

BURLINGTON YOUTH SOCCER ASSOCIATION



U8 PLAYER AND COACH DEVELOPMENT CURRICULUM

FALL 2023

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 15 minute session
 - 15 minutes – Coach demonstration/Player warm up
 - 30 minutes – Drills
 - 30 minutes – Scrimmage
 - 5v5/4v4 (+goalie)
 - 2-1-2 formation: 2 defenders-1 midfielder-2 attackers
 - 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:

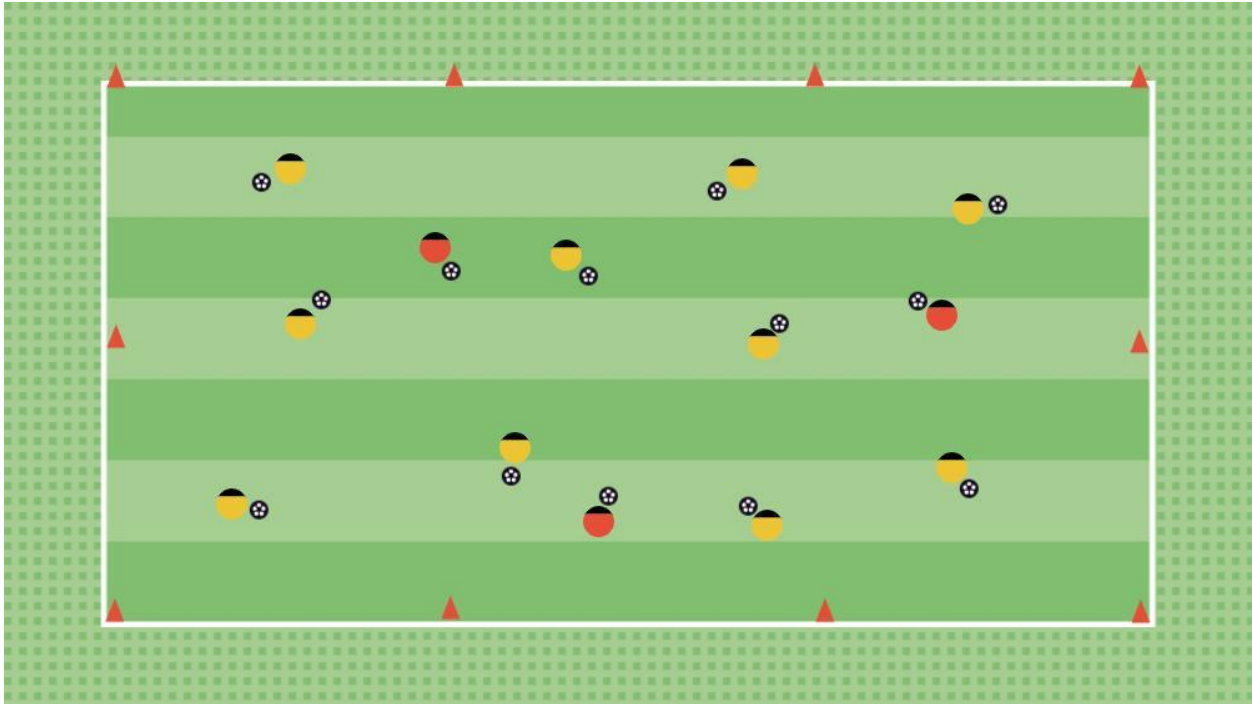
- Kids are KIDS – be patient/positive
- Everyone is learning and mistakes are OK
- Effort isn't synonymous with skill
- Recognize individual AND team pros/cons
- Have players sit out and watch if they do not want to behave/participate
- Sportsmanship/teamwork – win together, lose together – no individual's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

Volunteer Coach Warm Up



Coaches should demonstrate each technique before allowing the players to dribble around and execute. Coaches should spread out in the grid to assist with any players having trouble.

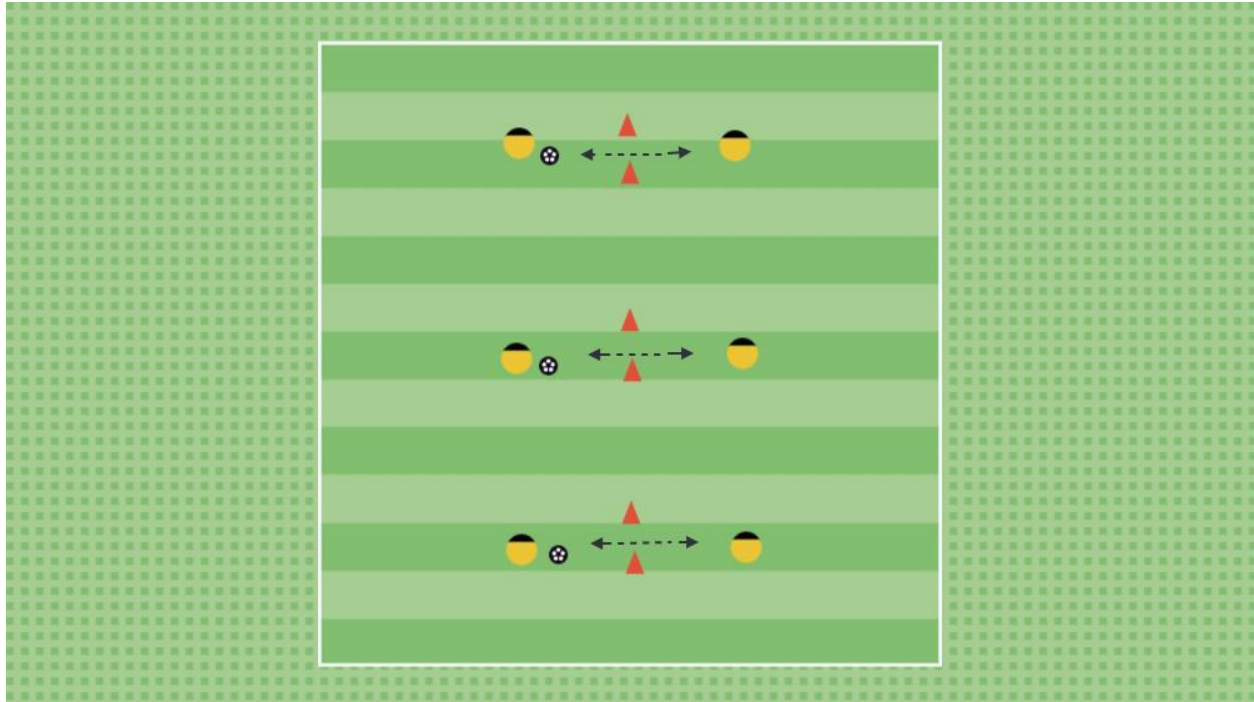
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Drills should only be 10 minutes long. Drink breaks in between each drill.



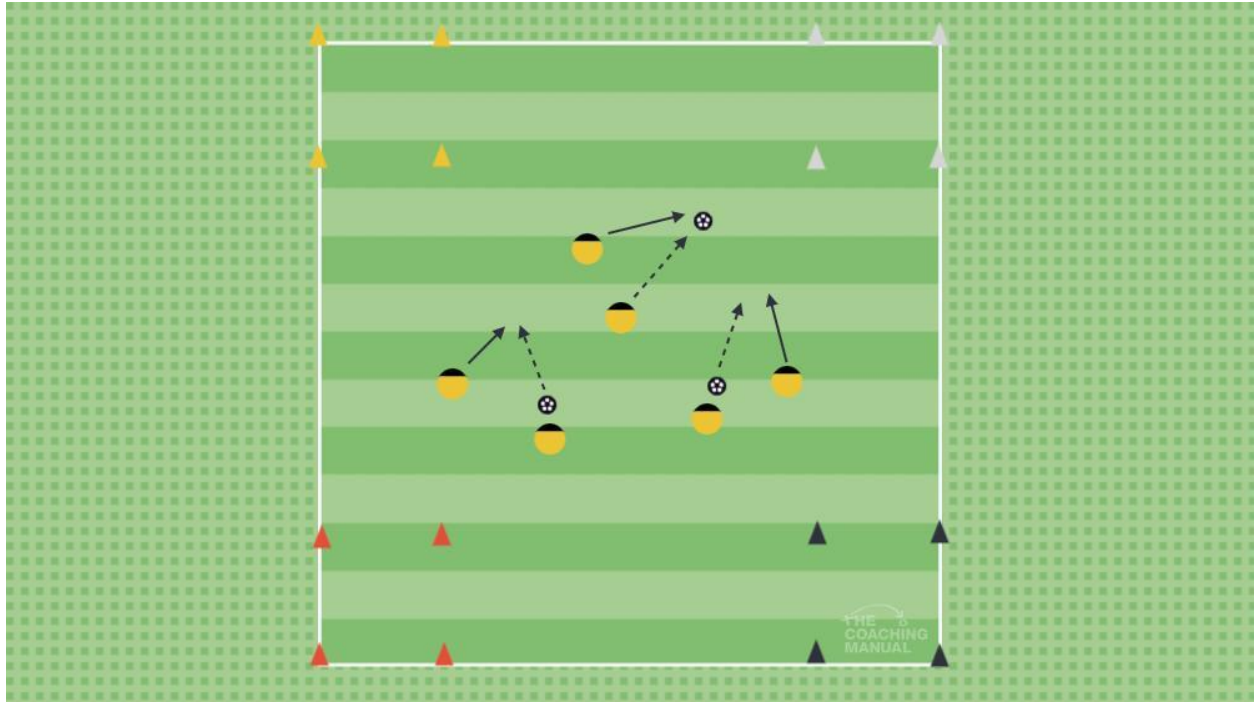
Field Orientation – Show the players around the field. Explain all of the terms below.

- 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 blue 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 controlled passes, and be ready!



Stationary Passing – Players will stand on the opposite side of the cone gate as their partner and work on short pass consistency. Players should be using 2 or more touches.

- 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 to gently stop the ball.
- Do not try to step on top of the ball.
- Train both R & L foot.

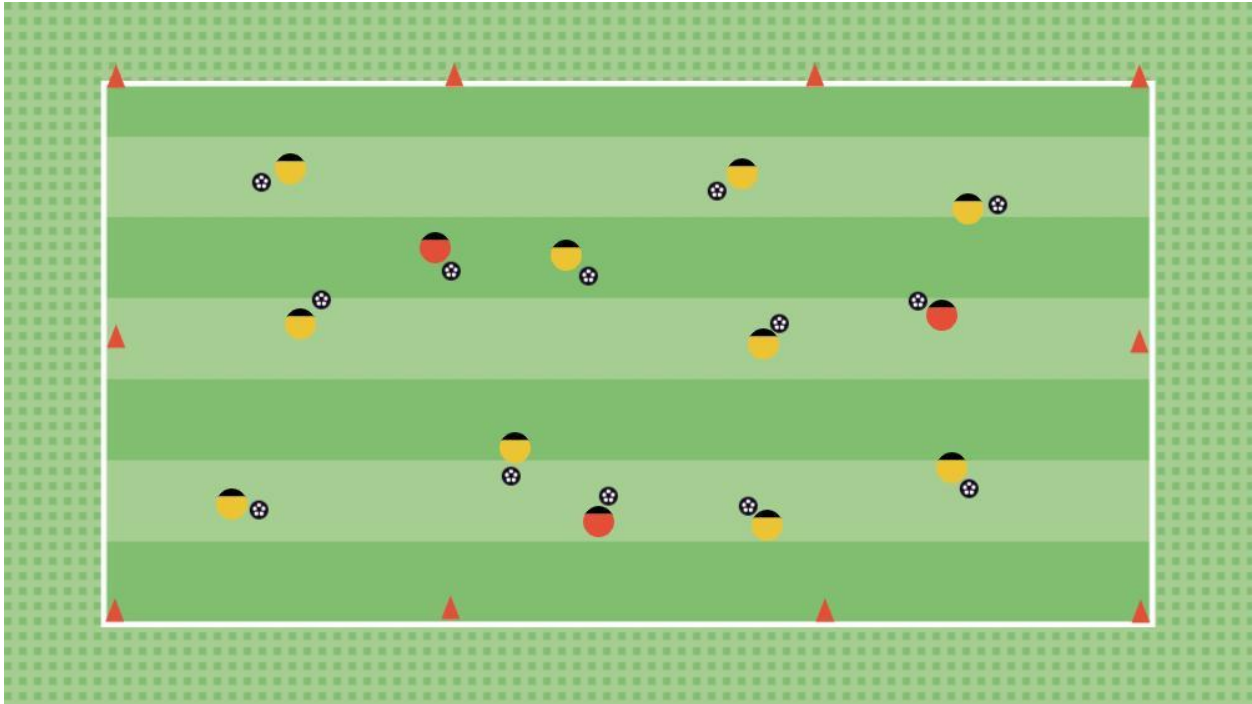


Passing On The Move – Players will pass back and forth with a partner until they reach the color zone coach calls out.

