

BURLINGTON YOUTH SOCCER ASSOCIATION



U6 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 earlier. 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
 - 30 minutes – Drills
 - 30 minutes – Scrimmage
 - 4v4 (no goalie)
 - 2 defenders and 2 attackers 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:

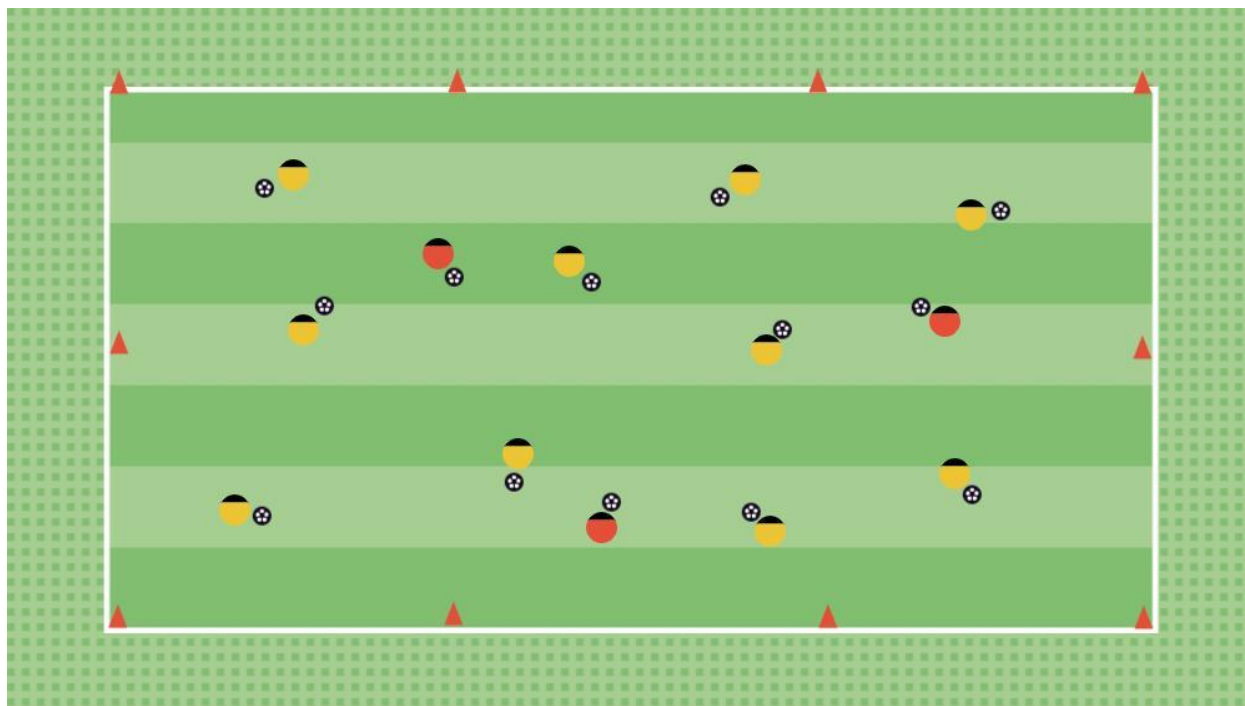
- Kids are KIDS – be patient/positive
- Everyone is learning and mistakes are OK
- Effort isn't synonymous with skill
- Recognize individual AND team pros/cons
- Have players sit out and watch if they do not want to behave/participate
- Sportsmanship/teamwork – win together, lose together – no individual's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

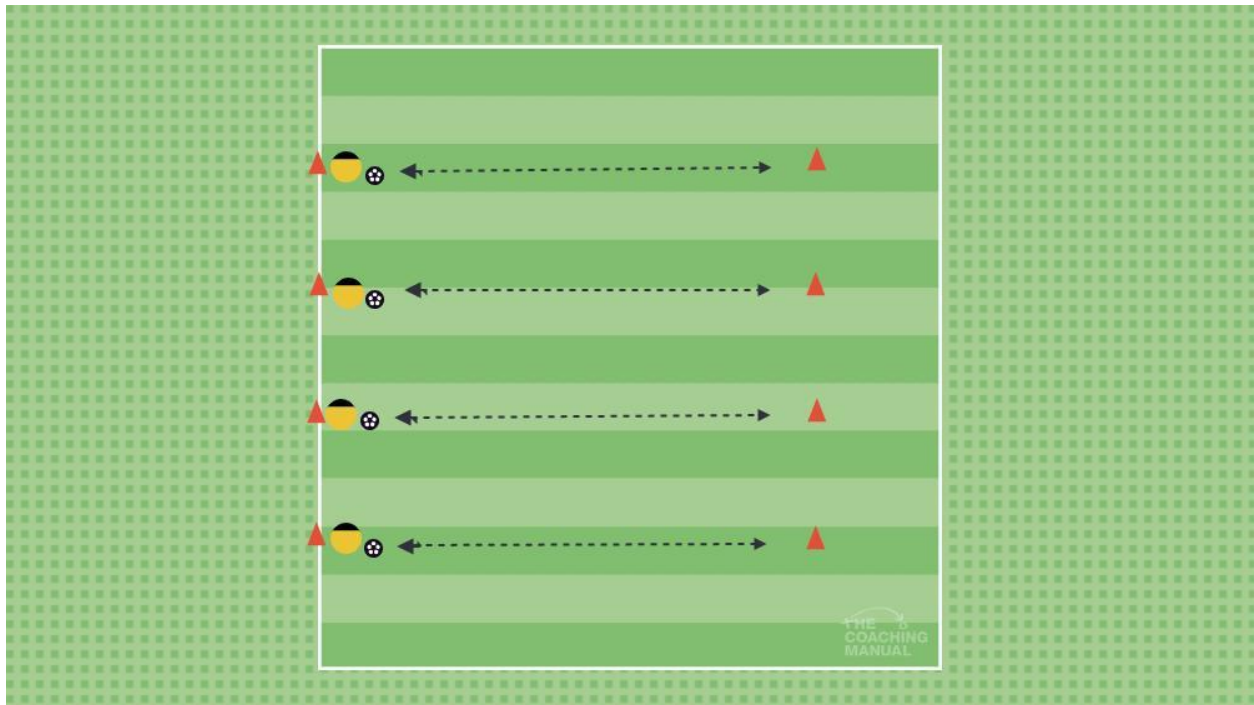
Volunteer Coach Warm Up



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.

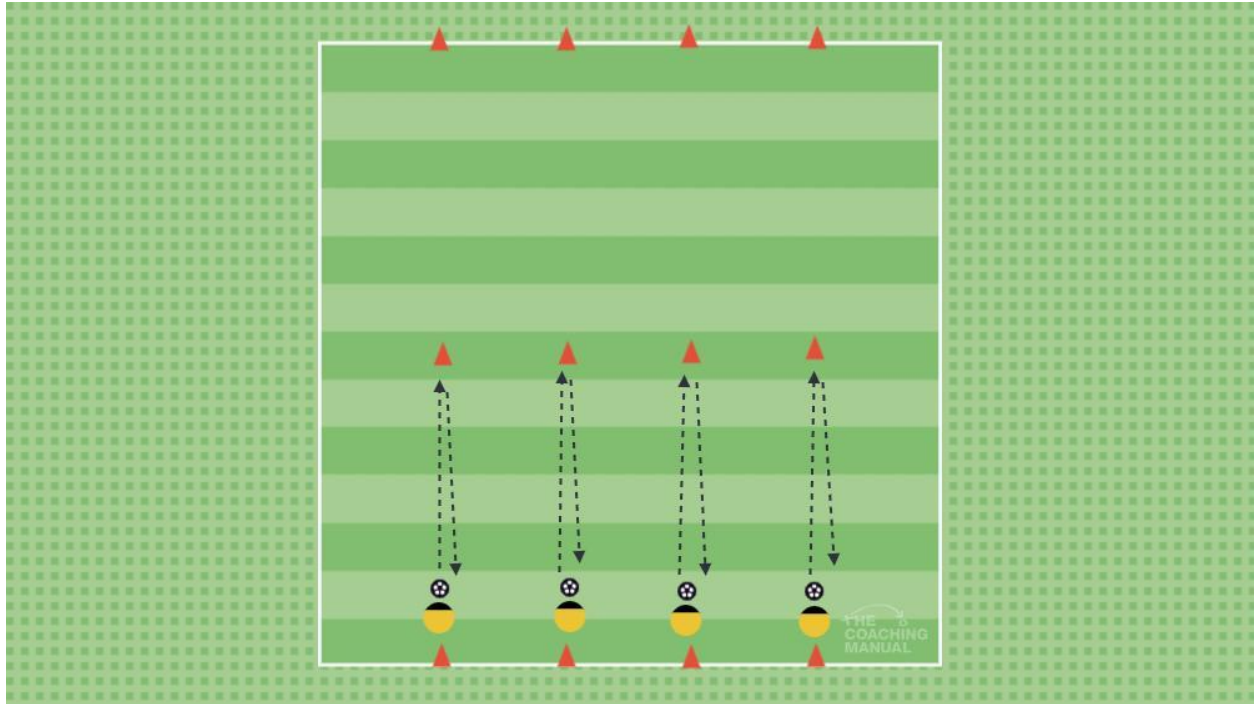
- **Laces** – Point foot down and push the ball with the area above the toes.
- **Inside/outside** – Touch the ball once with the inside of your foot, and then once with the outside. Repeat.
- **Sole rolls** – Put L foot on top of the ball and roll it forward. Repeat with R foot. Keep switching.
- **Pull back** – Put foot on top of the ball and roll it back behind you while turning around.
- **Inside Turn** – Use the inside of one foot to guide the ball while turning inward in a half circle.
- **Outside Turn** – Use the outside of one foot to guide the ball while turning outward in a half circle.

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



Dribbling – Players will dribble to the cone and back using different techniques.

- **Laces** – Point toe down and push the ball with the top of the foot.
- **Inside/Outside** – Touch the ball once with the inside of your foot, and then once with the outside. Repeat.
- Train both R & L foot.



Dribbling – Players will dribble to a cone line and back using different techniques.

- **Pull back** – Players will dribble up to the 1st set of cones, execute a pull back and return to the start.
- **Stop and go** – Players will dribble up to the 1st set of cones, stop the ball, and then speed dribble to the 2nd set of cones.
- Train both R & L foot.

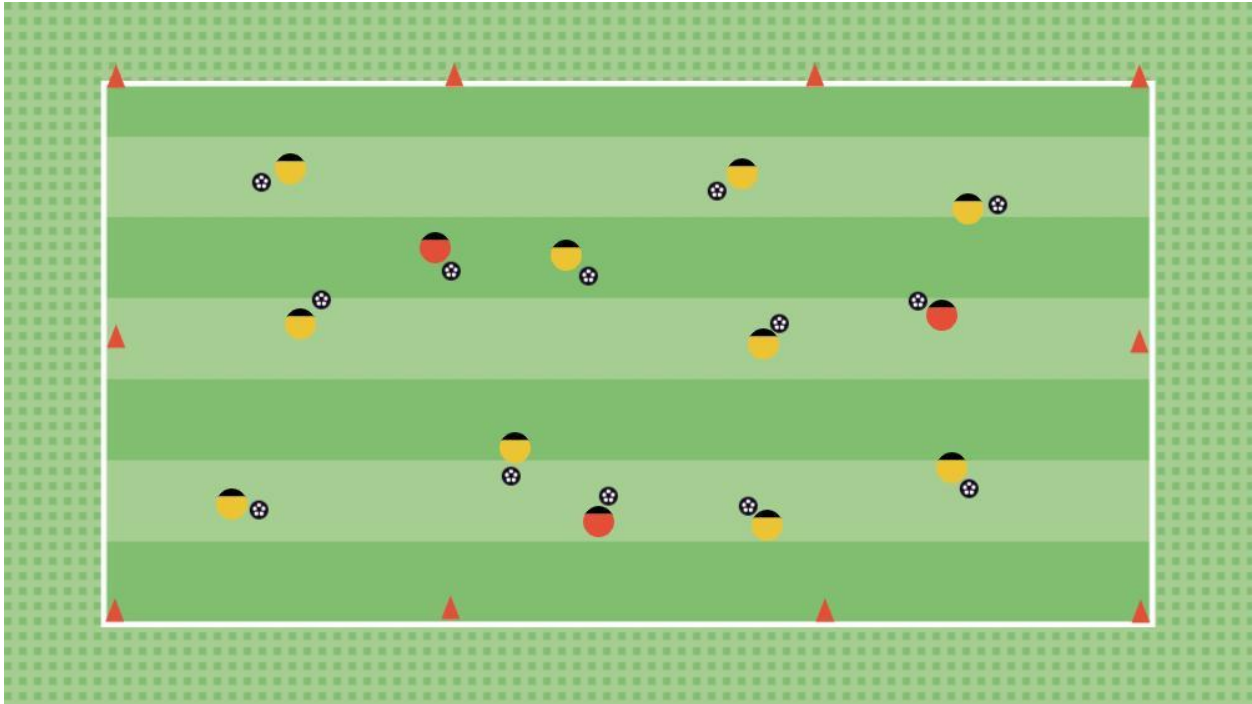


Field Orientation – Show the players around the field. Explain all of the terms below.

