goal
- **Goalie** – Keep hands/fingers flat, can pick up the ball, make safe passes, and be ready!

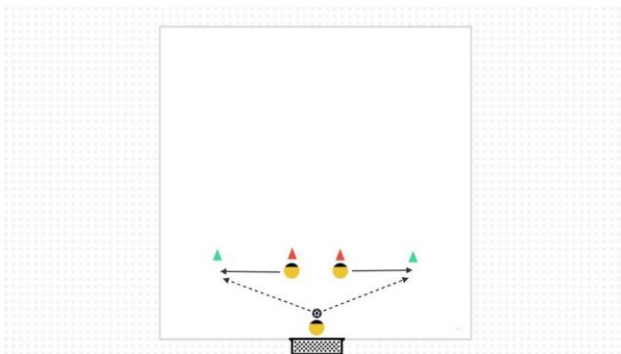
Week 2

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



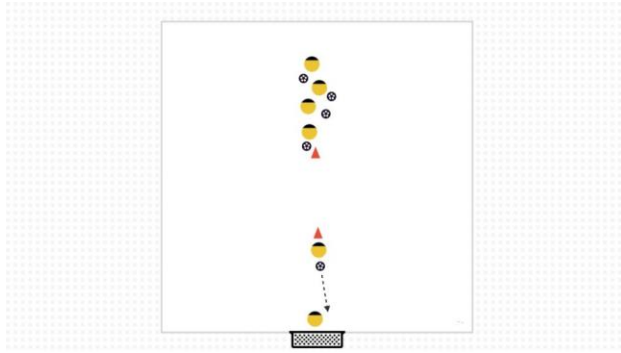
Ball Mastery – Players will dribble to the cone/defender, execute the move, and dribble back.

- **Pull back** = Put foot on top of the ball and roll it back behind you and then turn around.
- **L pull back** = Pull the ball back behind the standing foot and use the inside of the non-standing foot to knock it past the back of the standing foot.
- **Inside hook** = Use the inside of the non-standing foot to guide the ball into a half circle turn.
- **Outside hook** = Use the outside of the non-standing foot to guide the ball into a half circle turn.
- Train both R & L foot.



Passing – Working on goal kicks and positioning. 2 players will start at central cones and then move out wide to the safe areas for receiving goal kicks. Rotate through goalie (goal kick taker) and defenders (receivers).

- Standing foot steps on the side of the ball, and kicking foot swings through using the inside.
- 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.

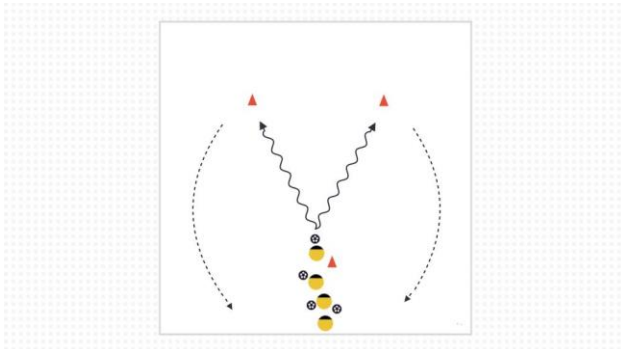


Shooting – Players will work on proper shooting technique. After shooting, they become the next goalie.

- 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.
- Goalie keep hands/fingers flat and be ready!