- 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 to gently stop the ball.
- Try to make passes ahead of your partner when on the move.
- Train both R & L foot.

Week 2

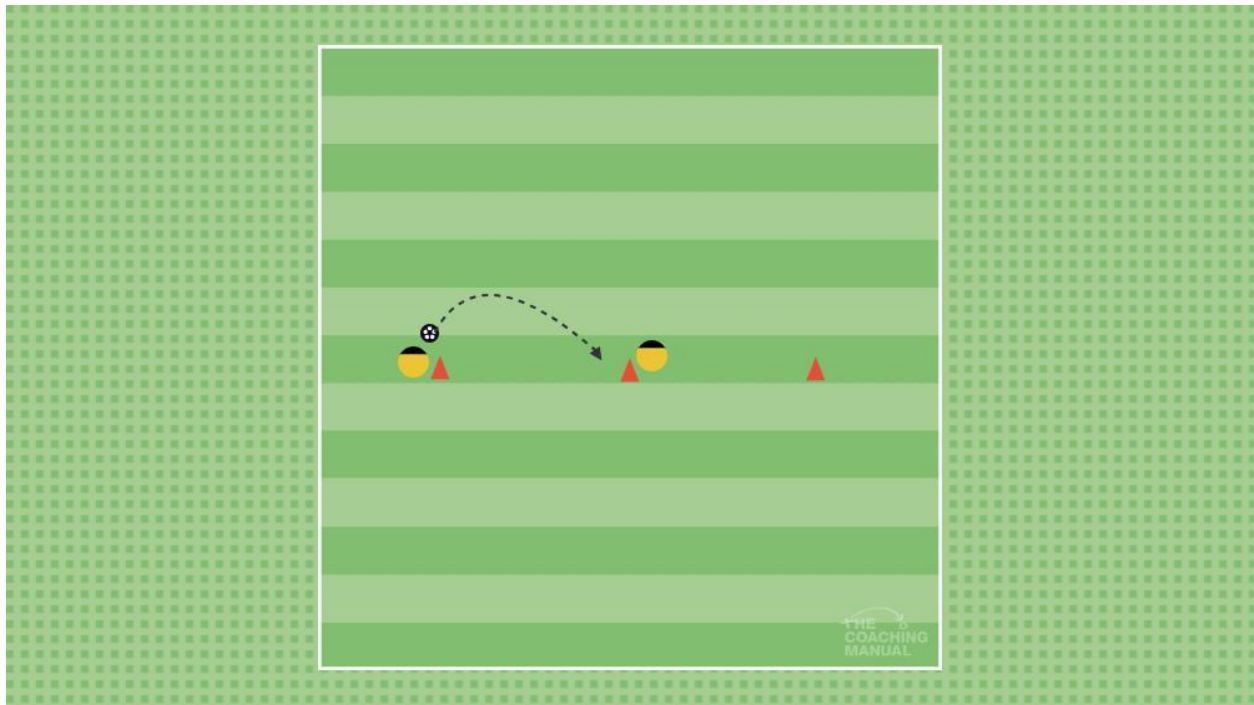
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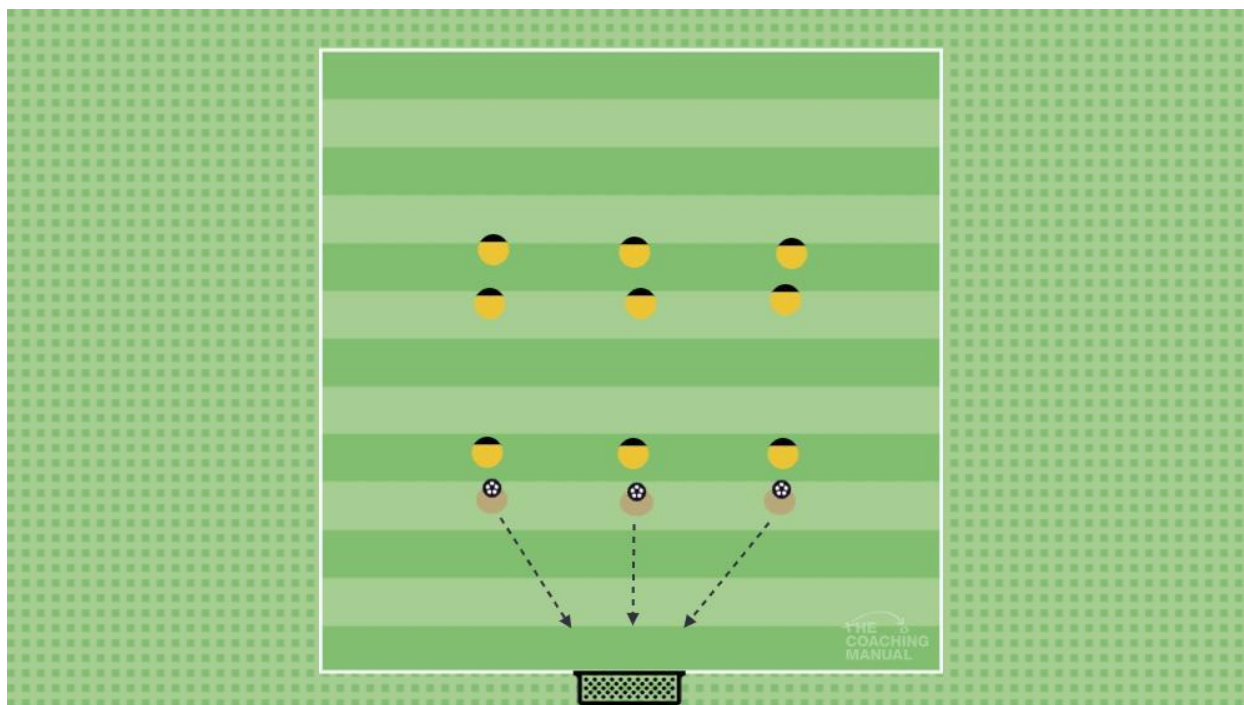
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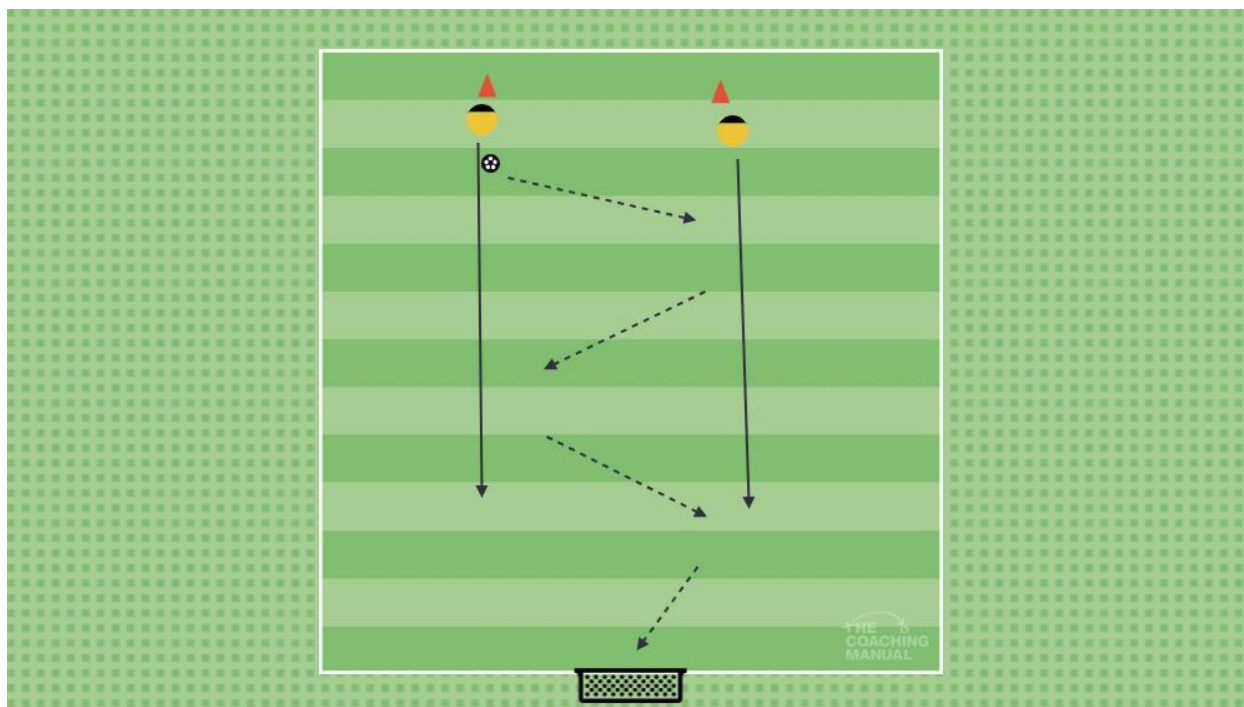
Throw Ins – Each player will work with a partner throwing the ball in at the distance of the 1st cone and then again to the 2nd cone. Partners will switch after they've done both.

- Use a W shape with the hands to throw the ball.
- Hands and ball must go behind the head and then into a forward motion when releasing.
- Release the ball before arms reach full extension.
- Feet need to be on the ground when throwing the ball in.
- Try to aim for your partner's feet.



Finishing Technique – Players will line up 3 at a time and tee their ball up on a cone for practice shooting.

- Take 3 or so steps back and 1 step to the left/right (opposite direction of the foot you kick with)
- Point the standing foot in the direction you want the ball to go.
- Point toes down to lock the ankle on shooting foot and use the laces to hit the ball into the net.

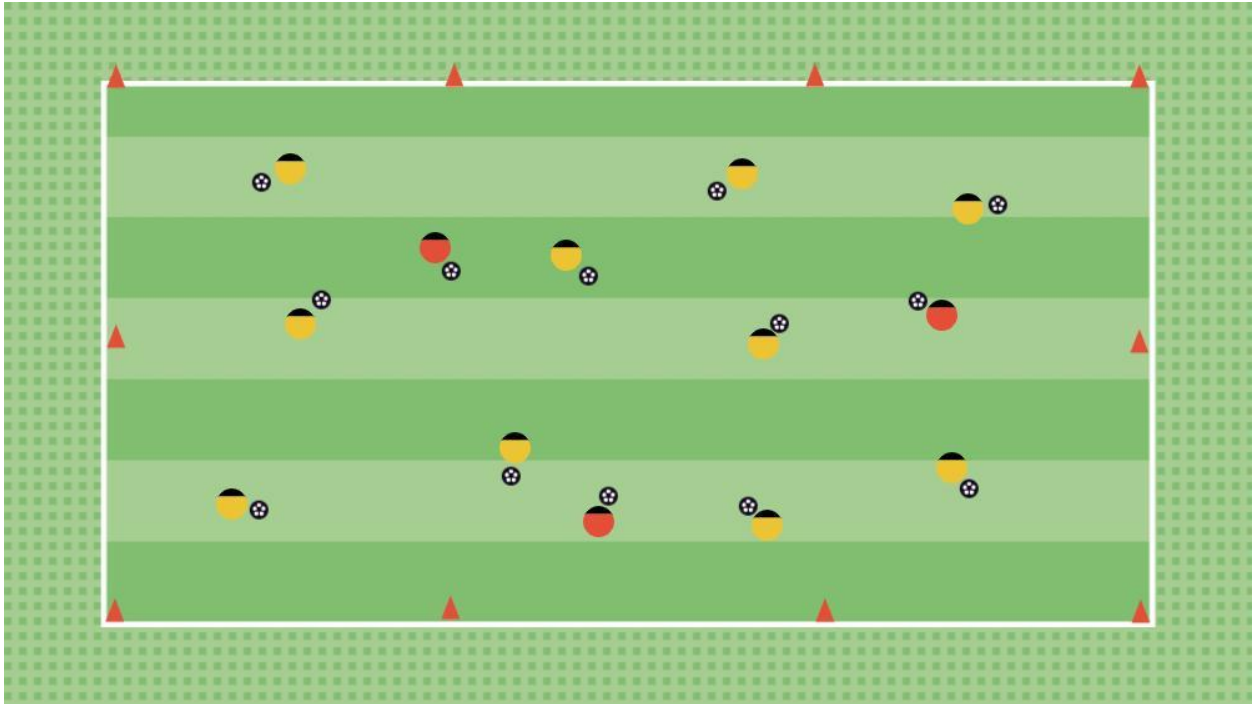


Finishing – Players will work with a partner passing back and forth toward the goal until they are close enough to shoot.