- **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

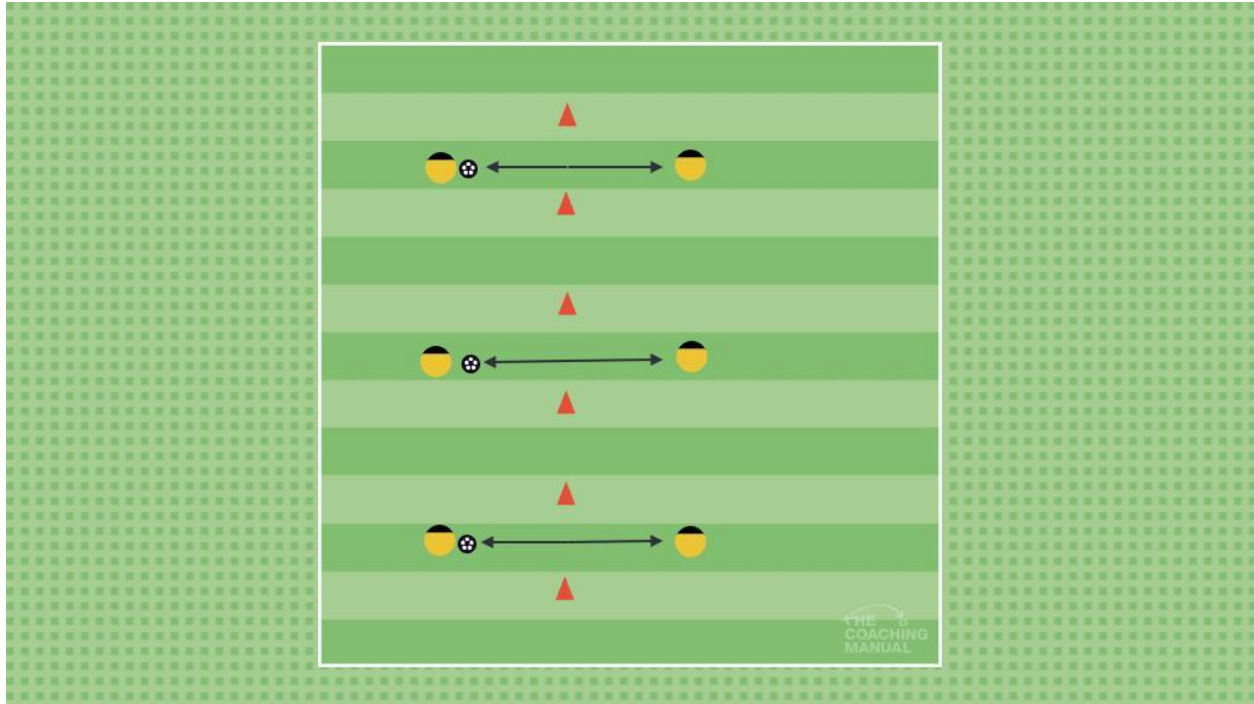
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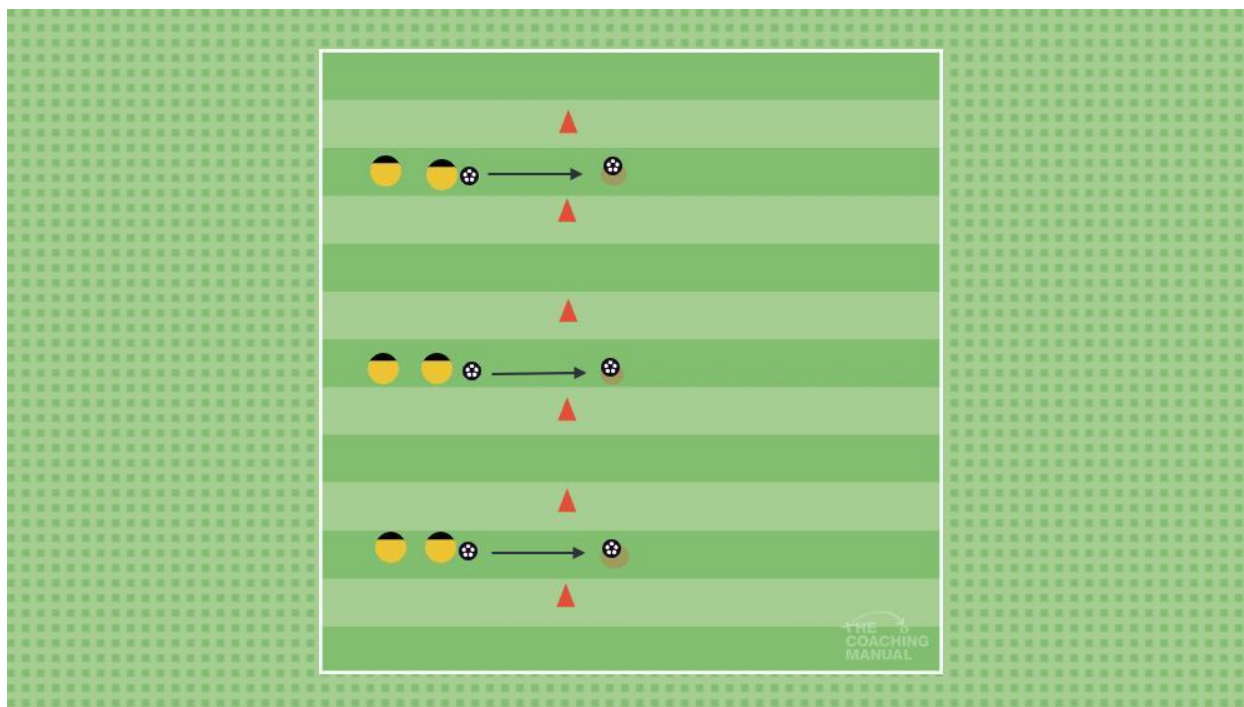
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- **Sole rolls** – Put L foot on top of the ball and roll it forward. Repeat with R foot. Keep switching.
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Drills should only be 8-10 minutes long. Drink breaks in between each drill.



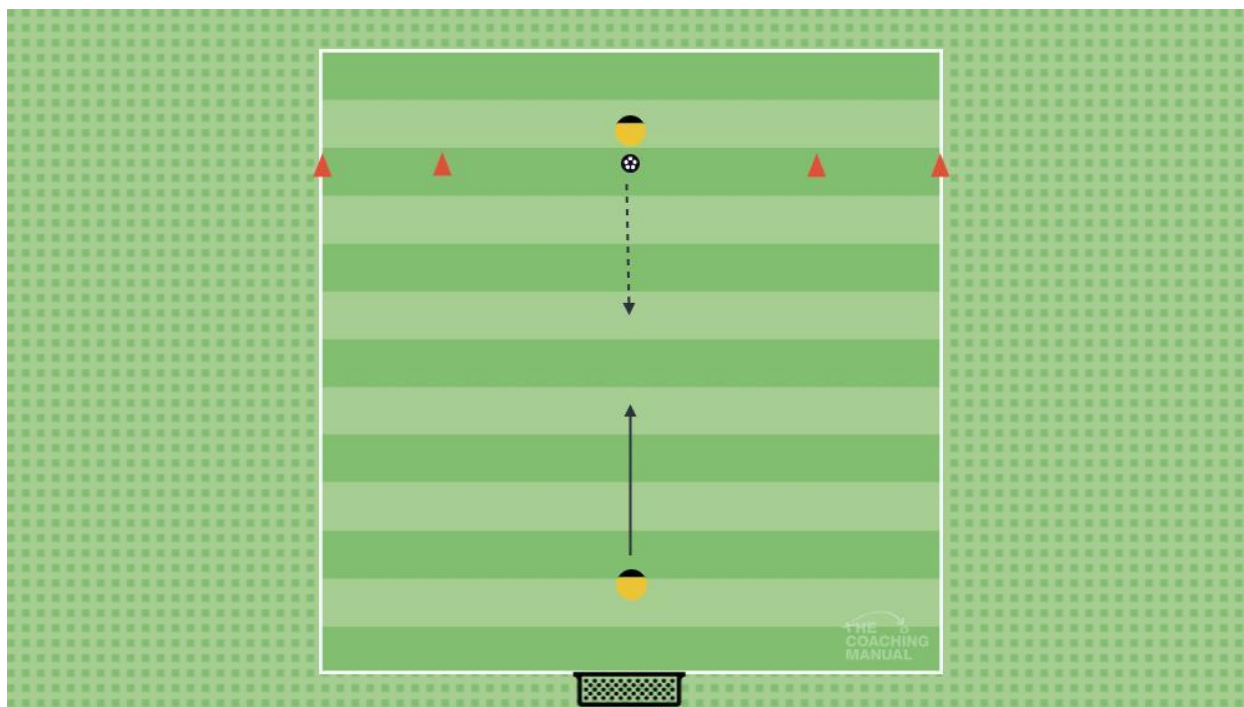
Passing – Players will pass back and forth to a teammate aiming to pass the ball through a gate in the middle of them.

- Step into passes with the plant foot beside the ball.
- Use the inside foot and hit through the middle of the ball to pass.
- Hold foot out gently to control the ball, do not try to step on it.
- Train both R & L foot.



Passing Targets – Players will get into pairs and try to pass the ball through their cone gate and knock the target ball off the cone.

- Use 1 ball on the cone as a target and use the other to pass with.
- Step into passes with the plant foot beside the ball.
- Use the inside foot and hit through the middle of the ball to pass.
- Train both R & L foot.

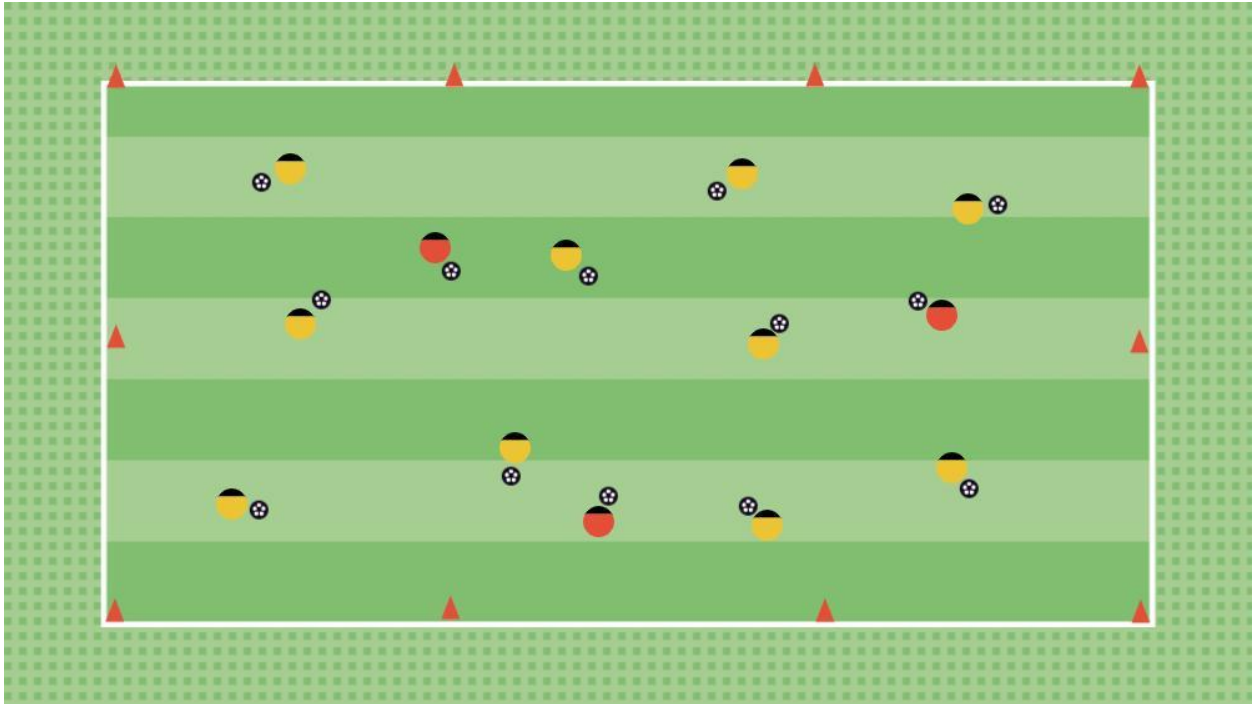


1v1 – Have players take turns going against each other. Offense needs to shoot on the net to score. Defense needs to dribble through either cone gate with the ball to score (not shoot).

- Attacker should use speed and changes of direction to beat the defender.
- Defender should stay in front of the attacker and wait for a chance to take/kick the ball away.