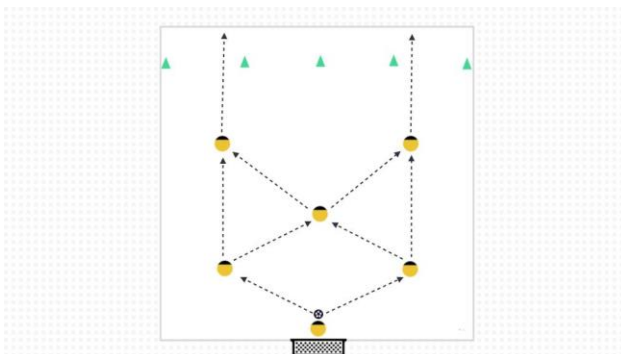
Week 3

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



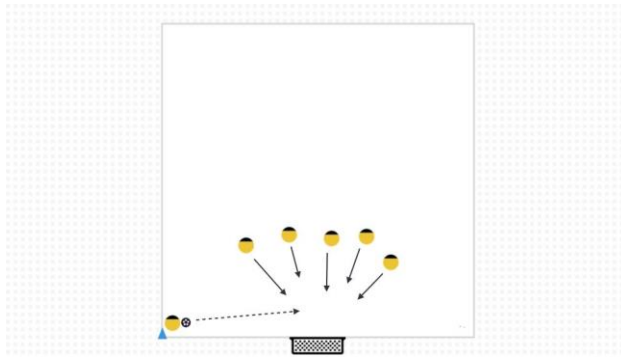
Ball Mastery – Players will choose which cone they want to dribble to using the selected technique, and then dribble regularly to the back of the line.

- **Toe down/laces** = Point toe down and use the laces to dribble with speed.
- **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.
- Train both R & L foot.



Passing – Start with a full lineup of players on the field. Goalie will pass to defenders, who will pass to midfield/offense, and dribble past the halfway cones.

- Standing foot steps on the side of the ball, and kicking foot swings through using the inside to pass.
- Inside of foot out in front of you gently to stop the ball.
- Do not try to step on top of the ball.
- When the ball goes to the other side of the field, defense push up to halfway!

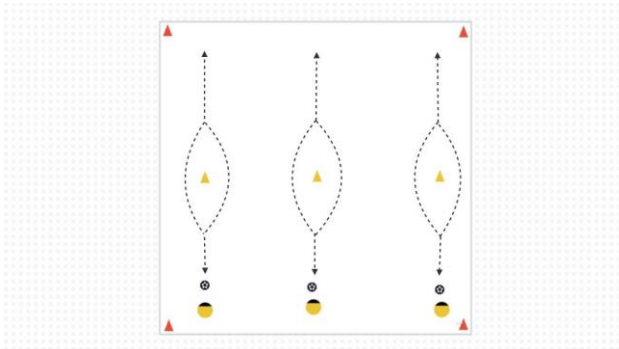


Corner Kicks – 1 player will take a corner kick and aim for the area in front of goal. All other players will move toward the goal and try to score. Rotate corner kick takers.

- Start further back and move forward when the ball is kicked
- Let the ball go across your body and use the foot opposite of where the ball is coming from to shoot with.

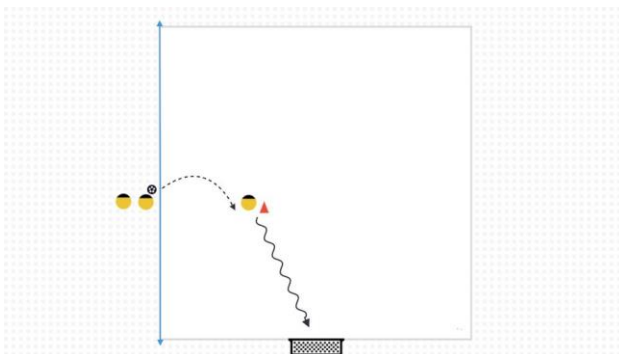
Week 4

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



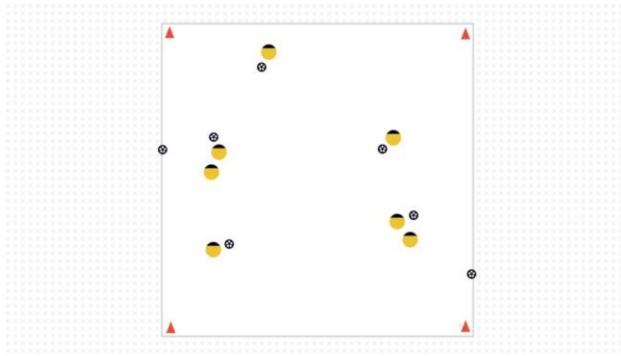
Ball Mastery – Players will dribble to the cone/defender, execute the move, and continue to the other side of the square.

- **Stop & go** = Dribble, stop the ball, and then speed up again.
- **Lunge & fake** = Lunge in one direction and use the other leg to push the ball in the opposite direction.
- **Toe down/laces** = Point toe down and use the laces to dribble with speed.
- **Cruyff turn** = Fake an exaggerated shot and hook the ball back through your legs and behind you.
- Train both R & L foot.