- Make sure the ball is out in front of you when going to shoot.
- Point the standing foot in the direction you want the ball to go.
- Point toes down to lock the ankle on shooting foot and use the laces to hit the ball into the net.

Week 3

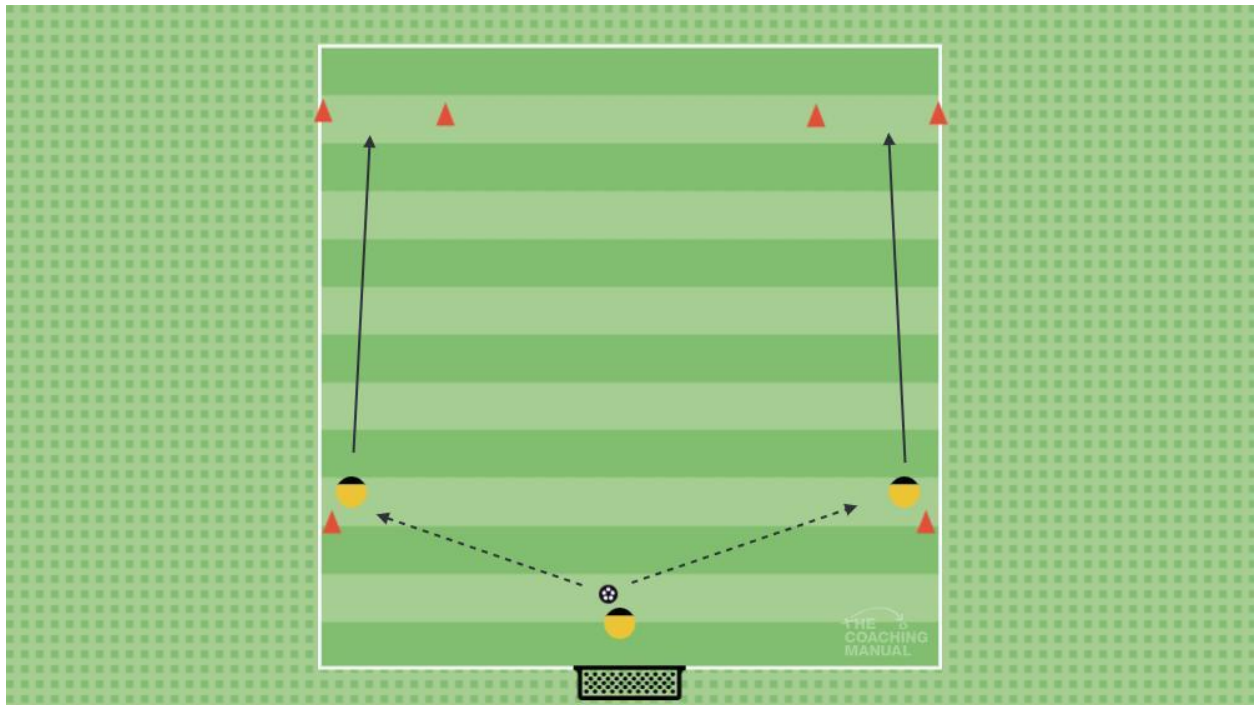
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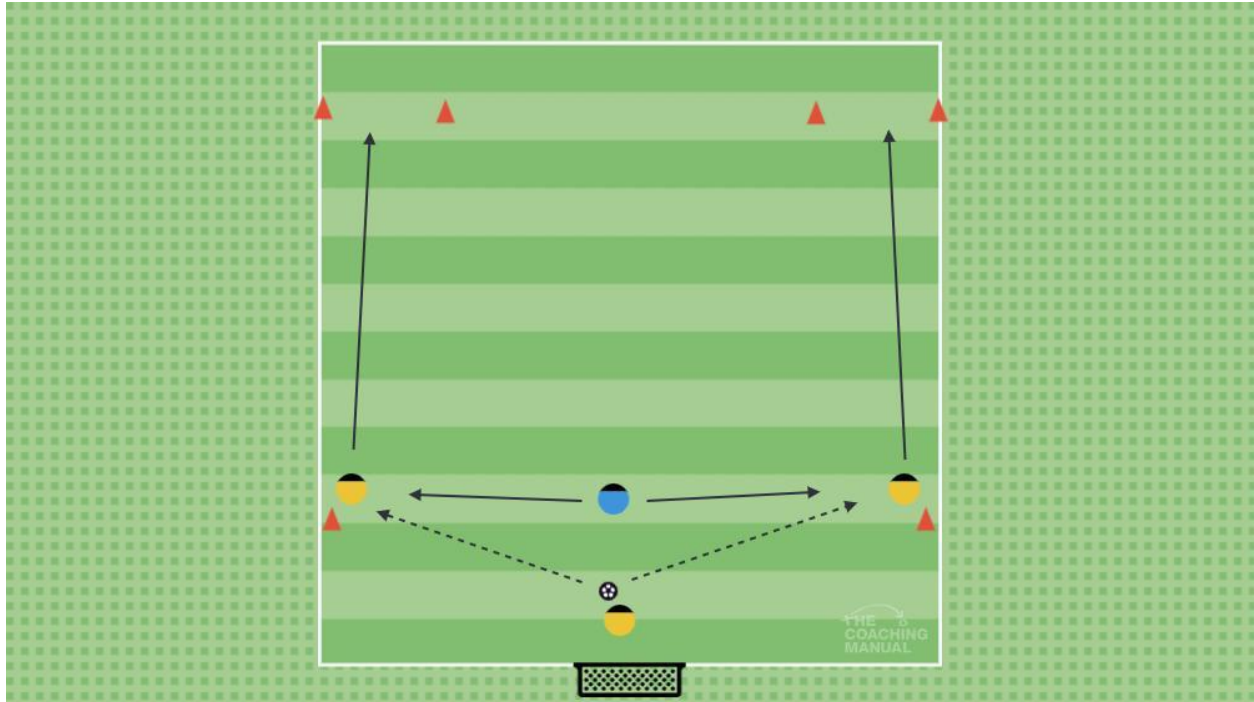
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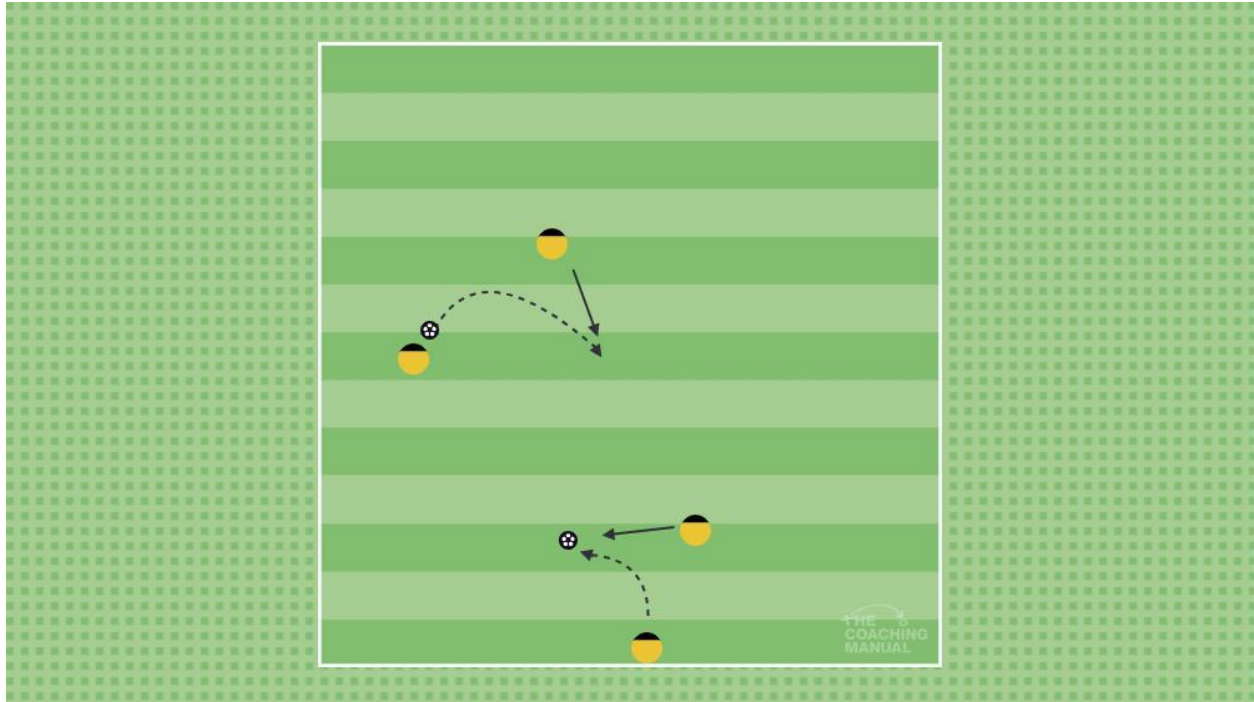
Goal Kick Basics – Goalkeeper will pass the ball to the left or right and the player will dribble the ball up through the cone gate at halfway.

- Receiving player should position themselves “side on” (backs to the out of bounds line) to be able to receive the ball and move forward.
- Goalkeeper should try to pass to the foot further away.
- Goalkeeper takes the place of whichever defender they pass to.



Pressured Goal Kick – Goalkeeper will pass the ball to the left or right and the player will dribble the ball up through the cone gate at halfway.

- Pass to the open player.
- Both defenders can work together to get the ball across one of the cone gates.
- Receiving player should position themselves “side on” (backs to the out of bounds line) to be able to receive the ball and move forward.
- Goalkeeper should try to pass to the foot further away.
- Goalkeeper and opponent become the next 2 defenders after each round.