Week 3

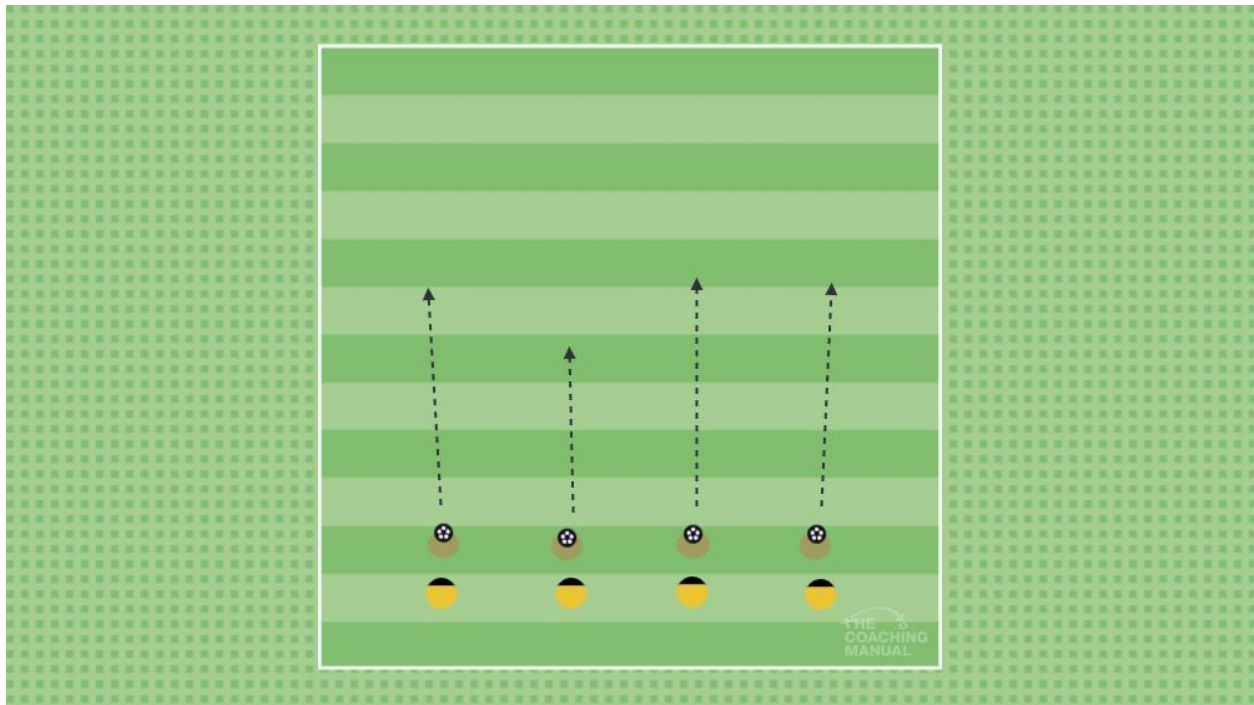
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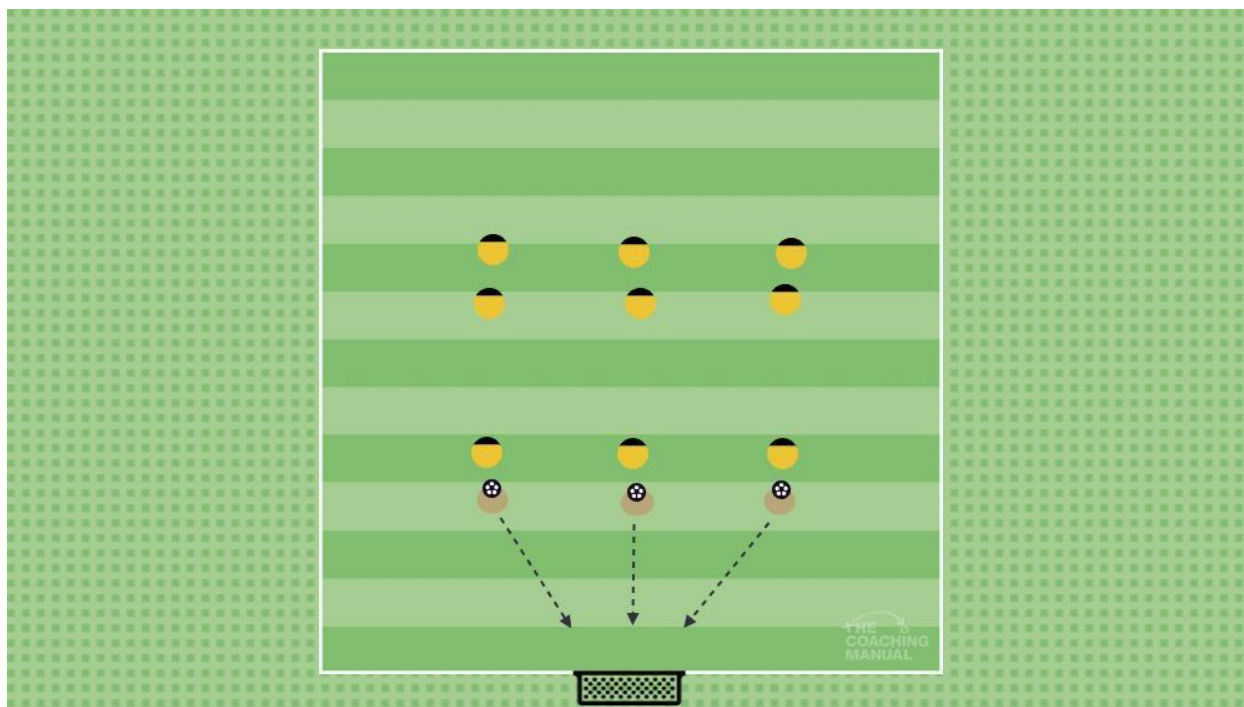
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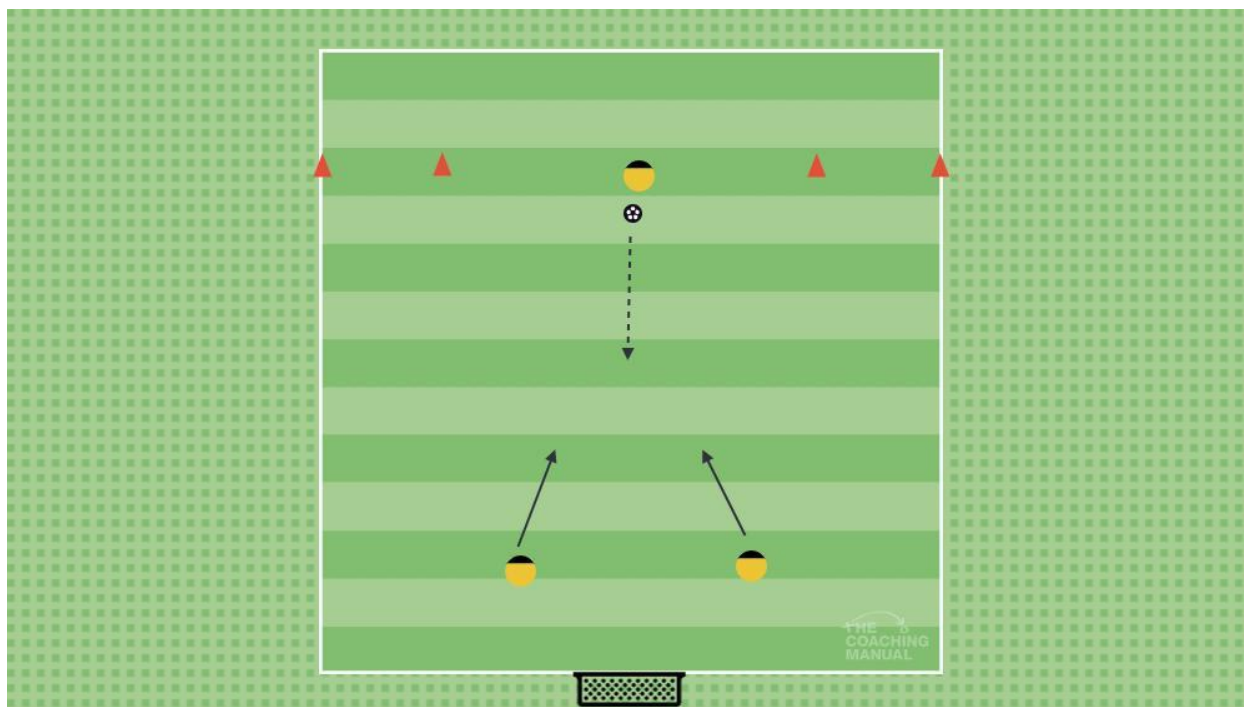
Finishing – Players will each place their ball on a cone and practice proper shooting technique.

- Standing foot should step on the side of the ball (not ahead or behind it).
- Point toes of shooting foot downward and swing through to hit with laces.
- Try to lock the shooting ankle and follow through after contact.
- Train both R & L foot.



Finishing – Players will take turns placing their ball on a cone and practice proper shooting technique with direction.

- Standing foot should step on the side of the ball (not ahead or behind it).
- Point toes of shooting foot downward and swing through to hit with laces.
- Try to lock the shooting ankle and follow through after contact.
- Train both R & L foot.

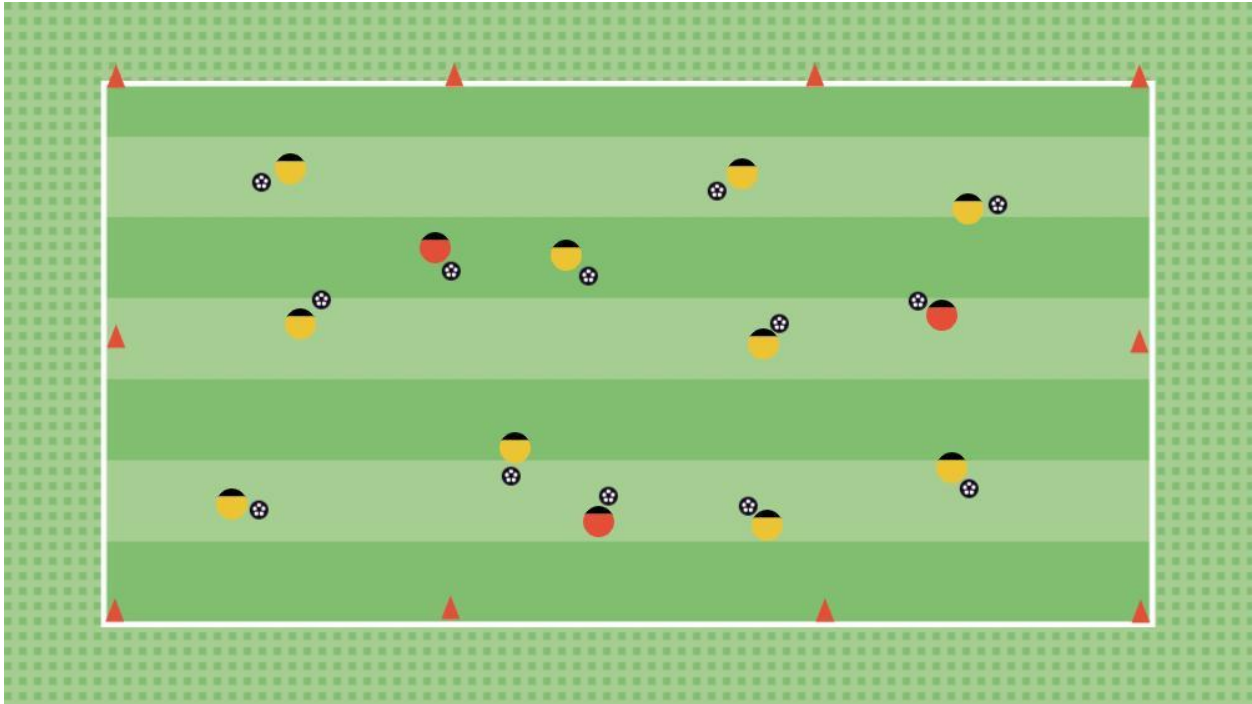


1v2 – Have players take turns going against each other. Offense needs to shoot on the net to score. Defense needs to dribble through either cone gate with the ball to score (not shoot).

- 1 defender should pressure the ball, and 1 cover the space between the ball and the goal.