Passing – Players will execute a throw in, working on proper technique. After their turn, they will become the receiver who turns and dribbles to shoot.

- 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.

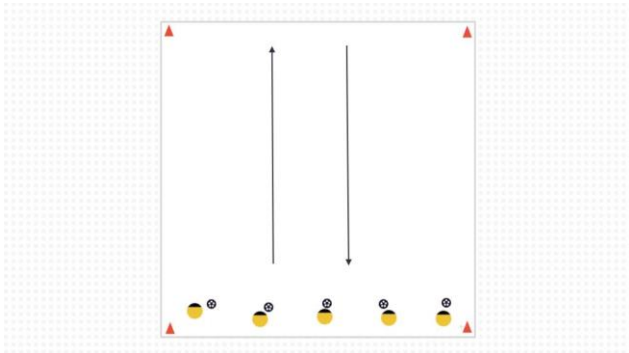


Knockout – Players will try to dribble and protect their ball while attempting to kick other balls out of the square.

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

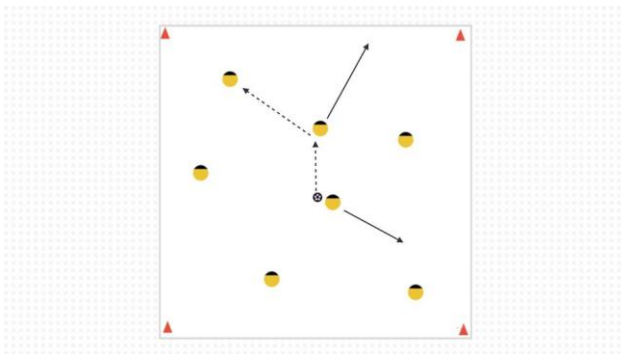
Week 5

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



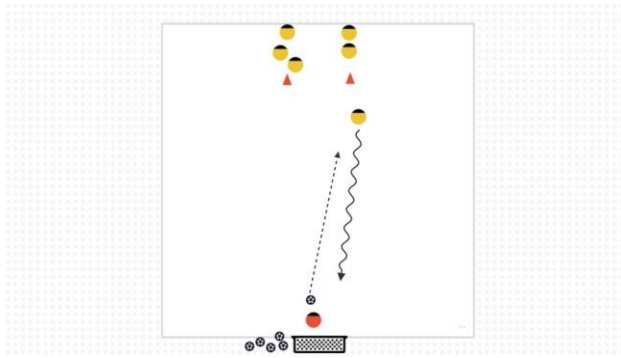
Ball Mastery – Players will dribble to the other side of the square and back using different techniques.

- **Toe drags** = Put your sole on the ball and drag it back towards you, switch feet with each drag.
- **Shield** = Put arm up to keep defender away.
- **Outside of foot** = Turn foot to hit the ball with outside touches.
- **Inside of foot** = Turn foot to hit the ball with the inside touches.
- Train both R & L foot.



Passing – Players will use 2 touches to stop the ball and pass the ball before then moving into space.

- 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.

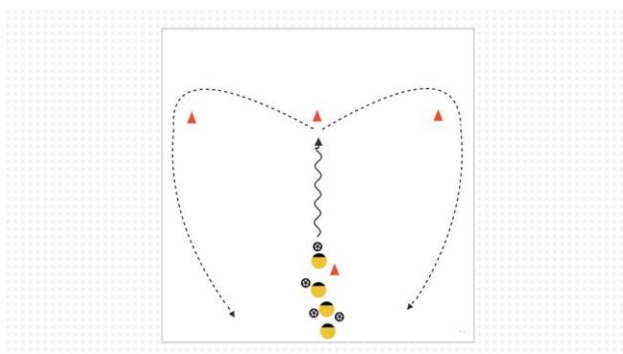


Shooting – Coach will pass the ball on the ground and in the air. Players will control the ball, dribble in to shoot, and then return to the back of the line.

- 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.
- Use laces or inside of foot to shoot, no toe!