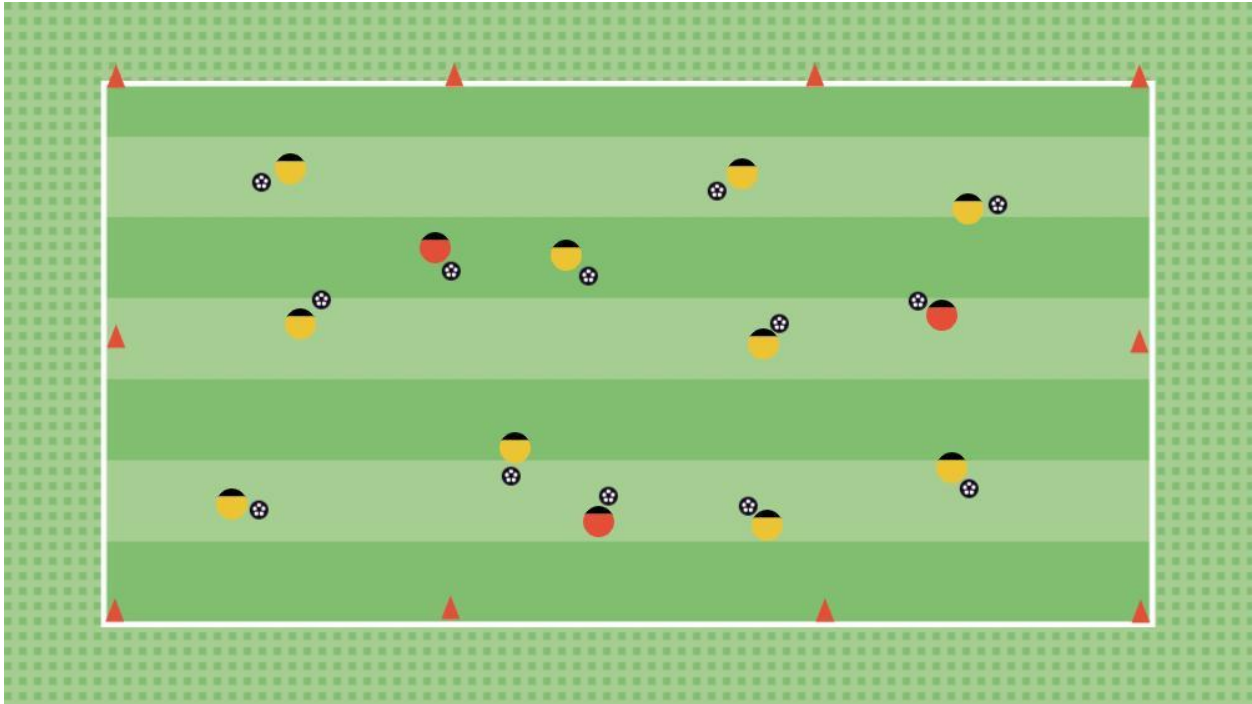


Free Space Throw Ins – Each player will work with a partner throwing the ball to each other. Partners will switch after each throw.

- Use a W shape with the hands to throw the ball.
- Hands and ball must go behind the head and then into a forward motion when releasing.
- Release the ball before arms reach full extension.
- Feet need to be on the ground when throwing the ball in.
- Try to aim for your partner's feet or into the space ahead of where they are moving.
- Players can take a couple dribbles after receiving the throw and should be encouraged to move without the ball.

Week 4

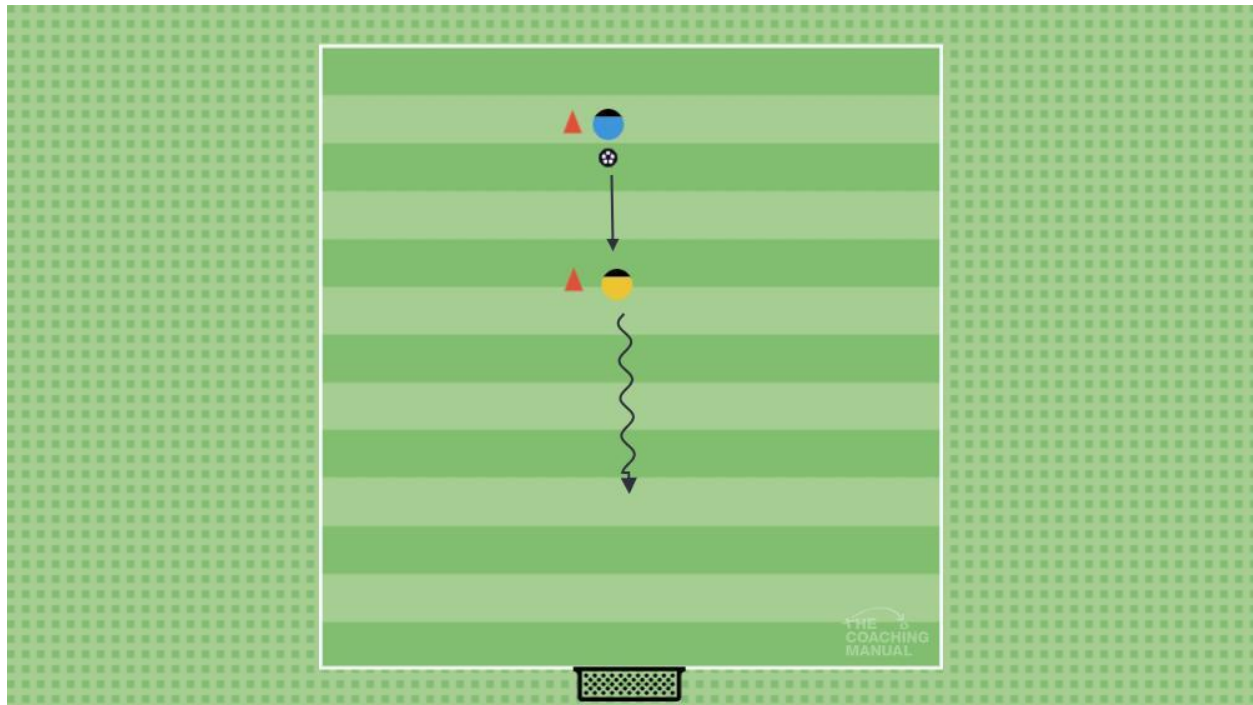
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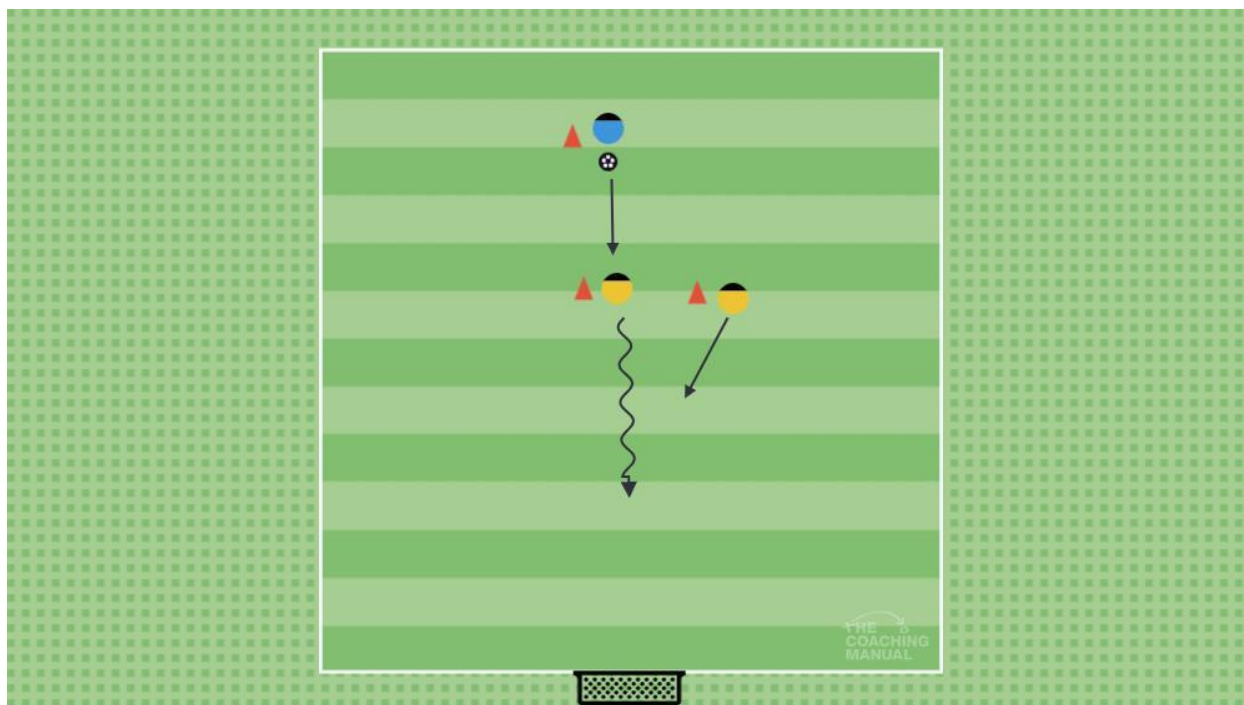
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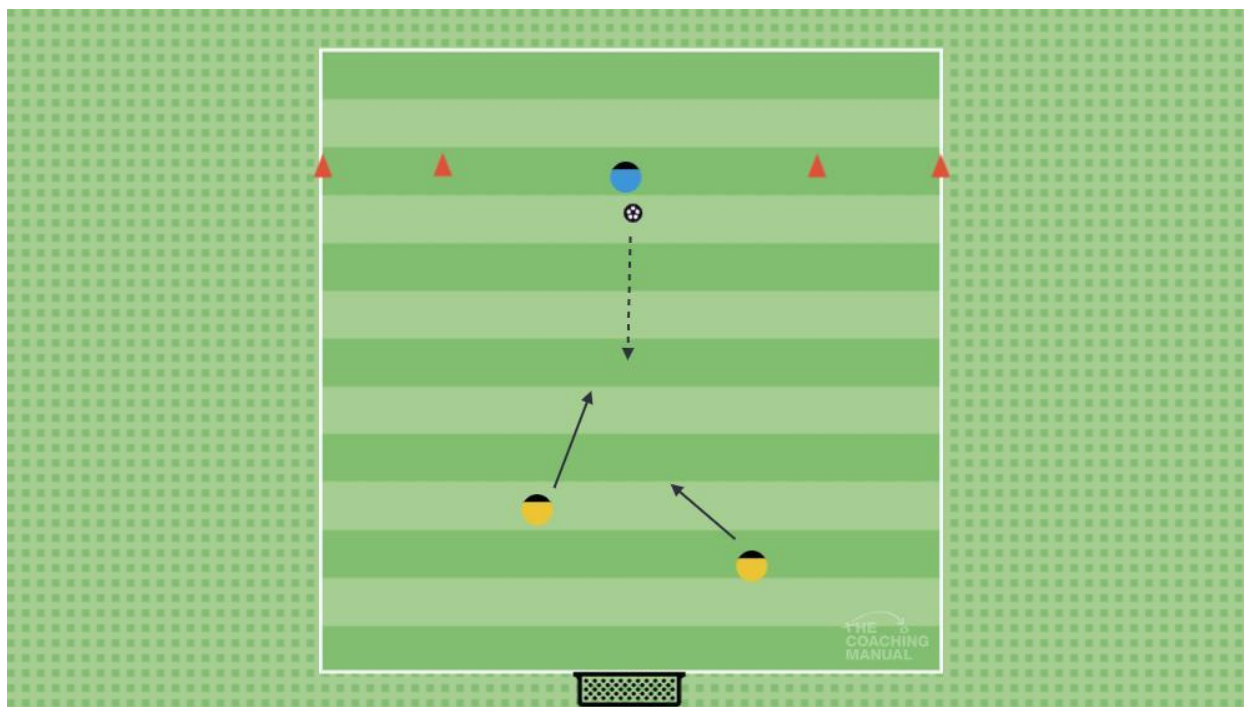
Jockeying/Containing – Players will go against each other 1v1. Defender should work to stay in front of the ball and slow it down.

- Jockeying body position requires bent knees and a staggered foot stance.
- Defender wants to stay 3 to 4 feet away from the attacker in order to not get beat around the sides.
- Slow down the attacker and wait for the right moment to attempt to win the ball.
- Attacker should use changes of direction and speed to make it difficult to contain.



Jockeying & Staggering Defenders – Players will go against each other 2v1. One defender should work to stay in front of the ball and slow it down. The other defender should drop behind into the dangerous space if the teammate gets beat.

- If the defender gets beat by the attacker they should repeat the staggering when the next teammate goes to the ball
- Attacker should use changes of direction and speed to get past the jockeying defender.
- Try to look up while dribbling in order to see where the next defender is.