Week 4

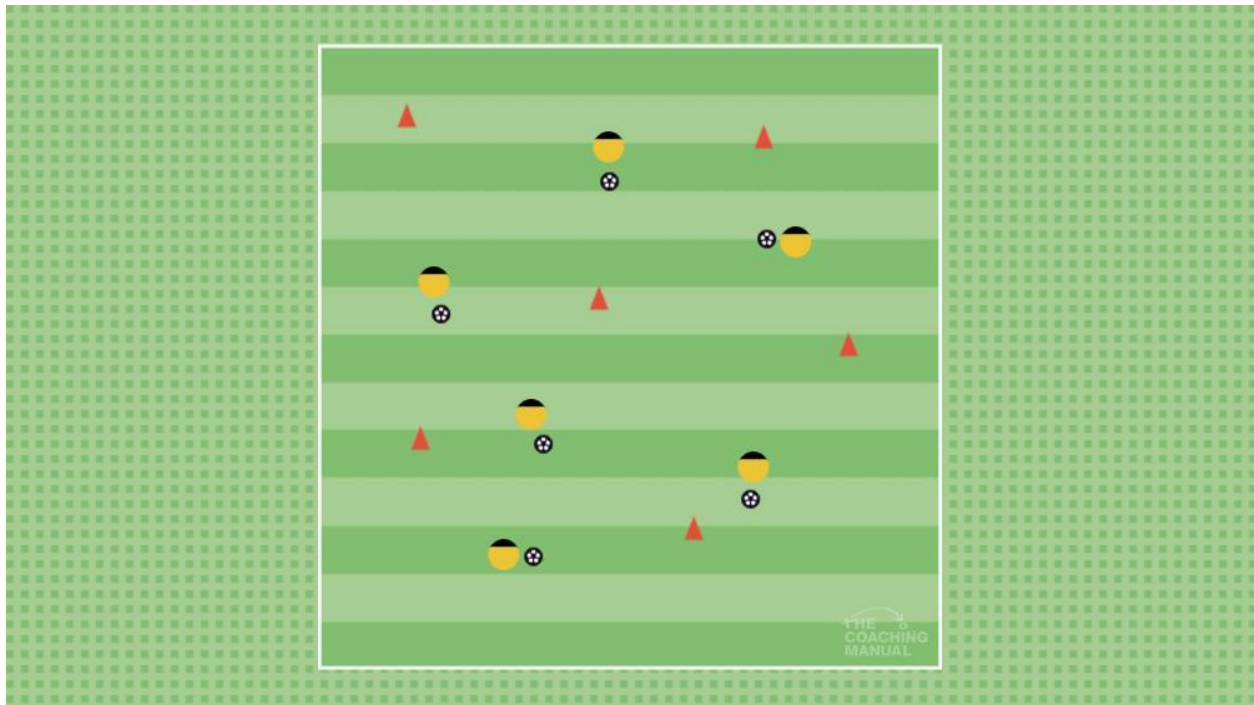
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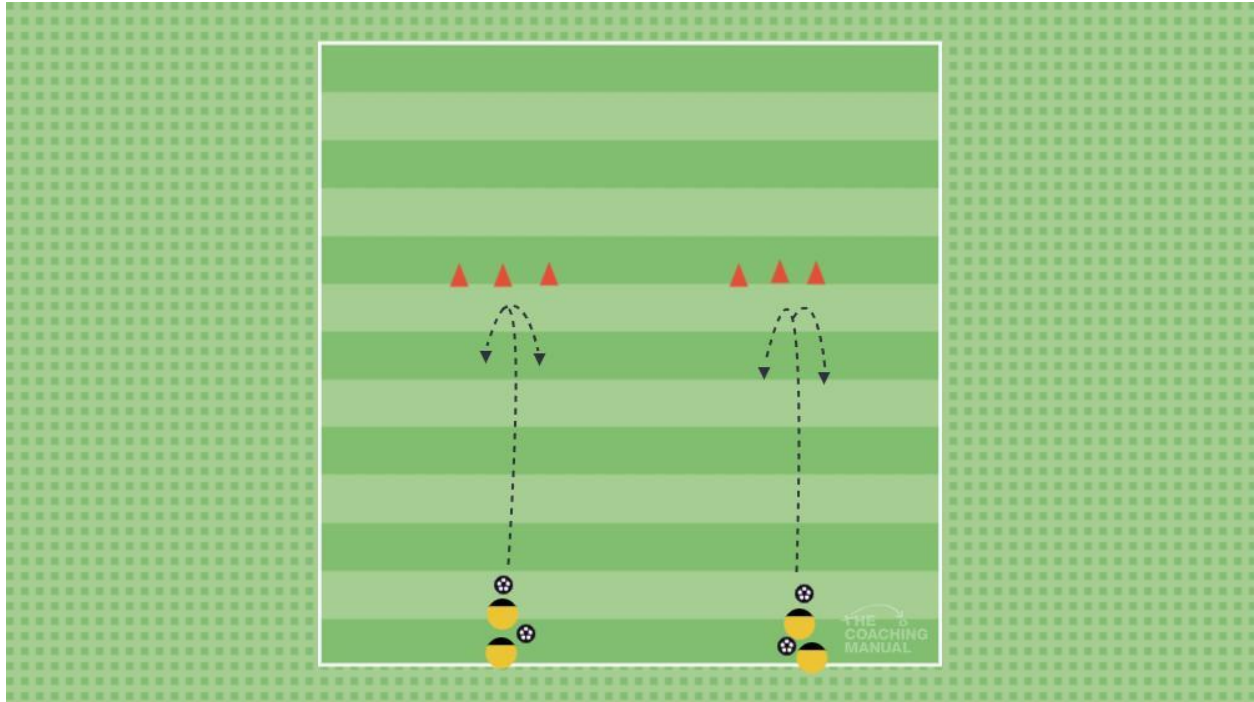
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Drills should only be 8-10 minutes long. Drink breaks in between each drill.



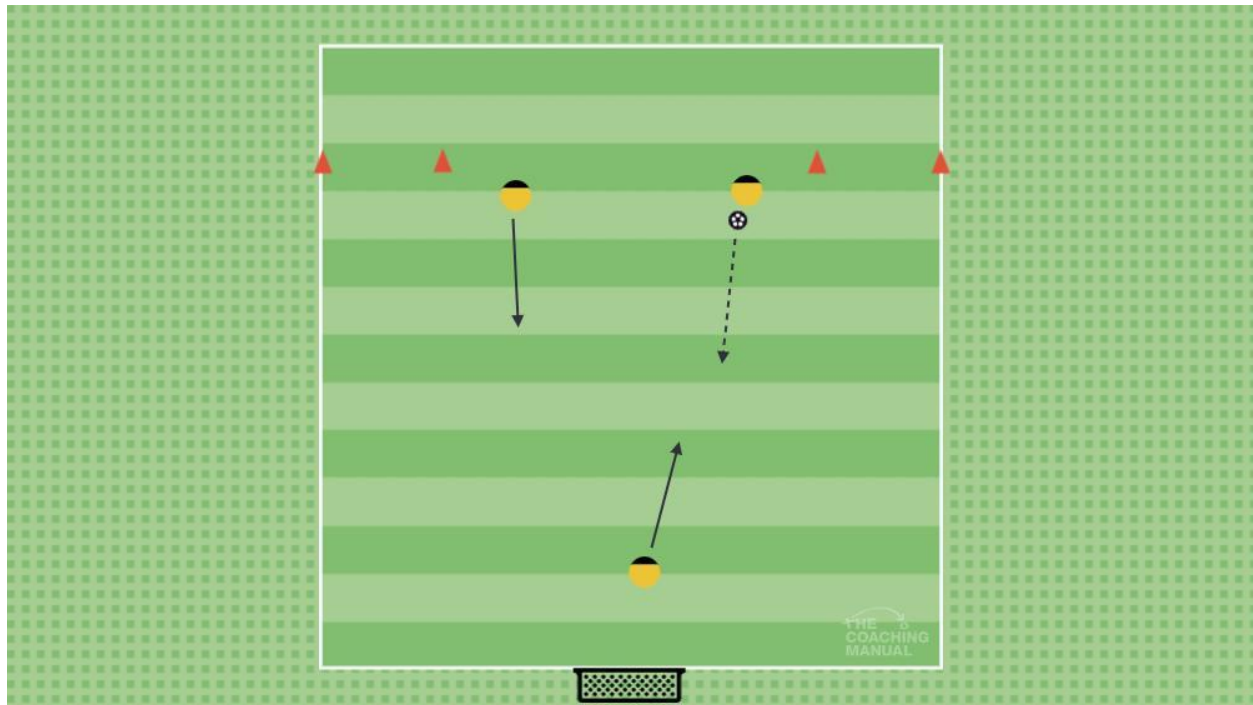
Dribbling – Players will dribble around the area while avoiding the cones and executing the chosen techniques.

- **Tick Tocks** - Knock the ball back and forth using only the insides of the feet.
- **Cruyff Turn** - Hook ball back between legs with inside of big toe. Turn around as the ball goes through the legs.
- Train both R & L foot.



Dribbling – Players will dribble up to the wall of cones and execute a turn before dribbling back to the end of the line.

- **Inside Turn** - Use the inside of one big toe to guide the ball while turning inward in a half circle.
- **Outside Turn** - Use the outside of one pinky toe to guide the ball while turning outward in a half circle.

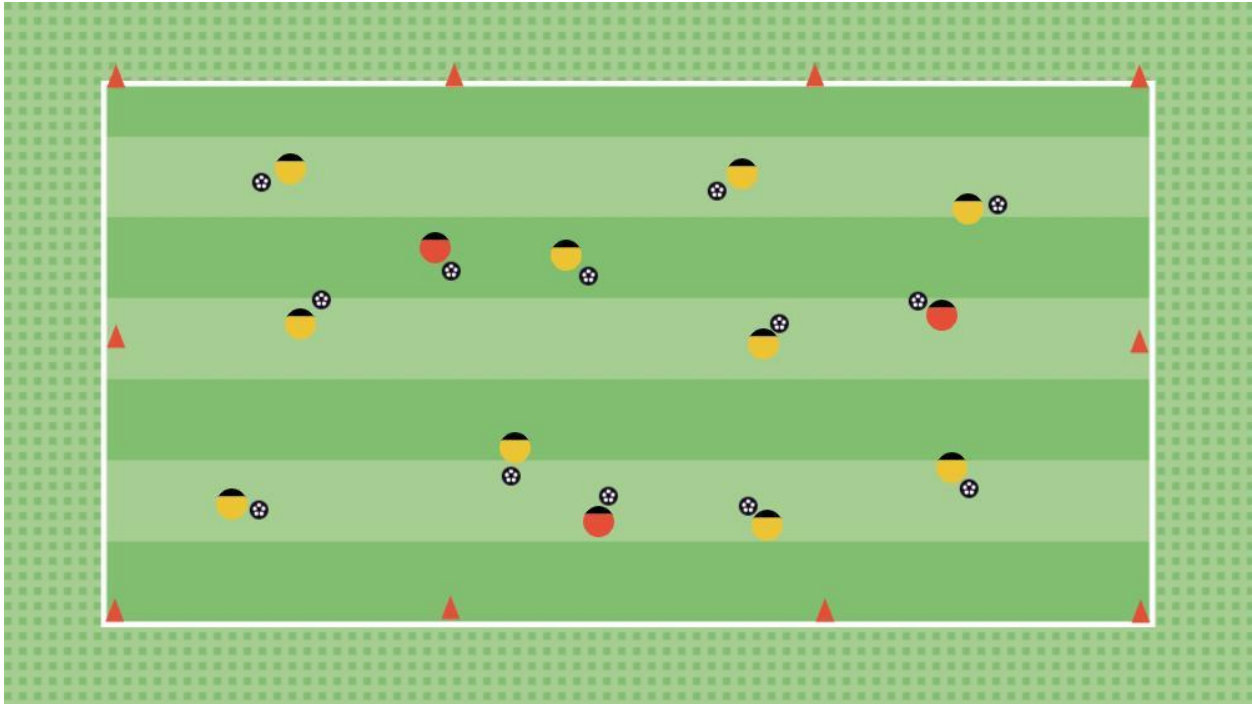


2v1 – Players will take turns going against each other. Offense needs to shoot on the net to score. Defense needs to dribble through either cone gate with the ball to score (not shoot).

- Pass the ball if you are pressured on offense.

Week 5

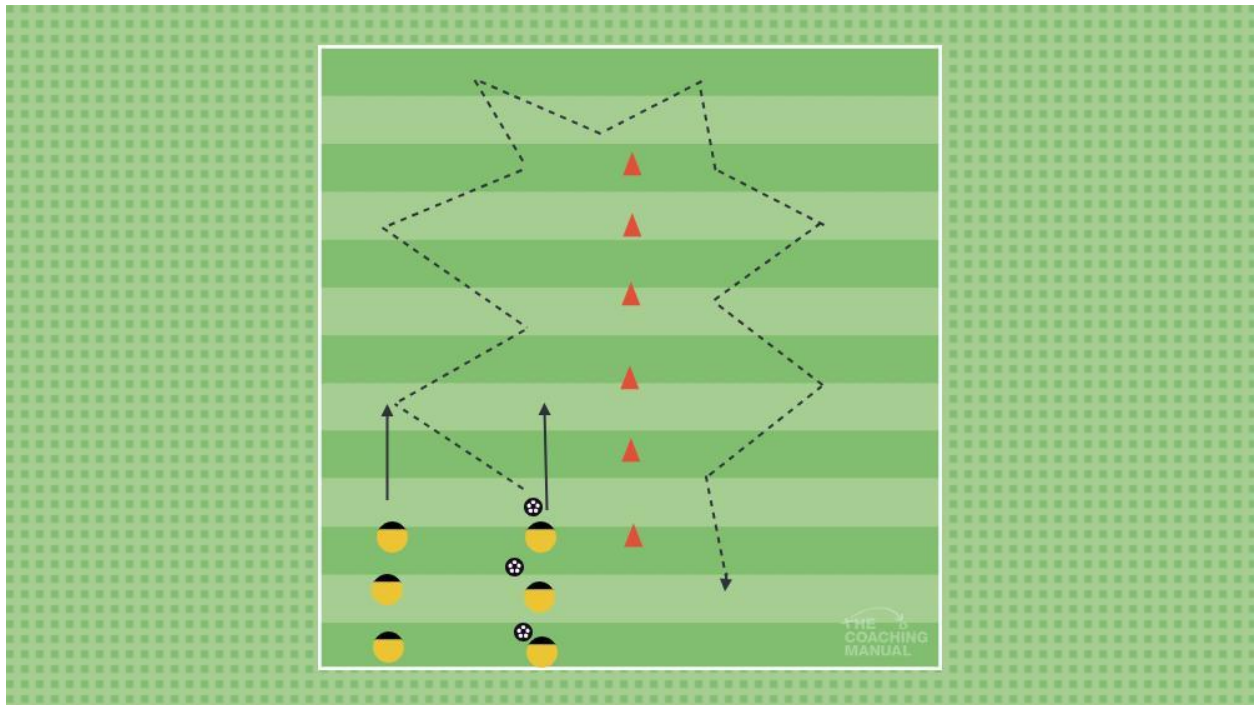
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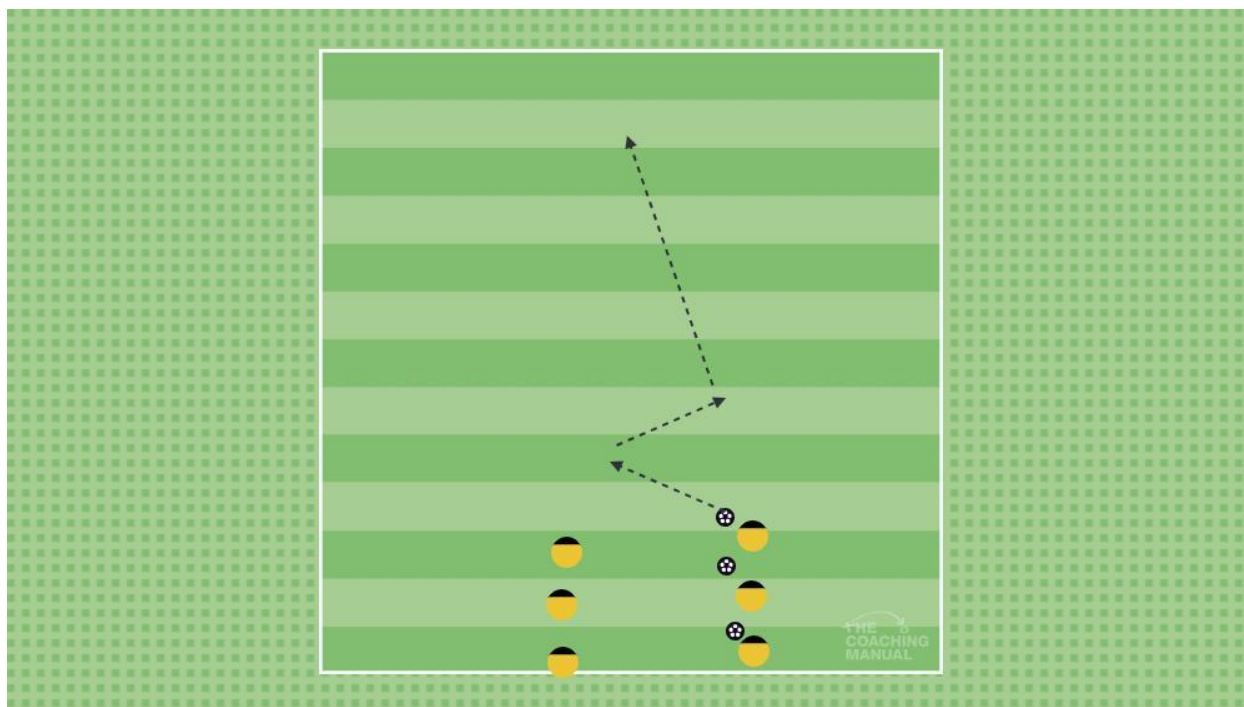
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Drills should only be 8-10 minutes long. Drink breaks in between each drill.