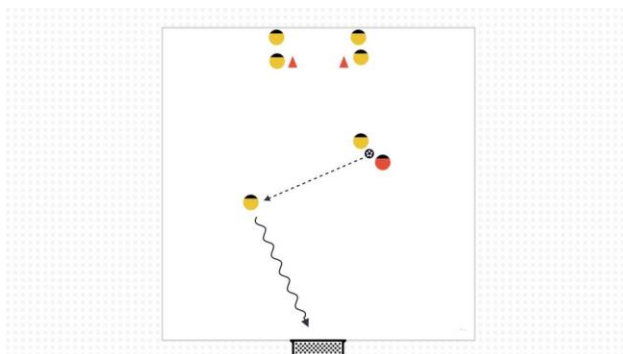
Week 6

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



Ball Mastery – Players will dribble to the middle cone/defender, execute the move, and go around the outside cone before returning to the back of the line.

- **Scissors** = Start with a foot on each side of the ball. Bring one foot behind the ball and next to the other before continuing around the front of the ball and back to the starting position, completing a full circle.
- Train both R & L foot.



Passing – Players will work with a partner. One player steals the ball and makes the pass. The other player receives the pass and shoots.

- Inside of foot out in front of you gently to stop the ball.
- Do not try to step on top of the ball.
- Do not shoot with the toe!

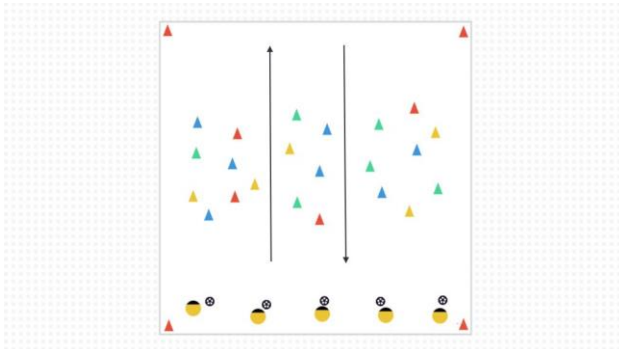


Field Orientation – Show the players around the field. Explain all of the terms below.

- **Goals** – Which goal is yours and which goal is the other team's
- **Halfway** – The middle of the field
- **Kick off** – Where the ball goes to start the game, and restart after every goal scored
- **Out of bounds** – The cones around the field
- **Throw in** – How we start the game after the ball goes past the sidelines
- **Goal kick** – How we start the game after a team kicks past the other team's goal line
- **Corner kick** – How we start the game after a team kicks past their own goal line
- **Positions** – L, C, R Forward tries to score on the other team. L, C, R Midfield helps both forwards and defense. L, C, R Defense tries to protect their goal
- **Goalie** – Keep hands/fingers flat, can pick up the ball, make safe passes, and be ready!

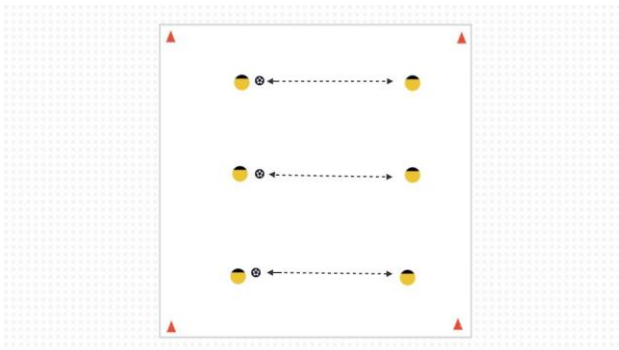
Week 7

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



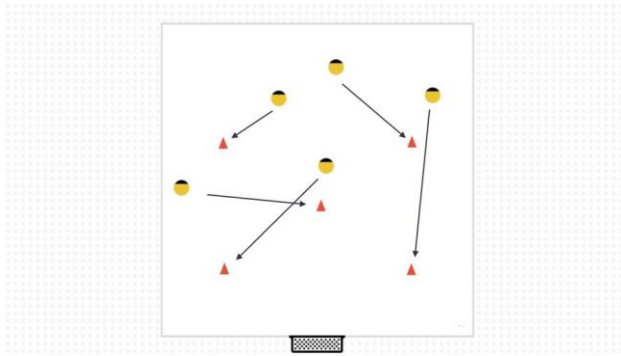
Ball Mastery – Players will dribble to the other side of the square and back while using different techniques and avoiding cones.