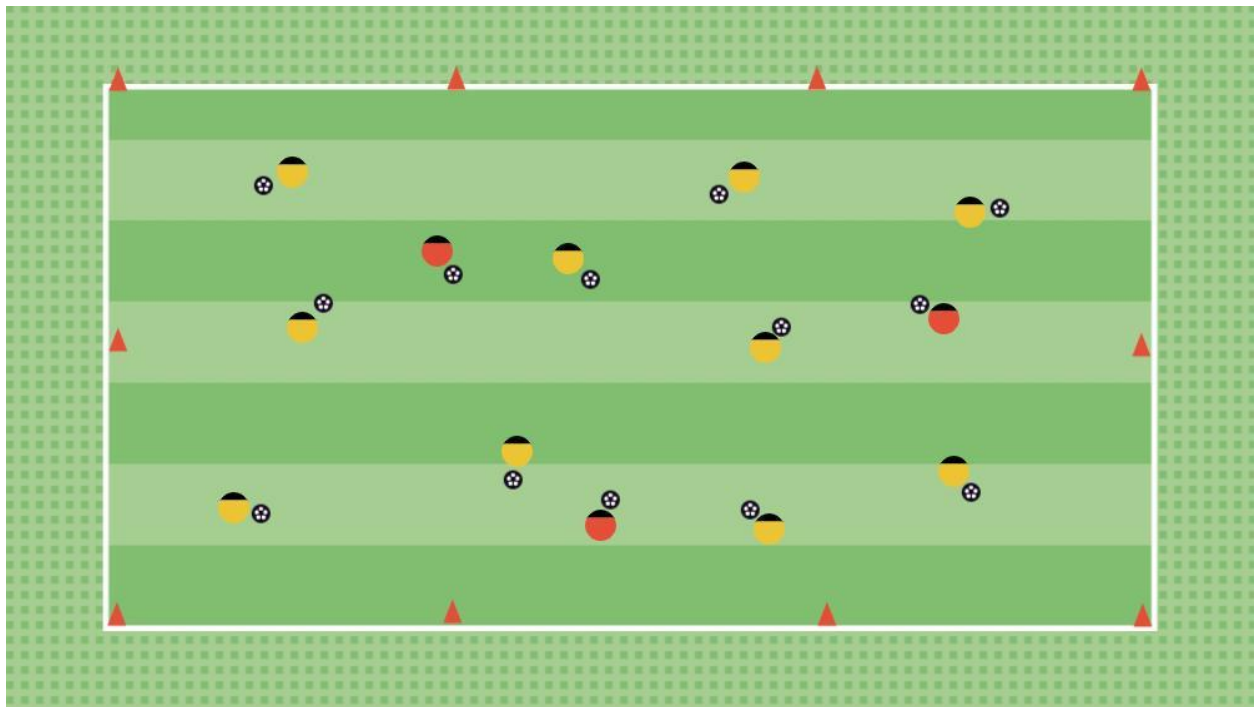


1v2 – Players will go against each other with 1 attacker and 2 defenders. Defending players should try to use jockeying and staggered defending to prevent the attacker from scoring.

- Attacker scores on net.
- Defenders can score on 2 cone goals near halfway.

Week 5

Volunteer Coach Warm Up



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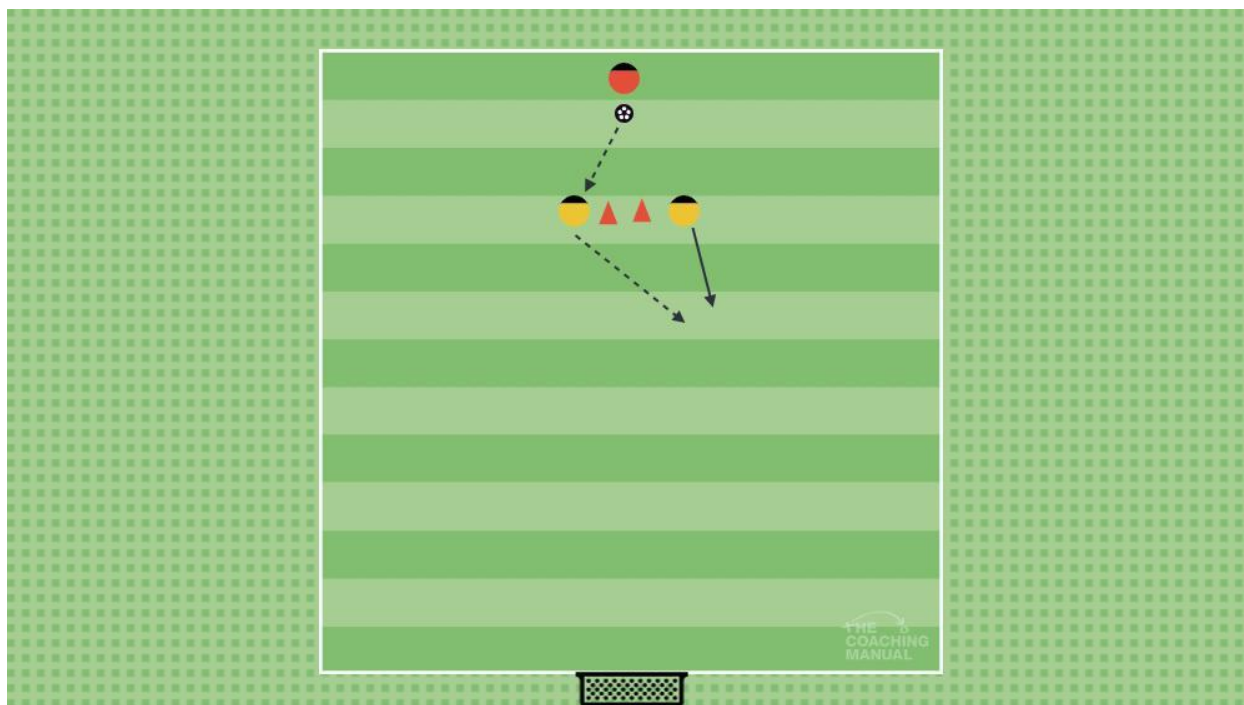
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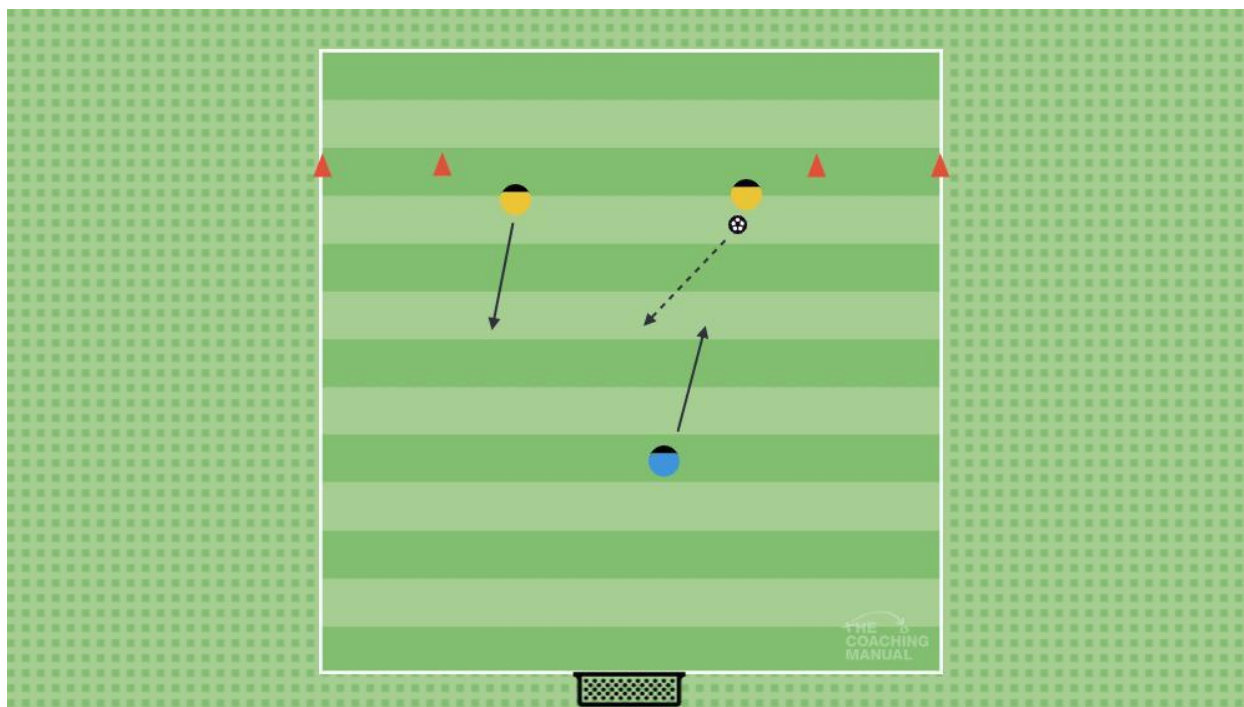
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- Goalie – Keep hands/fingers flat, can pick up the ball, make controlled passes, and be ready!



Playing Teammates In – Coach will pass to a player. That player will turn and pass the ball into space ahead of their teammate for them to run onto and dribble in to shoot.

- Put the foot out to gently stop the ball when being passed to you.
- Pass the ball ahead of the teammate going to shoot on goal because there is space.
- Passing teammate shifts over to the next cone and becomes the shooting teammate after each round.

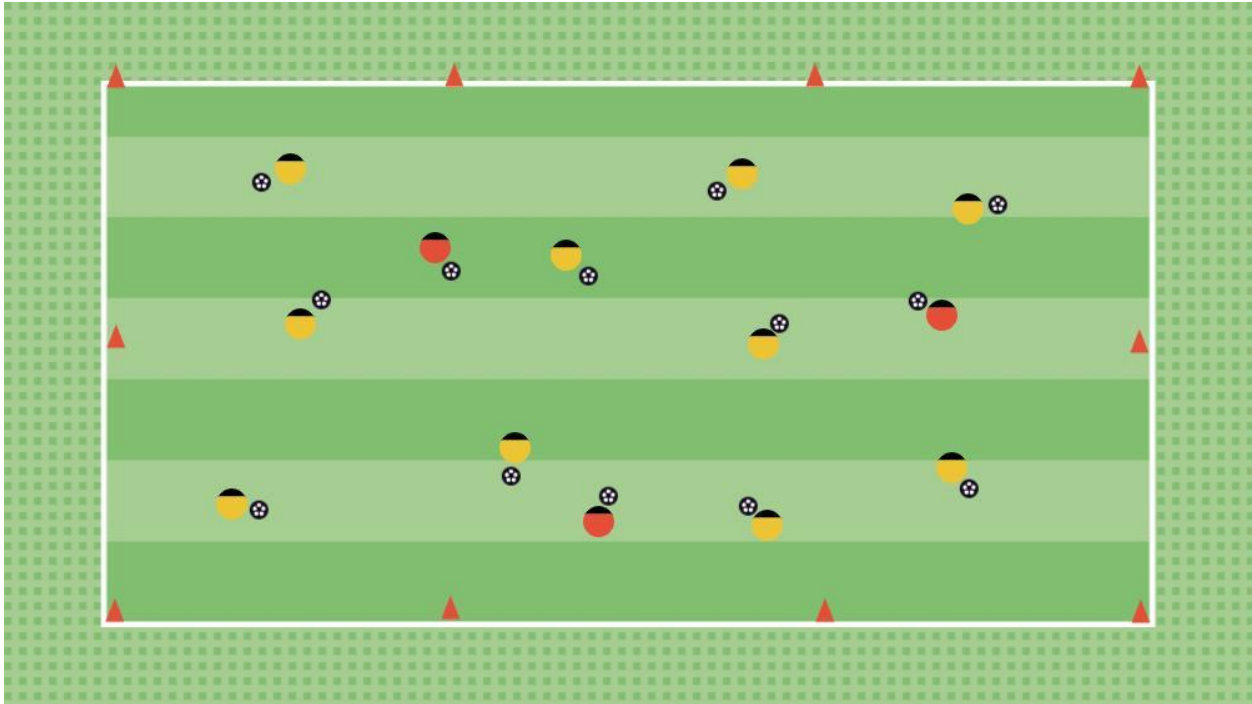


2v1 – Players will go against each other with 2 attackers and 1 defender.