Passing – Players will pass back and forth while working their way up, around, and down the cone wall.

- Step into passes with the plant foot beside the ball.
- Use the inside foot and hit through the middle of the ball to pass.
- Hold foot out gently to control the ball, do not try to step on it.
- Call for the ball when you want it.
- Train both R & L foot.



Passing – Players will work their way to the halfway line using the sequence of short pass, short pass, and long pass.

- Step into passes with the plant foot beside the ball.
- Use the inside foot and hit through the middle of the ball to pass.
- Hold foot out gently to control the ball, do not try to step on it.
- Call for the ball when you want it.
- Pass and move.
- Train both R & L foot.

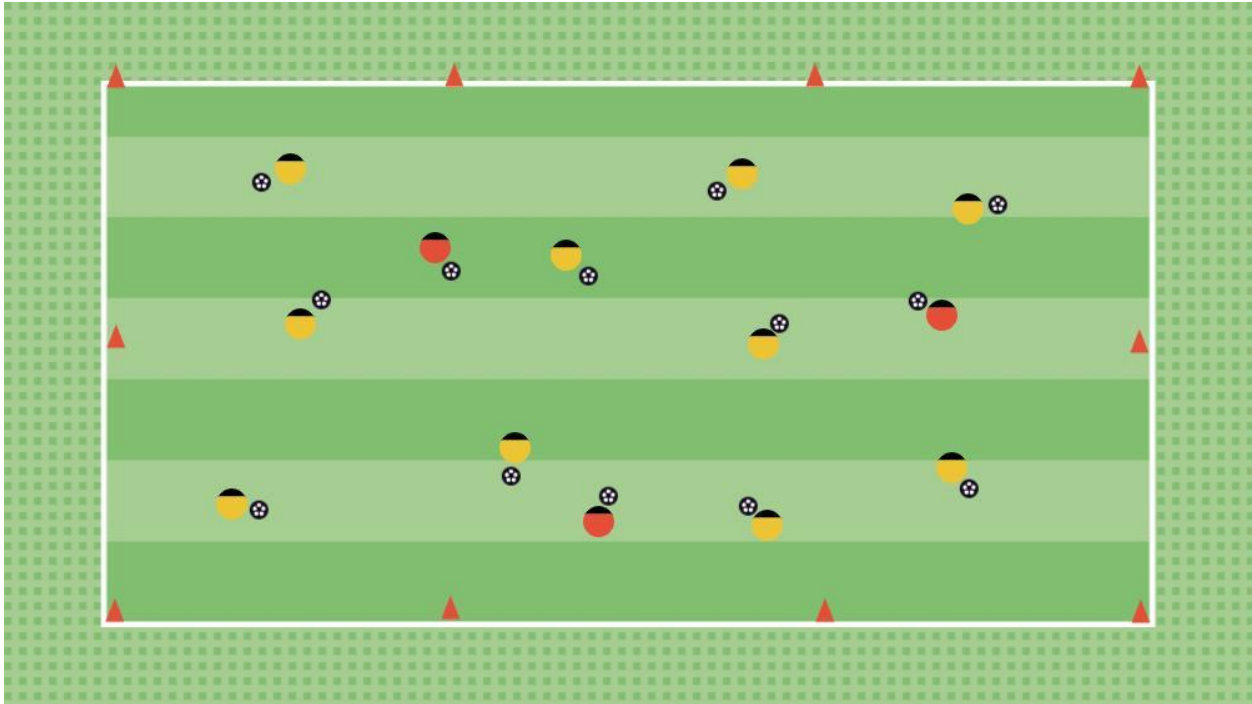


Field Orientation – Show the players around the field. Explain all of the terms below

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- **Positions** – Offense tries to score on the other team and defense tries to protect your goal

Week 6

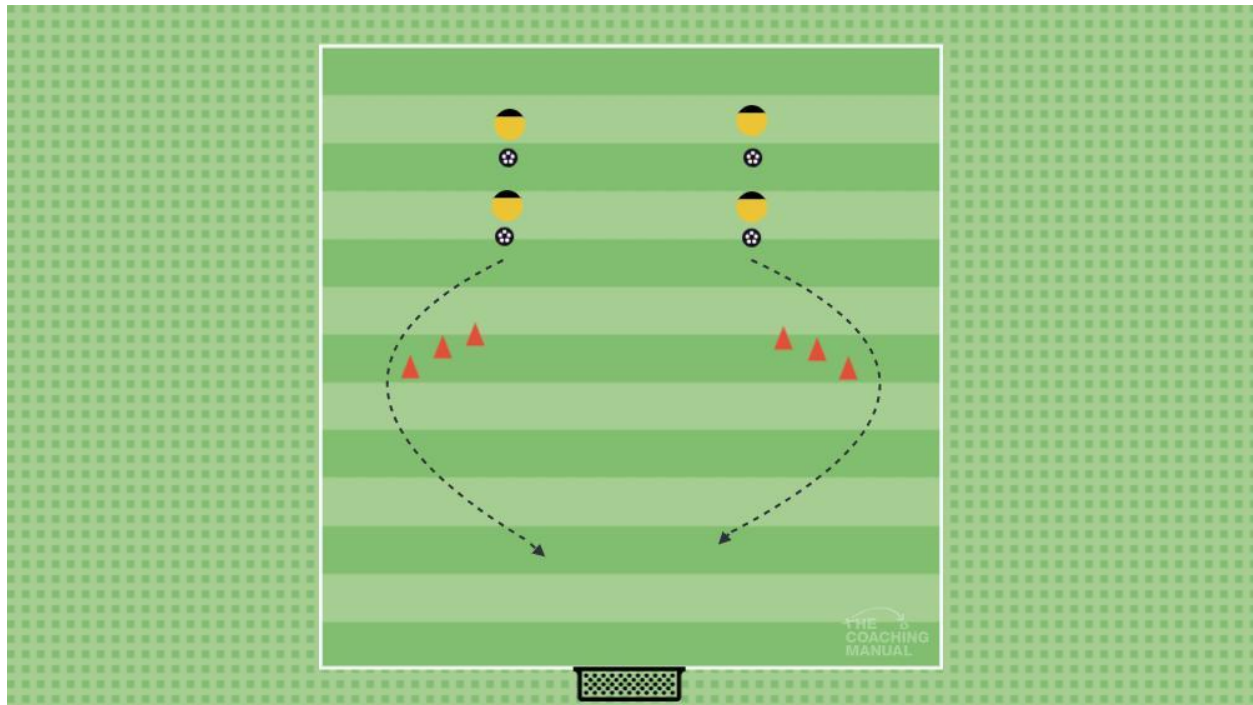
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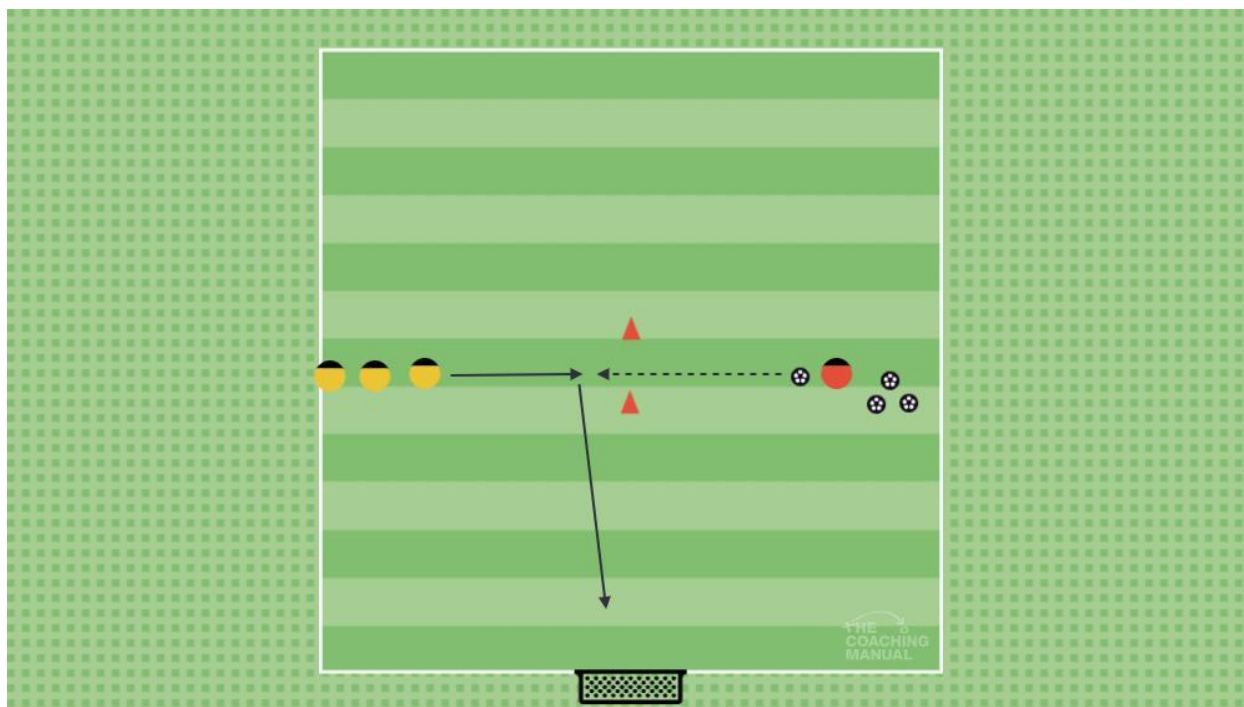
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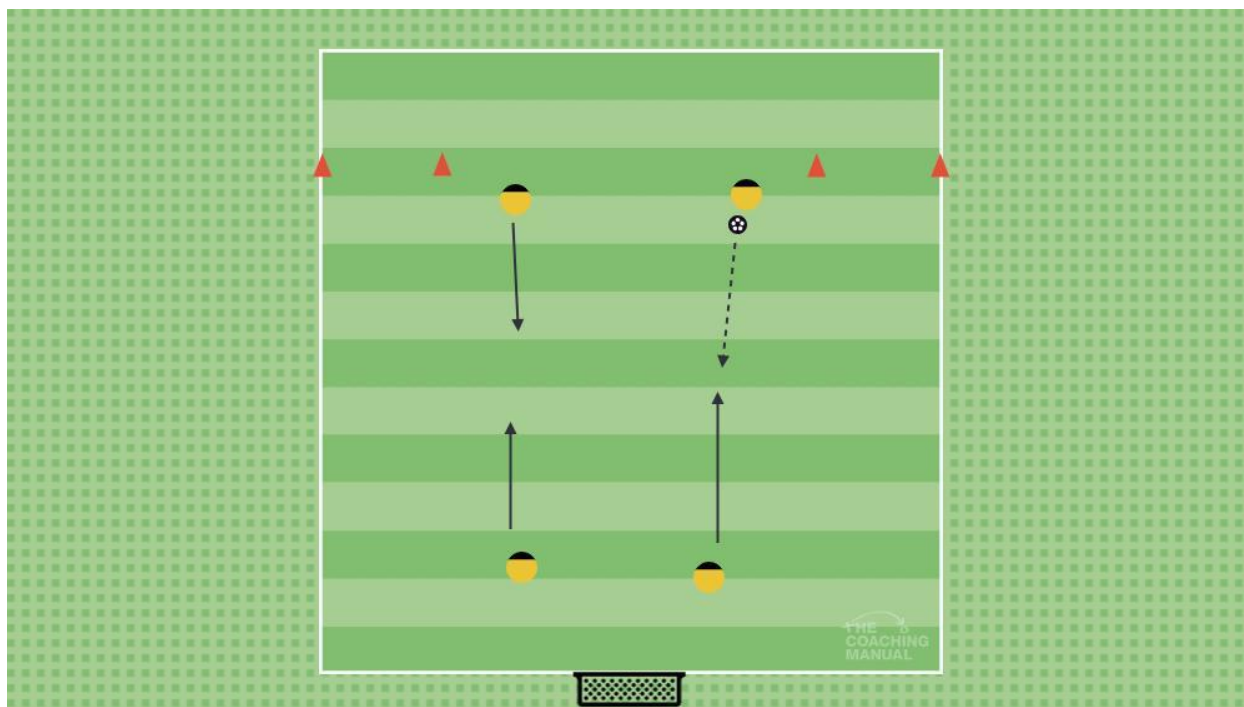
Finishing – Players will dribble around the outside of the angled cone wall and cut in to shoot on goal.