- **Inside/outside** = Touch the ball with the inside of your foot, and then the outside. Repeat.
- **Side rolls** = Stand on the side of the ball, put foot on top of ball and roll it sideways.
- **Sole rolls** = Put foot on top of the ball and roll it forward. Now the other foot. Keep switching.
- **Controlled pause** = Coach will randomly say “Stop!” and players must stop their ball in place.
- Train both R & L foot.



Passing – Players will take turns executing a throw in to their partner. The partner will control the ball and then give a throw in back.

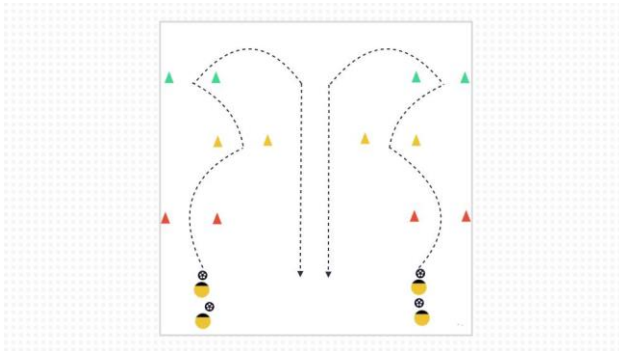
- Both feet must stay on the ground.
- Use thumbs and index fingers to make a “W” shape around the ball.
- Hold the ball above and behind your head, bending elbows.
- Throw forward with both hands and release.



Positional Reset – Give players assigned positions. They will run around the field, and when coach says “Positions!” they will go back to their correct spot. Switch up position assignments every few rounds.

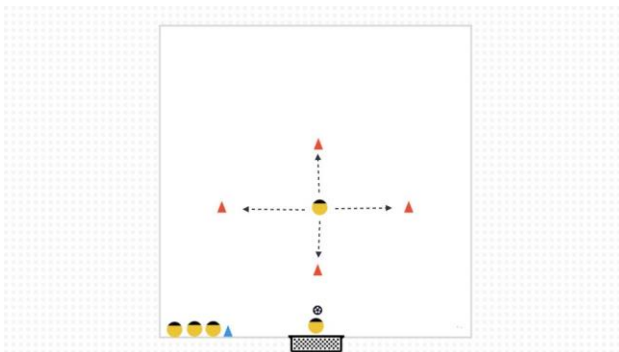
Week 8

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



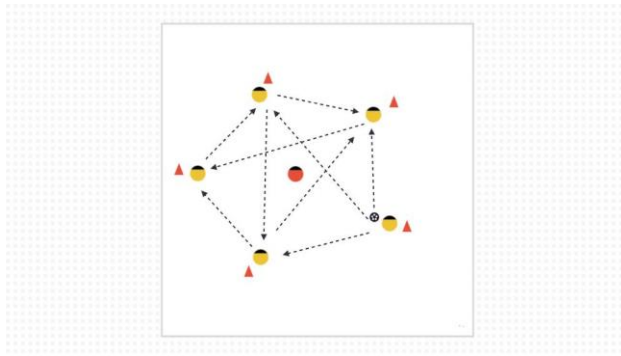
Relay Race – Players will dribble through the gates using the selected technique for the round and back to the end of the line.

- **Toe down/laces** = Point toe down and use the laces to dribble with speed.
- **Side rolls** = Stand on the side of the ball, put foot on top of ball and roll it sideways.
- **Sole rolls** = Put foot on top of the ball and roll it forward. Now the other foot. Keep switching.
- Train both R & L foot.



Passing – Players will take turns checking to the ball (going to it) or checking away (to the sides/back) and receiving the pass. Rotate the line through passer and receiver.

- 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.
- Communicate/call for the ball.
- Train both R & L foot.



Rondo – Monkey in the middle. Players will stand in a circle and try to pass to each other without coach stealing it.

- 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.
- Be on your toes/not flat footed.
- Do not try to step on top of the ball.
- Communicate/call for the ball.