- Attacking players should look to move into space and pass into space.
- Dribble if you aren't pressured.
- Pass when you are pressured.
- Defender try to block passes between attackers to make it a 1v1.

Week 6

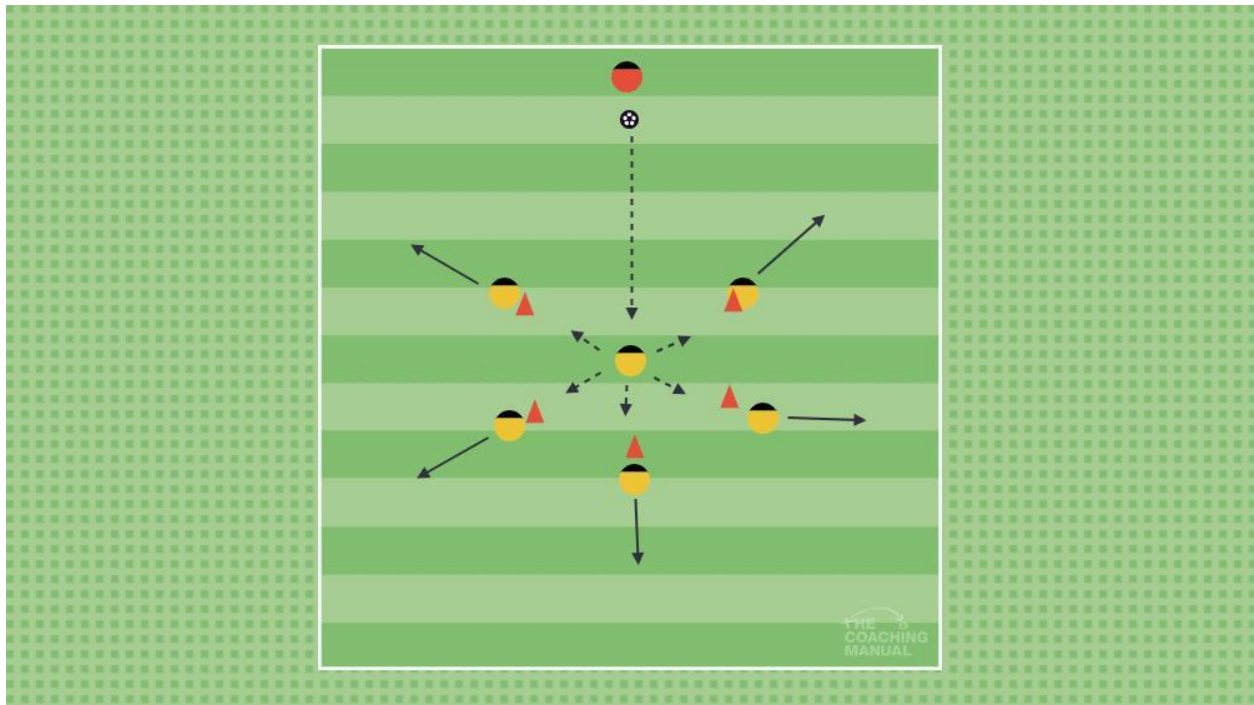
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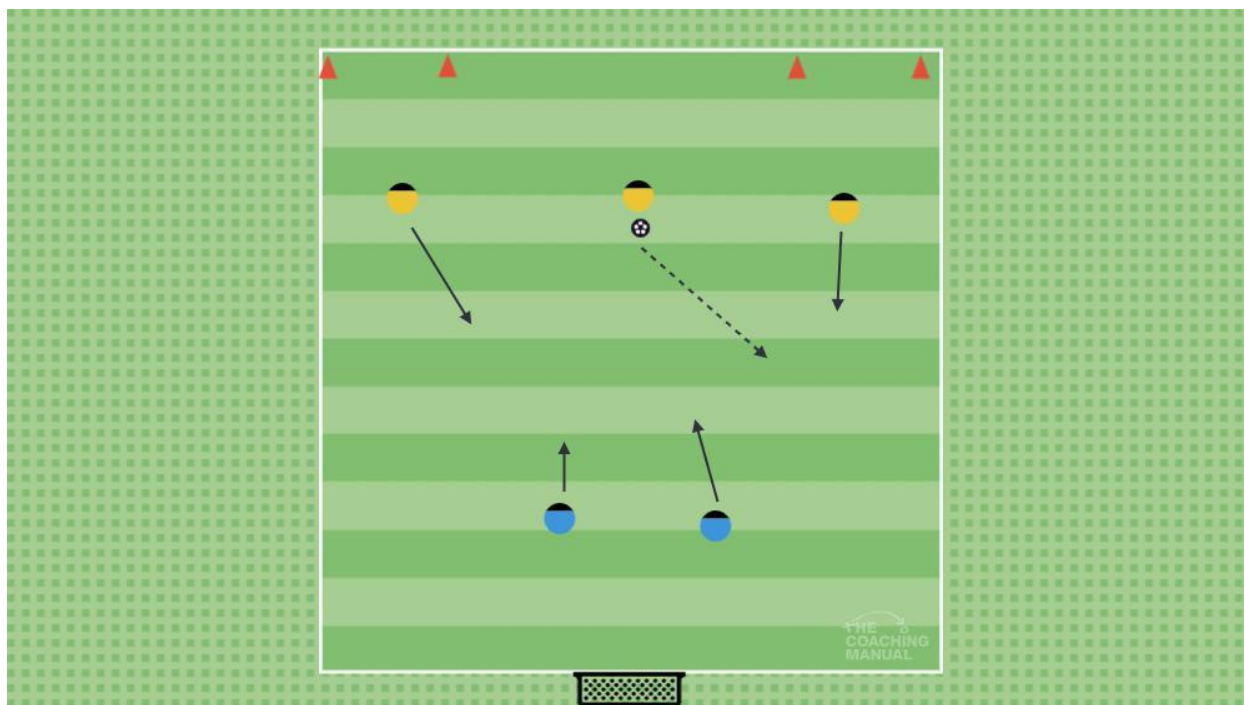


Pass & Move – Players will take turns receiving the ball in the middle of the cone grid. As the player receives the ball, teammates should move out and open up into space for a potential pass.

- Foot out to gently receive the ball.
- Step into the passes with the standing foot on the side of the ball.
- Call for the ball if you want to receive it.
 - Here
 - Sideways/Square
 - Back

Restricted 3v2 – Players will go against each other with 3 attackers and 2 defenders. The field will be broken up into 3 areas. The attacking team is not allowed to have more than 2 players in the same lane at the same time. Defenders can move freely.

- Keeping at least 1 attacker in a different lane allows us to stretch the defenders and pass away from pressure.
- Defenders should have 1 press the ball and 1 try to mark an open player.
- Attackers can score on net.
- Defenders can score on 2 cone goals by the halfway.

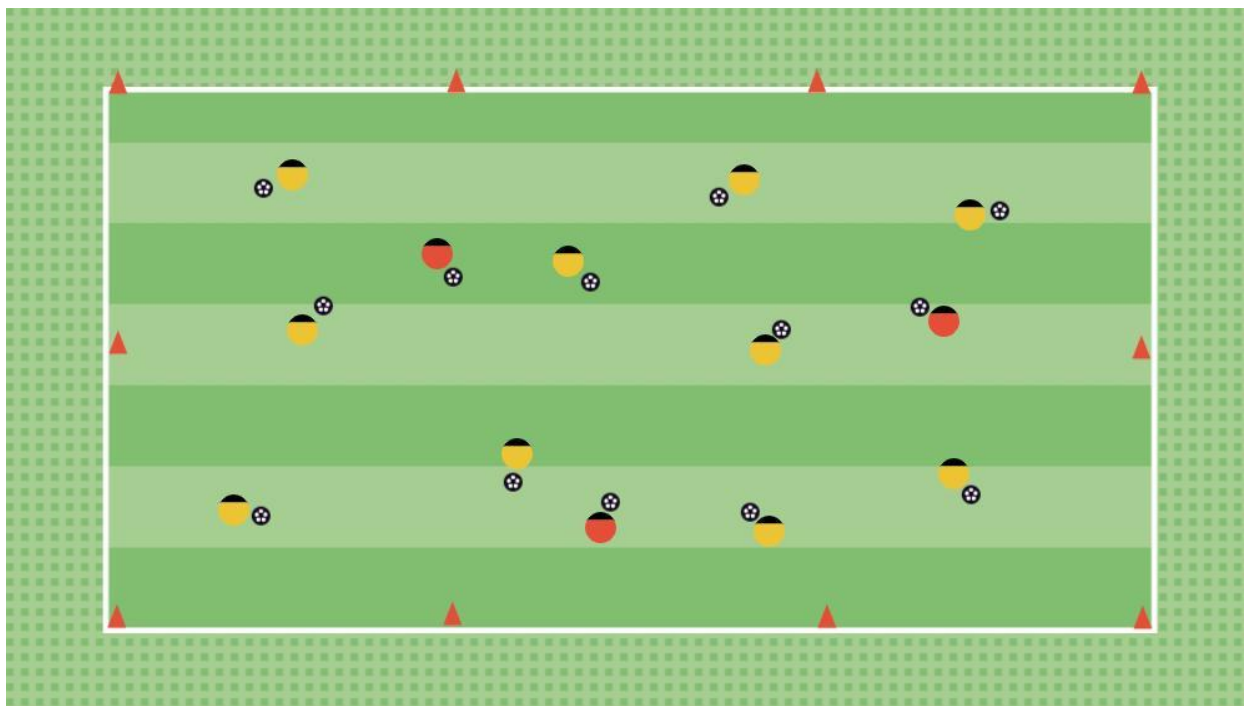


Restricted 3v2 – Players will go against each other with 3 attackers and 2 defenders. Attacking team must work on staying spread out without cones on the field. At least 1 attacker should be away from the ball.

- Attackers can score on net.
- Defenders can score on 2 cone goals by the halfway.