- Quick little kicks to keep the ball close.
- Use laces to shoot with power or inside foot for placement.
- Train both R & L foot.



Finishing – Players will check toward the middle of the field, receive a pass through the cone gate, and turn to dribble and shoot on goal.

- Hold foot out gently to control the ball, do not try to step on it.
- Call for the ball when you want it.
- Use laces to shoot with power or inside foot for placement.
- Train both R & L foot.

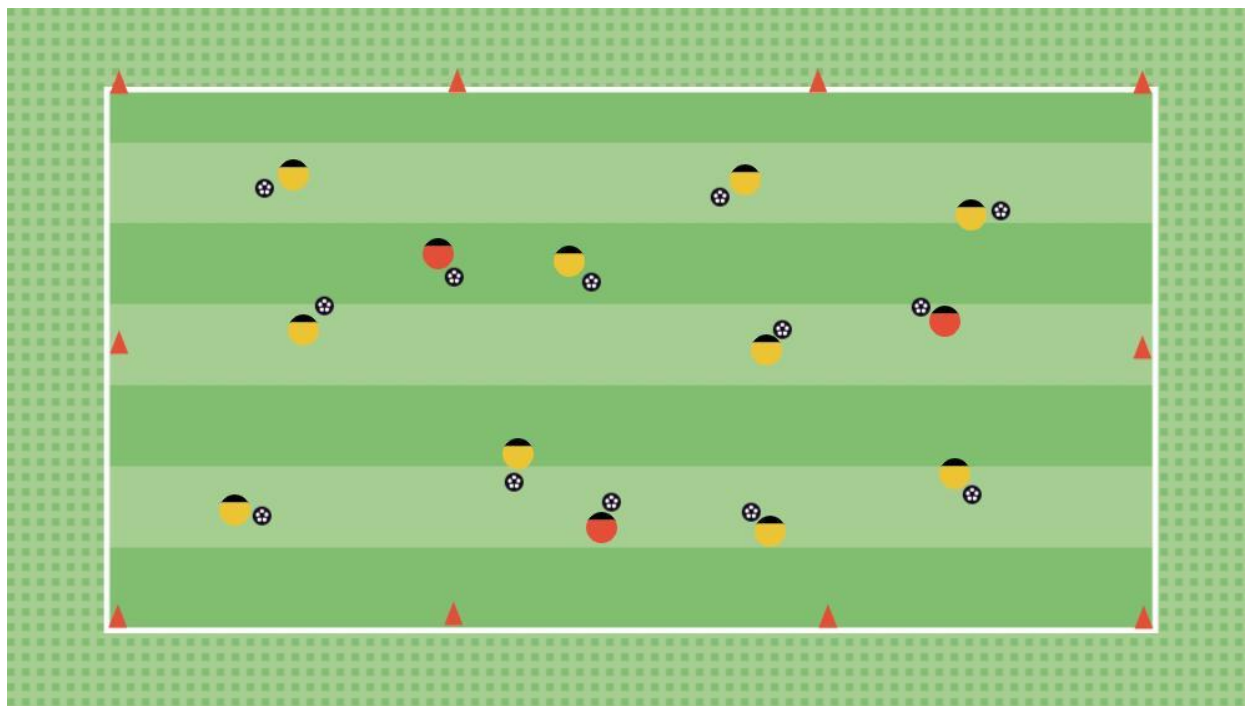


2v2 – Have players take turns going against each other. Offense needs to shoot on the net to score. Defense needs to dribble through either cone gate with the ball to score (not shoot).

- 1 defender should pressure the ball, and 1 cover the other attacking player.
- 1 attacker should dribble with the ball and pass if pressured, and 1 attacker should move to open space for a pass.

Week 7

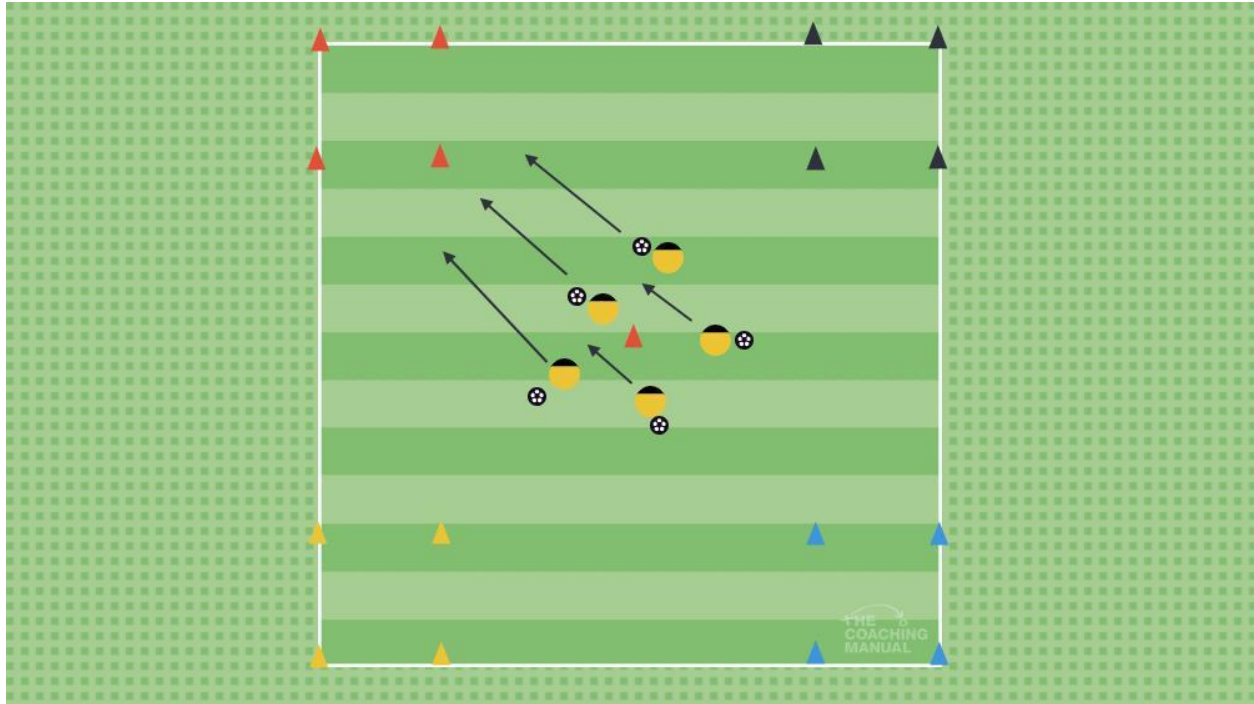
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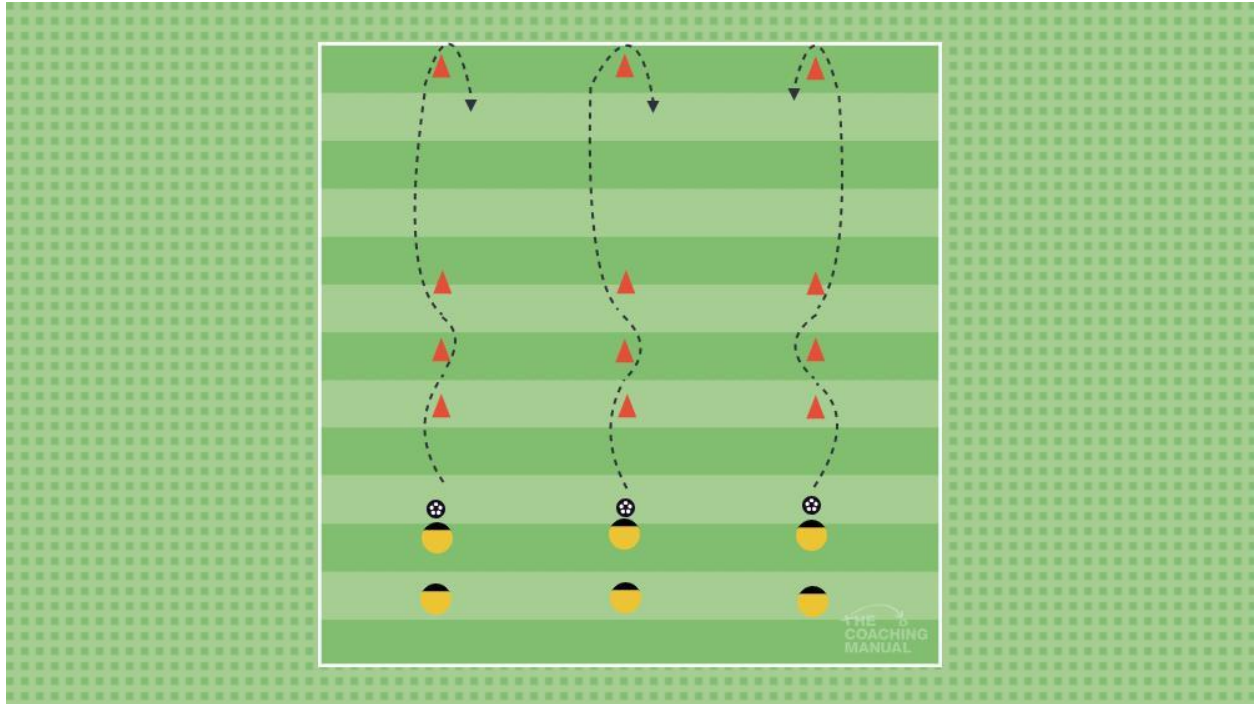
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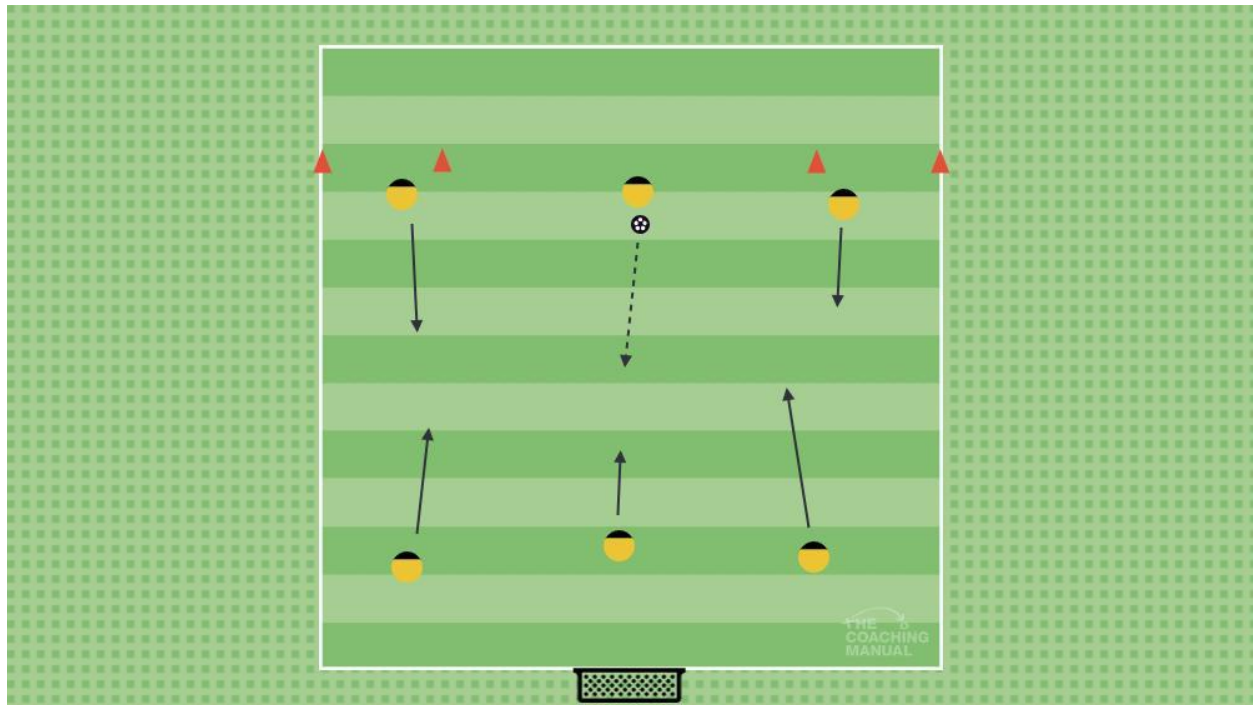
Dribbling – Use different colored cones to mark separate zones and place 1 cone in the center of it all. Players will listen for which color zone to dribble to using the technique and reset at the center cone after each round.

- **Sole rolls** – Put L foot on top of the ball and roll it forward. Repeat with R foot. Keep switching.
- **Laces** – Point foot down and push the ball with the area above the toes.
- Try to look up/around to avoid bumping into others while dribbling.
- Train both R & L foot.



Dribbling Relay Race – Players will be placed into teams and go through the dribbling course.

- Use 1 ball per team.
- Sit down after you have gone to the back of the line.
- Use laces to dribble fast and forward.
- Use inside and outside of feet to move sideways through cones.
- Train both R & L foot.

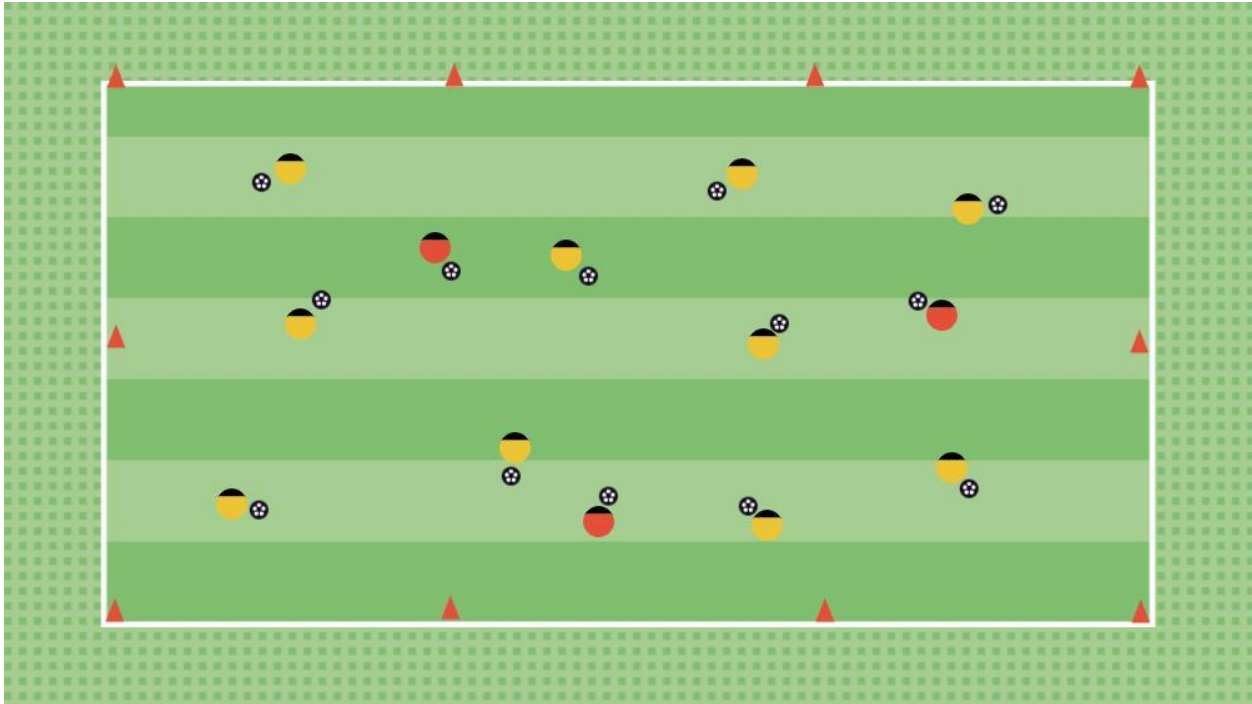


3v3 – Have players take turns going against each other. Offense needs to shoot on the net to score. Defense needs to dribble through either cone gate with the ball to score (not shoot).

- 1 defender should pressure the ball, and 2 cover the other attacking players.
- 1 attacker should dribble with the ball and pass if pressured, and 2 attackers should move to open space away from the ball for a pass.

Week 8

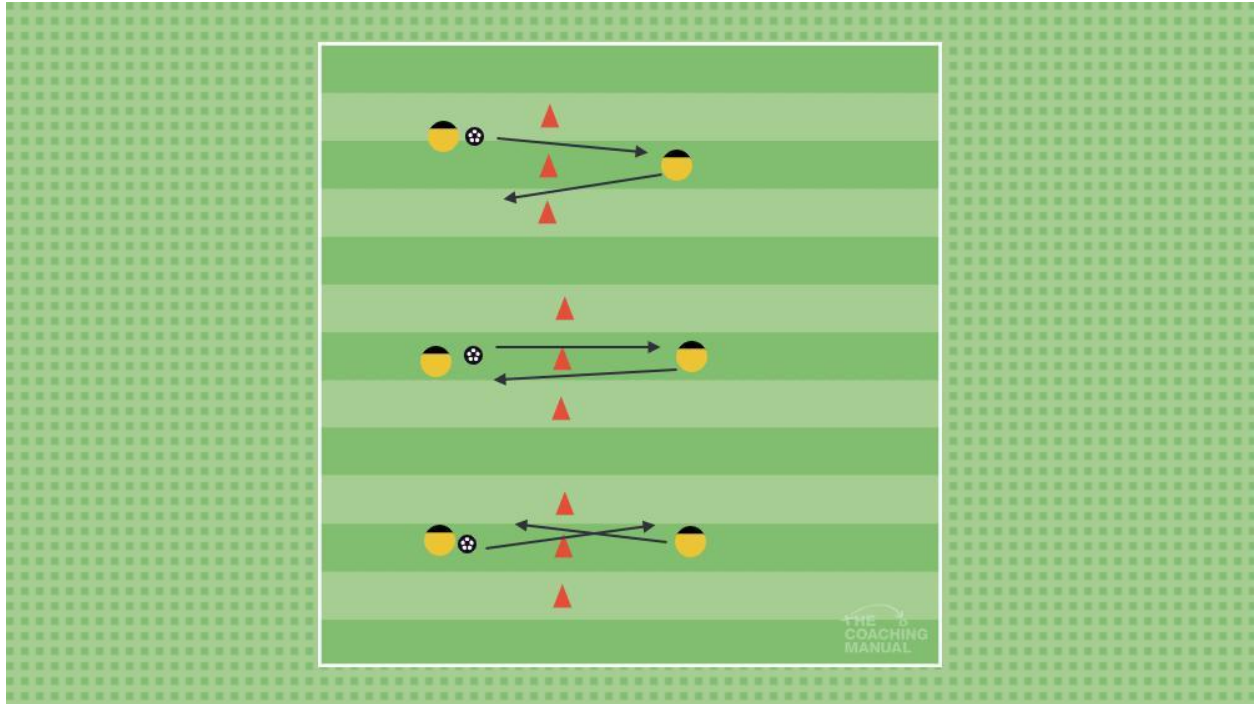
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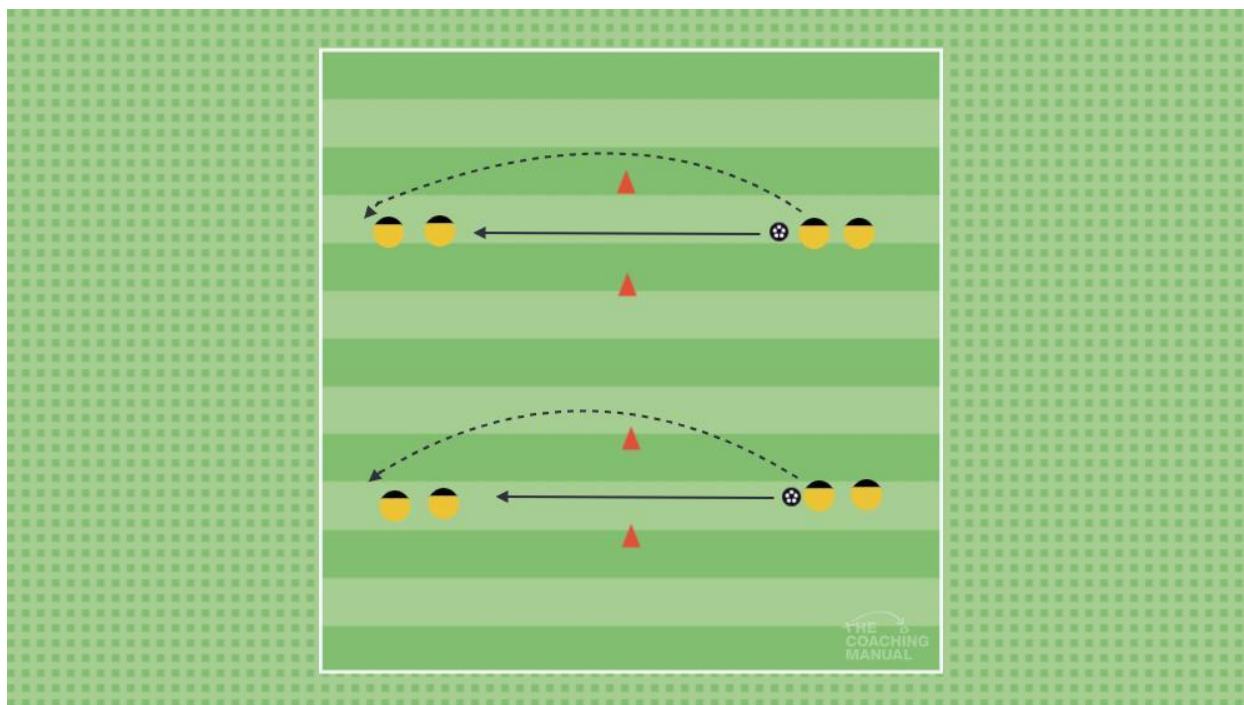
- **Laces** – Point foot down and push the ball with the area above the toes.
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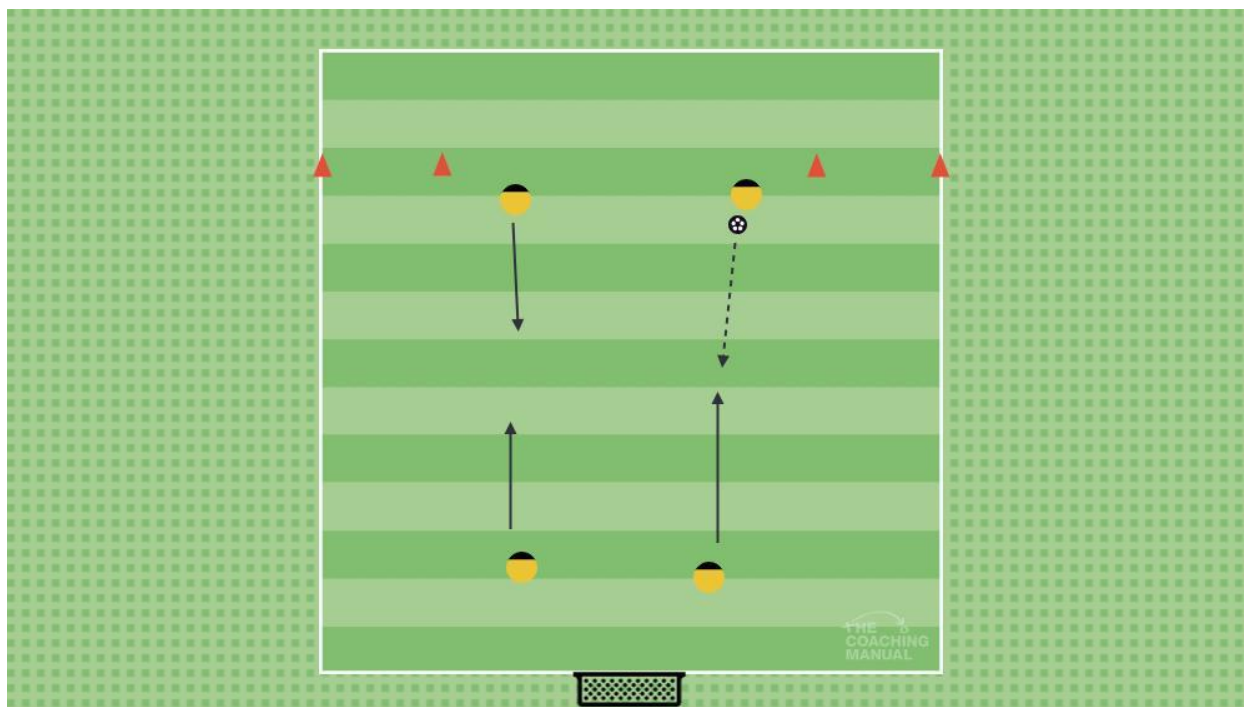
Passing – Players will pass back and forth through their double gates. Players can move to pass through either gate they want and their partner must move to match them.