Week 7

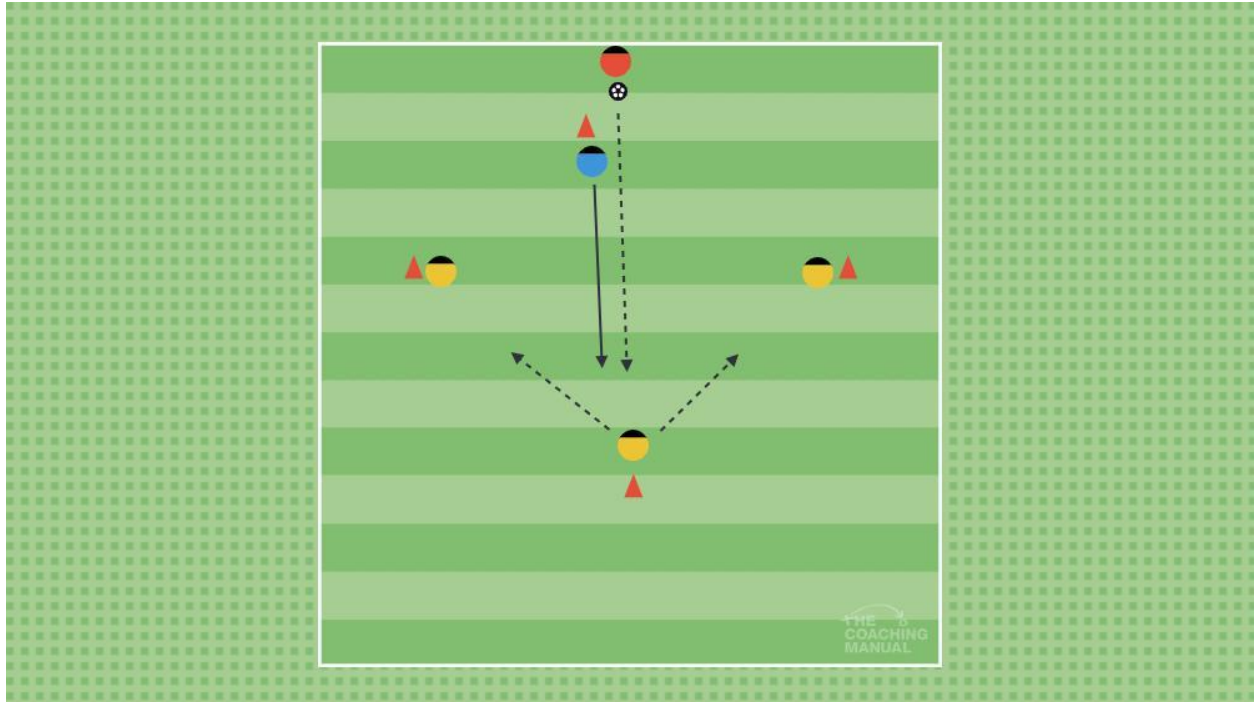
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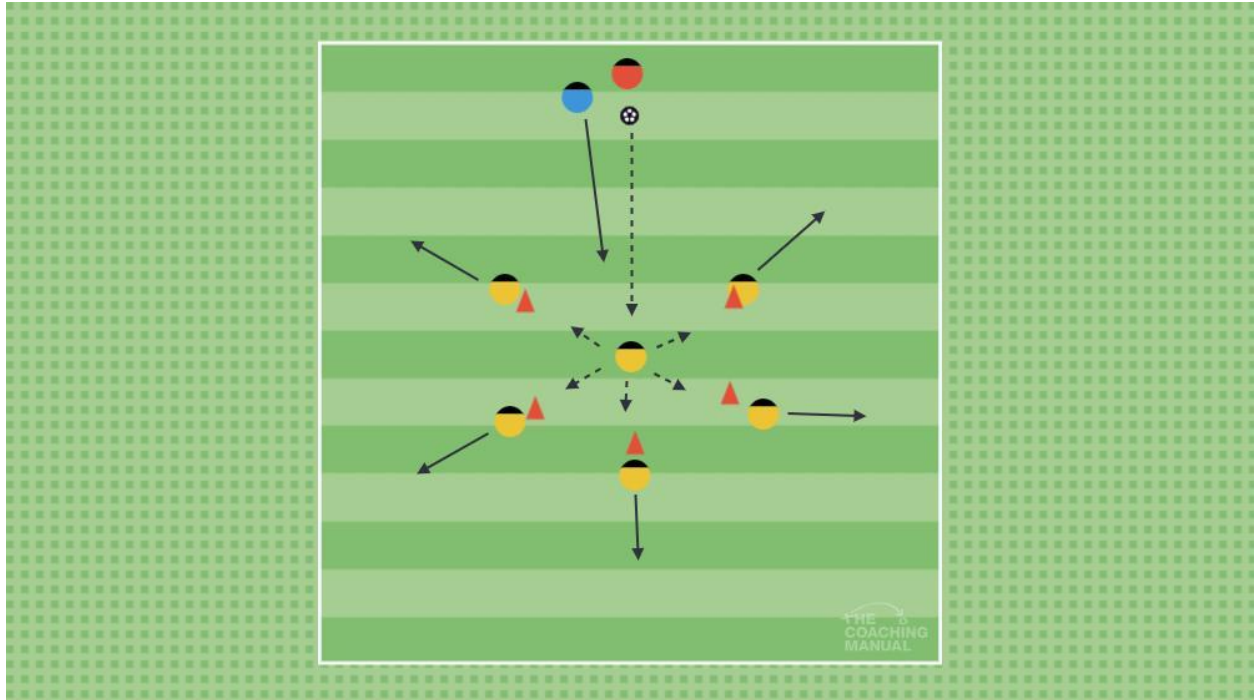
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Find A Pass, Don't Boot It – Players will be split between 3 cones. Coach will pass to one of the players and they must receive the ball and control it before passing to one of the other 2 players. When coach passes the ball, a defender will press the person the pass is made to.

- Pay attention because you don't know who coach will pass to.
- Look at where your teammates are before receiving the ball.
- Be ready to put a foot out to gently control the ball before passing.
- Step next to the ball with the standing foot and use the inside of the foot to pass.

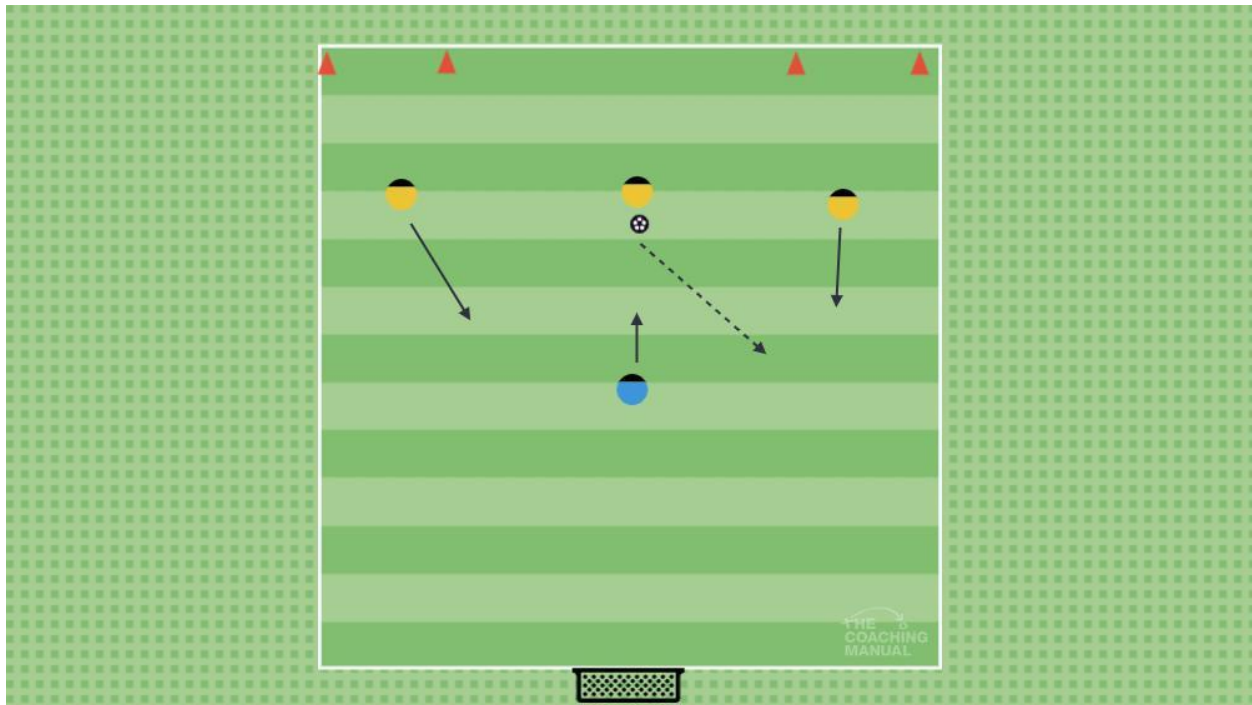
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Opening Up/Finding A Pass – Players will all have a cone to start from. Teammates will all back up and open up into space. Coach will pass to the player in the center and they must receive the ball and control it before passing to a teammate. When coach passes the ball, a defender will press the person the pass is made to.

- Look at where your teammates are before receiving the ball.
- Be ready to put a foot out to gently control the ball before passing.
- Step next to the ball with the standing foot and use the inside of the foot to pass.
- Call for the ball
 - Here
 - Sideways/Square
 - Back

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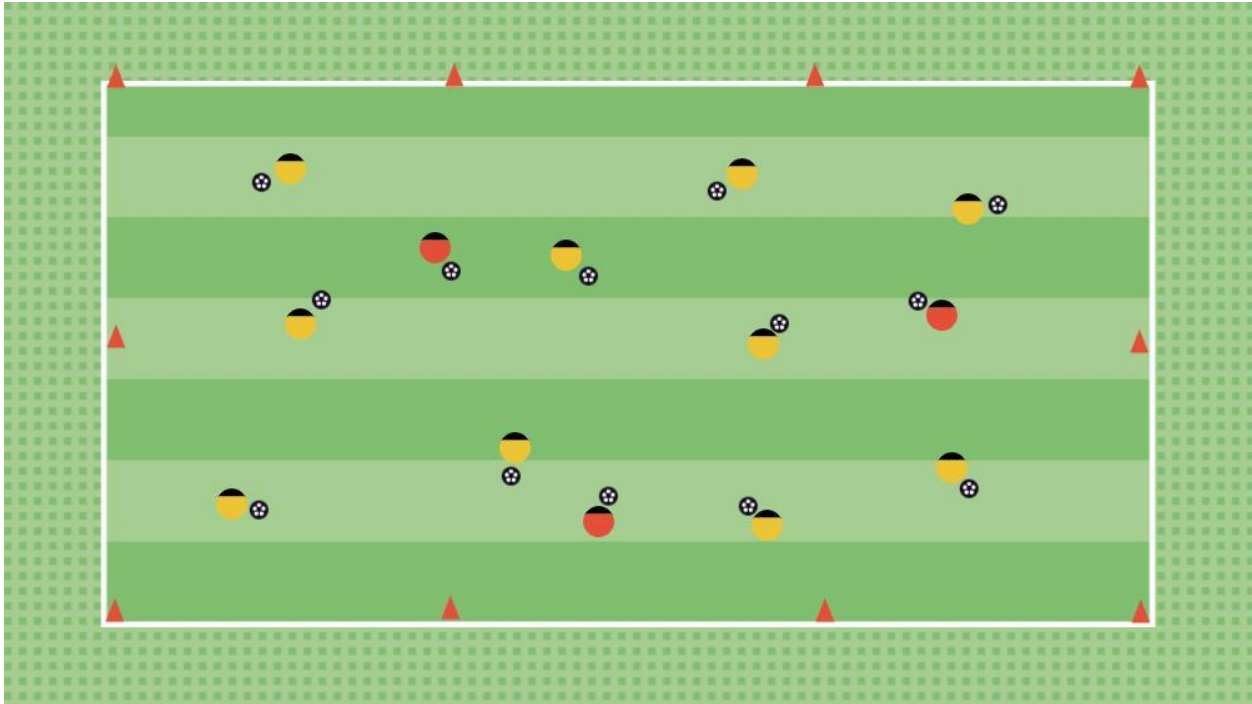


3v1 – Players will go against each other with 3 attackers and 1 defender. Attackers should try to move to create open passing lanes and spread out to make it hard for the defender to mark everyone. Attackers score on net. Defender scores on 2 cone goals by halfway.