- Step into passes with the plant foot beside the ball.
- Use the inside foot and hit through the middle of the ball to pass.
- Hold foot out gently to control the ball, do not try to step on it.
- Train both R & L foot.



Passing – Players will be split up into 2 lines. After passing through the gate to the player across from them, they will run to the back of the other line. Split into 4 lines if you have a large and capable group.

- Step into passes with the plant foot beside the ball.
- Use the inside foot and hit through the middle of the ball to pass.
- Hold foot out gently to control the ball, do not try to step on it.
- Train both R & L foot.

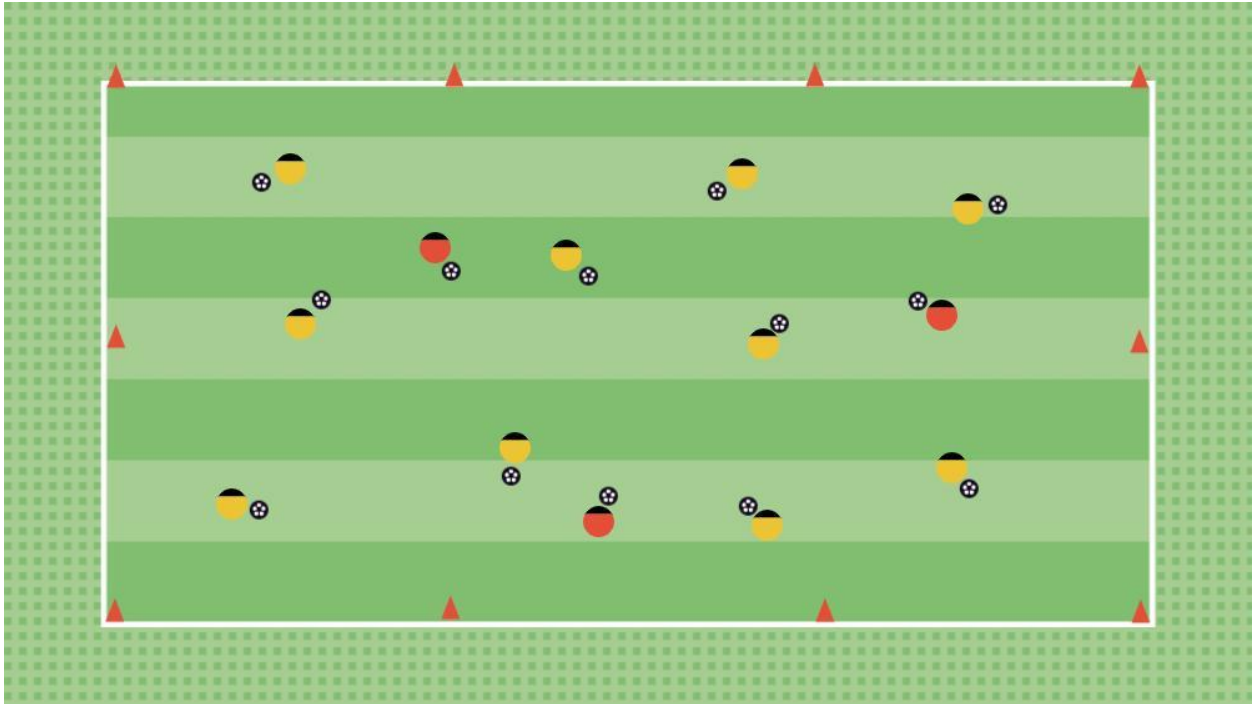


2v2 – Have players take turns going against each other. Offense needs to shoot on the net to score. Defense needs to dribble through either cone gate with the ball to score (not shoot).

- 1 defender should pressure the ball, and 1 cover the other attacking player.
- 1 attacker should dribble with the ball and pass if pressured, and 1 attacker should move to open space for a pass.

Week 9

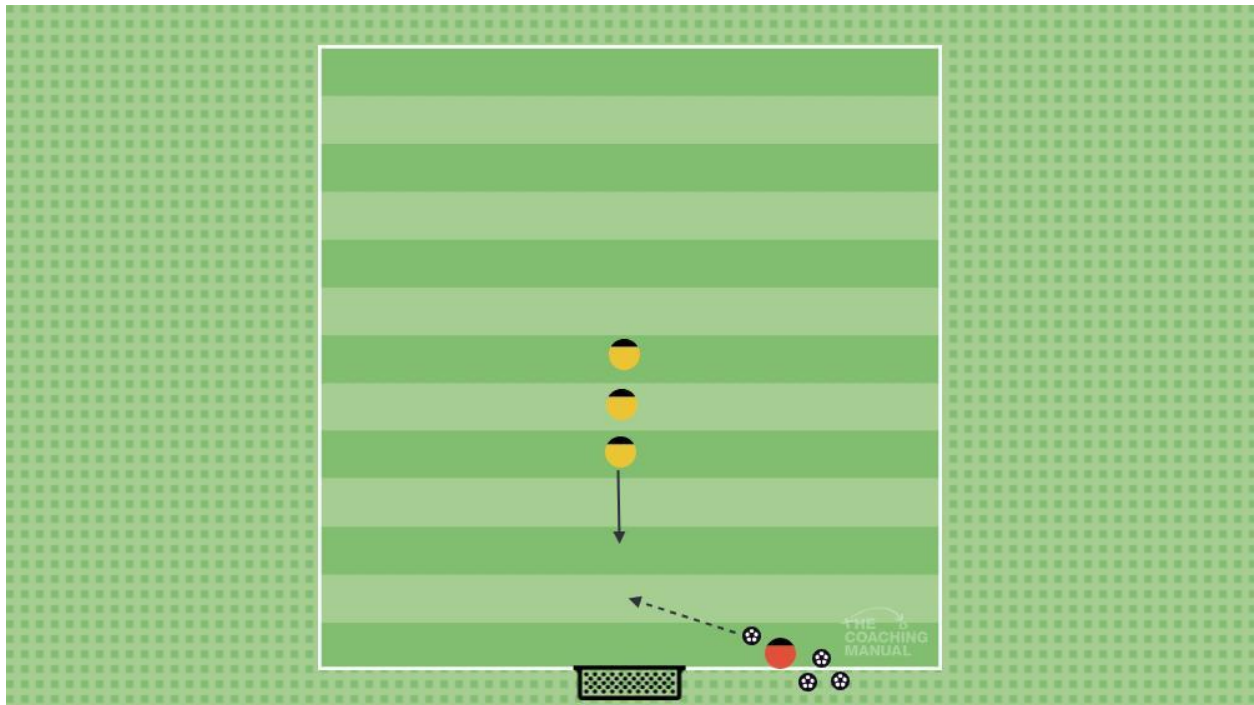
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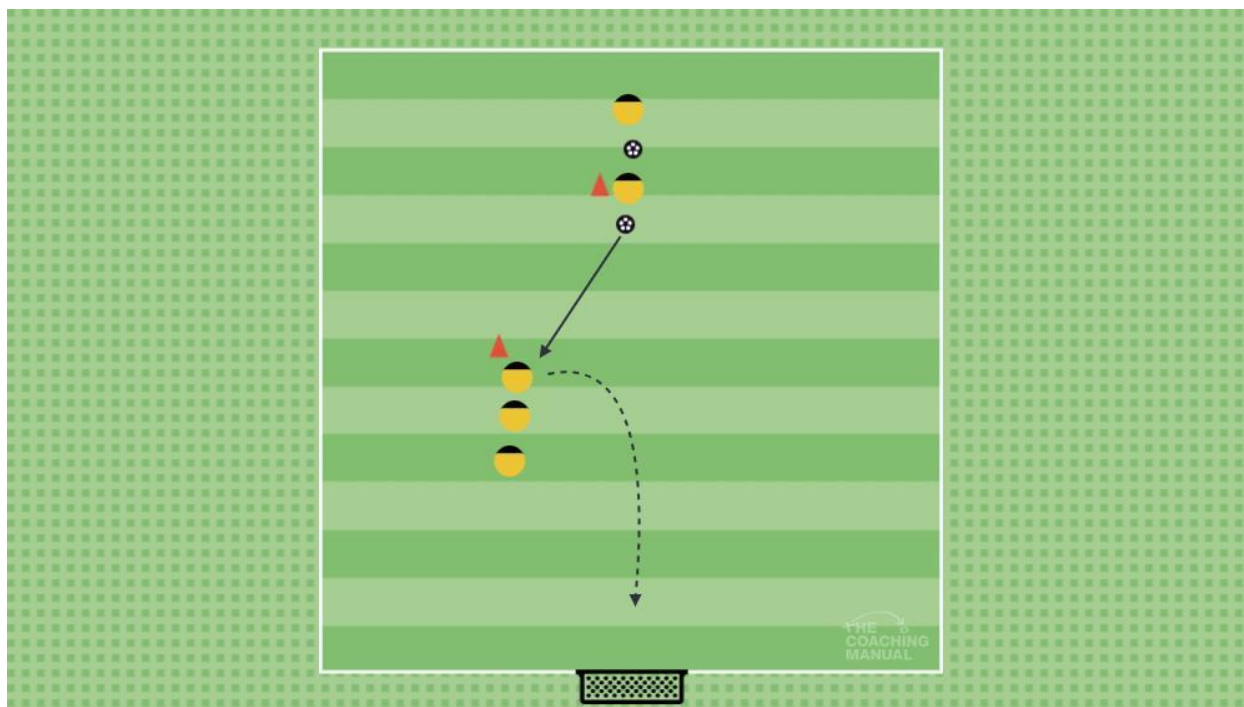
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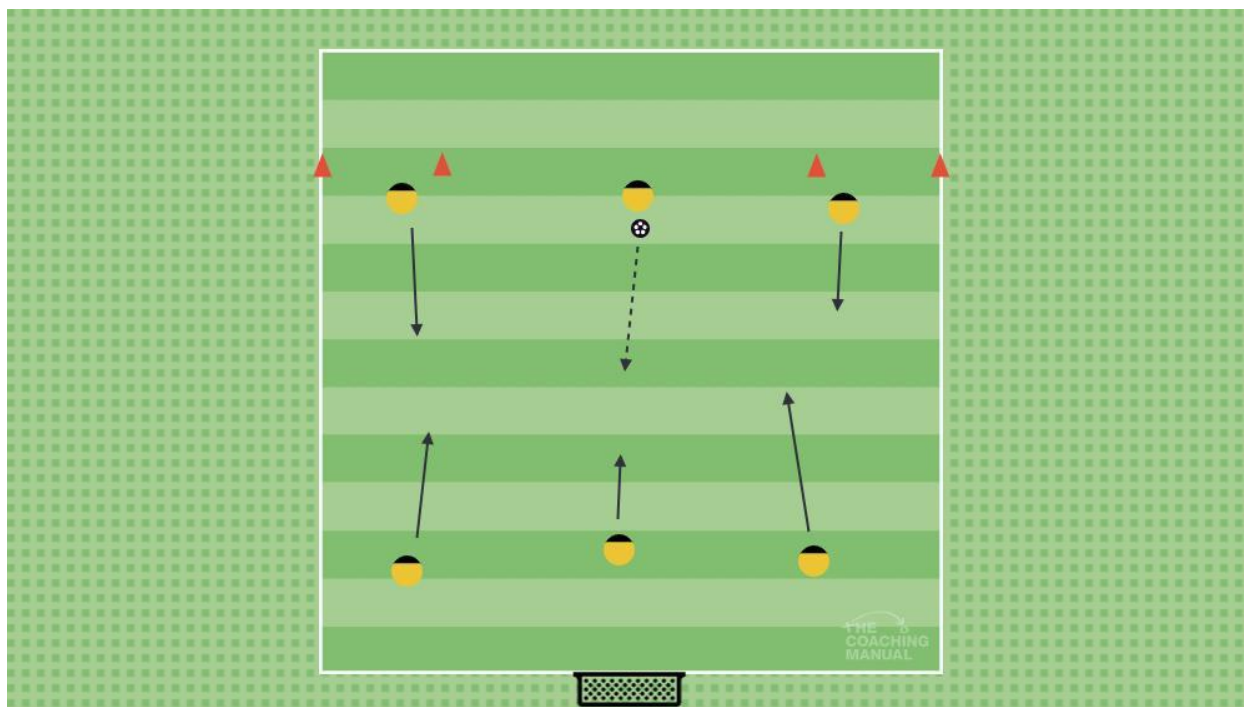
Finishing – Coach will serve a ball out in front of the net and players must shoot it first time without taking a touch to control or stop it.

- Use laces to shoot with power or inside foot for placement.
- Train both R & L foot.



Finishing – Players make 2 lines diagonally facing each other. Passing line will send it to the receiving line, who will then turn and dribble to shoot on goal.

- Step into passes with the plant foot beside the ball.
- Use the inside foot and hit through the middle of the ball to pass.
- Hold foot out gently to control the ball, do not try to step on it.
- Use laces to shoot with power or inside foot for placement
- Train both R & L foot.



3v3 – Have players take turns going against each other. Offense needs to shoot on the net to score. Defense needs to dribble through either cone gate with the ball to score (not shoot).

- 1 defender should pressure the ball, and 2 cover the other attacking players.
- 1 attacker should dribble with the ball and pass if pressured, and 2 attackers should move to open space away from the ball for a pass.