- Look at where your teammates are before passing the ball.
- Look at where the defender is before receiving the ball.
- Step next to the ball with the standing foot and use the inside of the foot to pass.
- Be ready to put a foot out to gently control the when receiving.
- Call for the ball
 - Here
 - Sideways/Square
 - Back
 - Forward/Through

Week 8

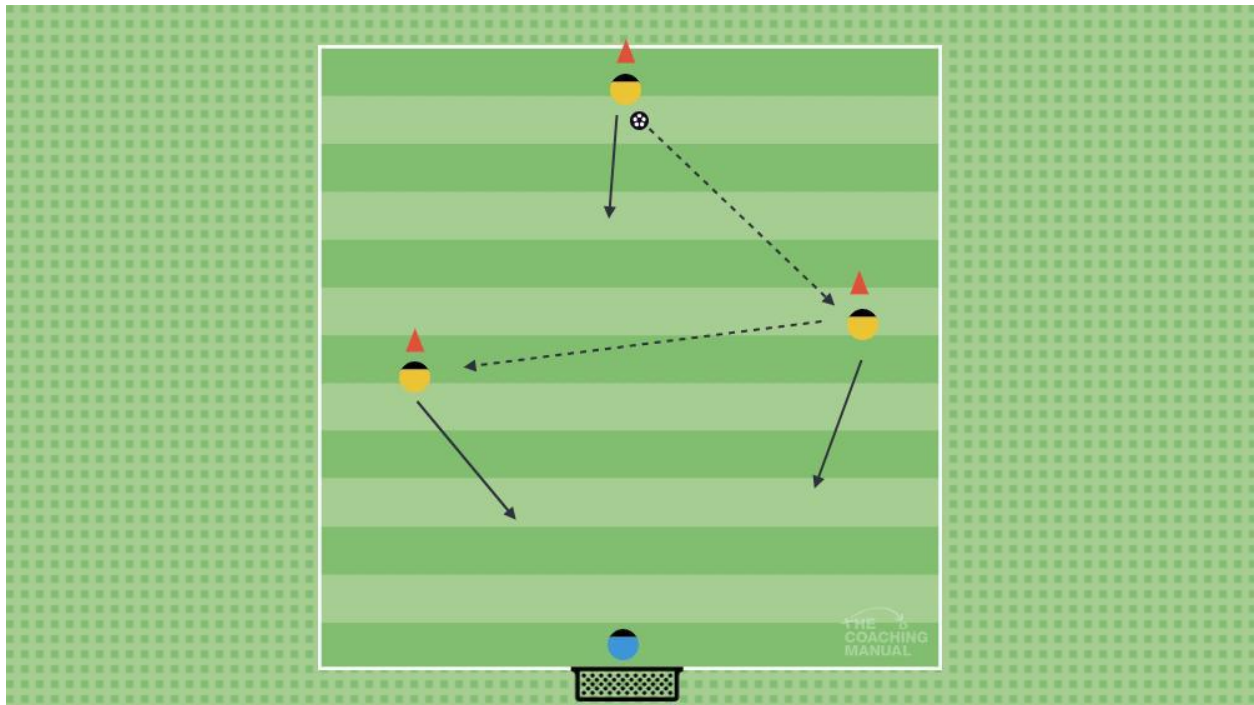
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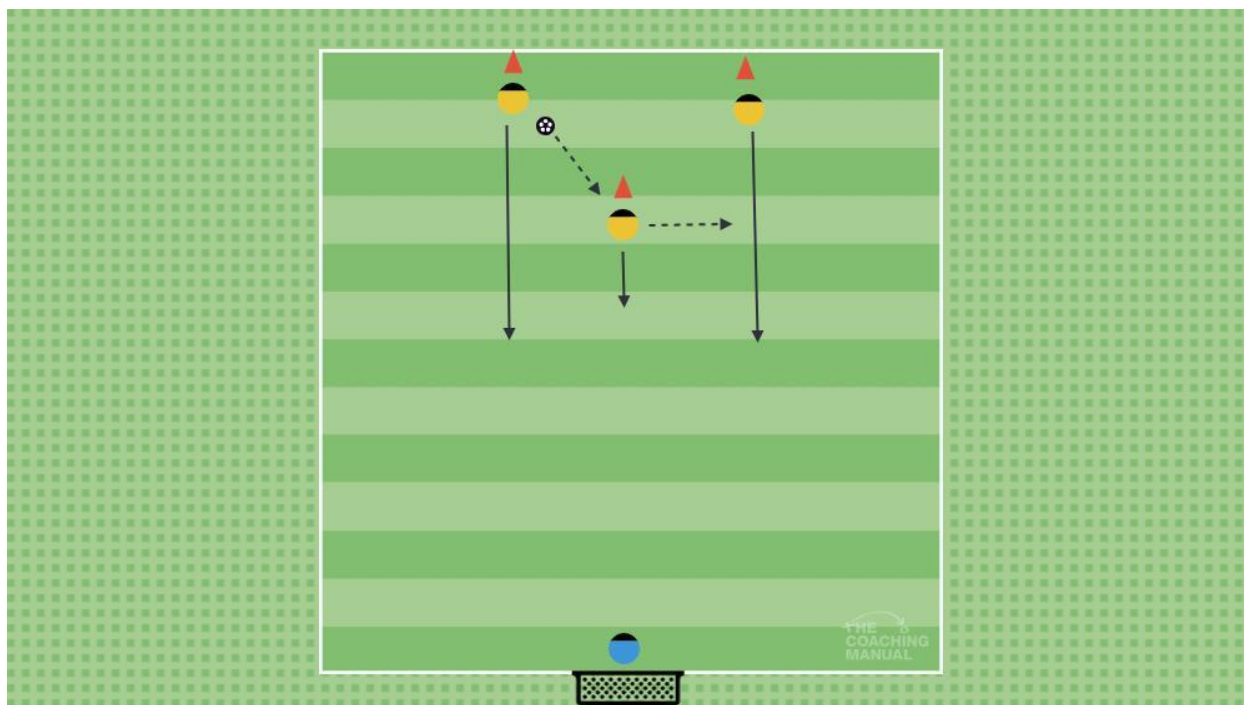
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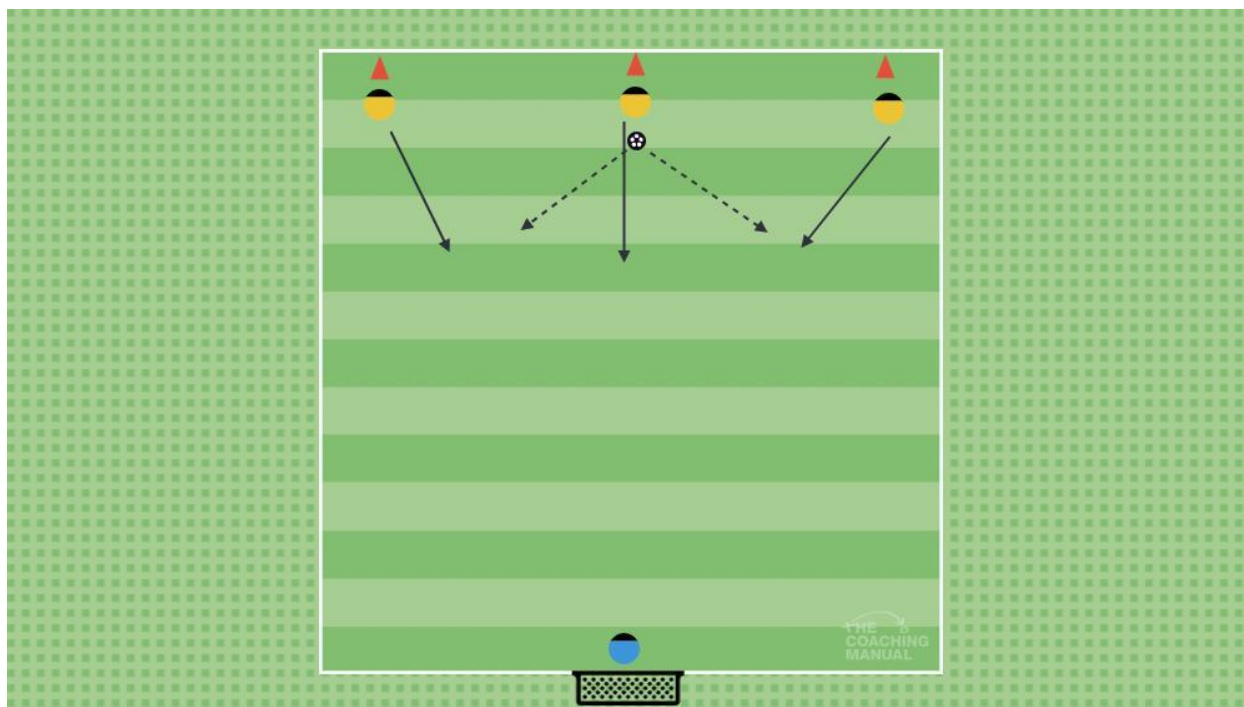
Passing Patterns – Players will be broken into 3 groups. The deepest player will pass diagonally to the closest player and then the ball will be moved across field to the furthest forward player. Attackers should still move forward after making their pass.

- Furthest forward attacker can take the ball to goal to score or make an additional pass to one of the teammates that is moving forward into space.



Passing Patterns – Players will be broken into 3 groups. 1 player will pass to the central player, and the central player will lay it off to the teammate on the other side of them. Attackers should still move forward after making their pass.

- The last player to receive the ball can take it to goal to score or make an additional pass to one of the teammates that is moving forward into space.

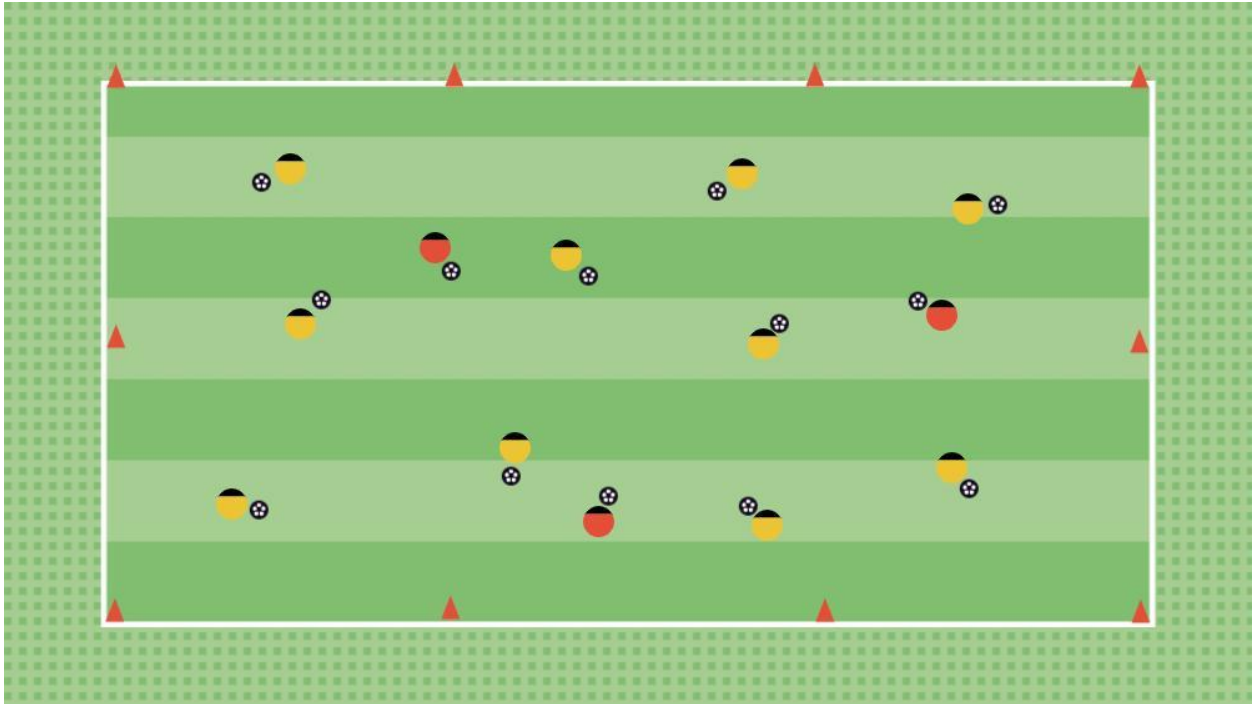


3v3 – Players will be broken into 3 groups. The ball will start with any of the 3 players. The attackers need to pass and move their way down the field to create a scoring opportunity.

- Be creative with your movement.
- Try to move into space and not take your teammate's area.
- Add your favorite tricks and skill moves to make it more fun!

Week 9

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Tournament



Round Robin – Teams will play (3) 12 minute games with 5 minute breaks between to shake hands and get lined up on the next field.

- Tied games will be decided with a penalty shootout.
 - Kicks will be taken 6 paces from the goal.
 - Each team takes 1 kick until one team scores and the other misses.
 - Rotate goalkeepers for every shootout against a new team.