

BURLINGTON YOUTH SOCCER ASSOCIATION



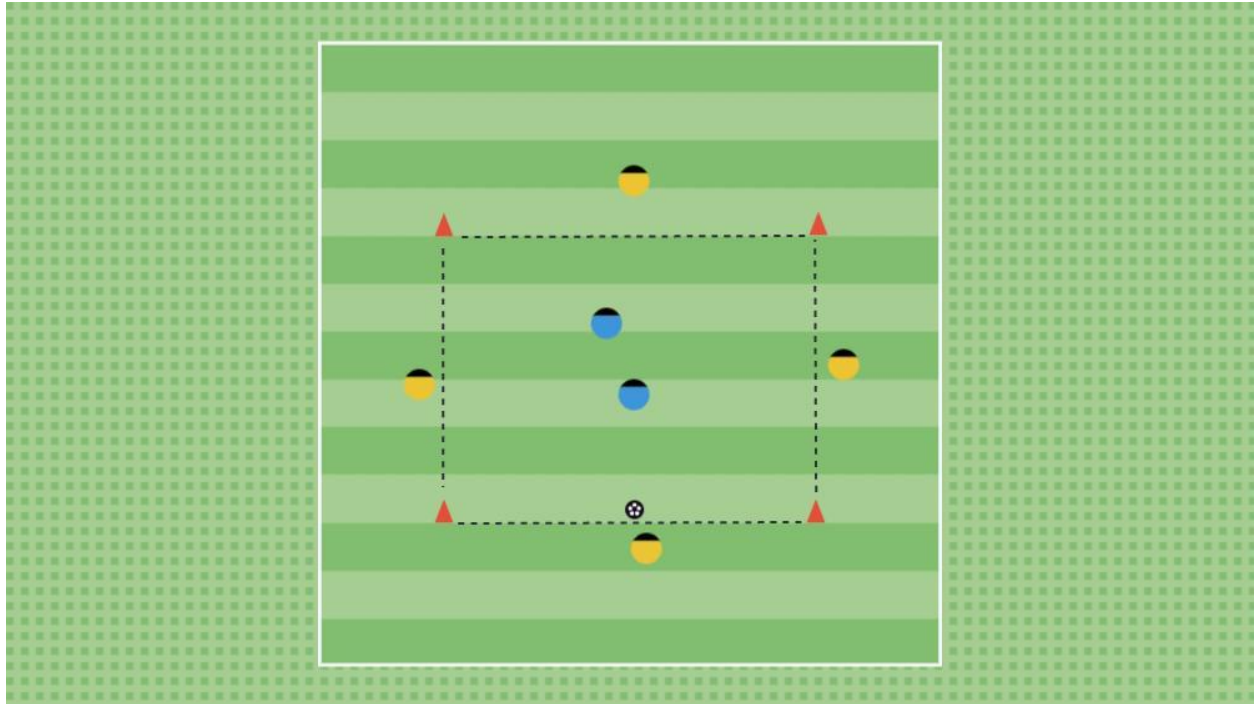
"PLAY LIKE A PRO" SPRING 2023

PLAYER AND COACH DEVELOPMENT CURRICULUM

GOAL KICK ROUTINES

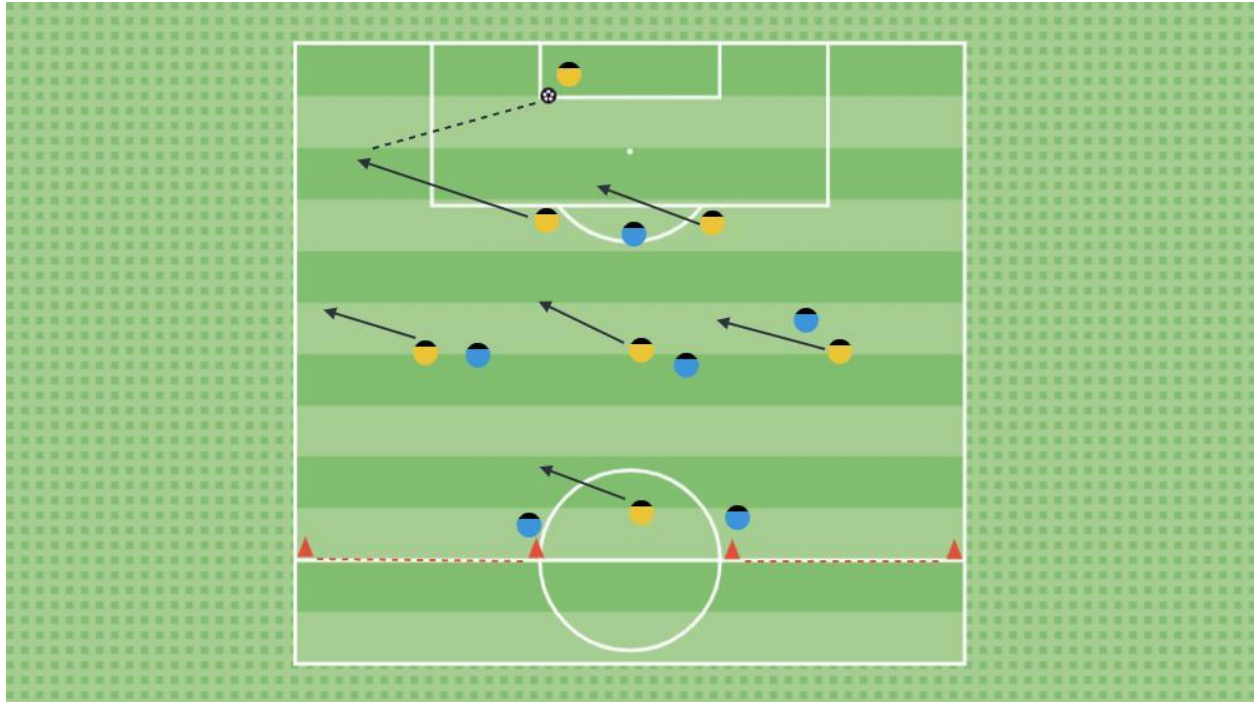
Week 1

Drills should be 15-20 minutes long. Drink breaks in between each drill.



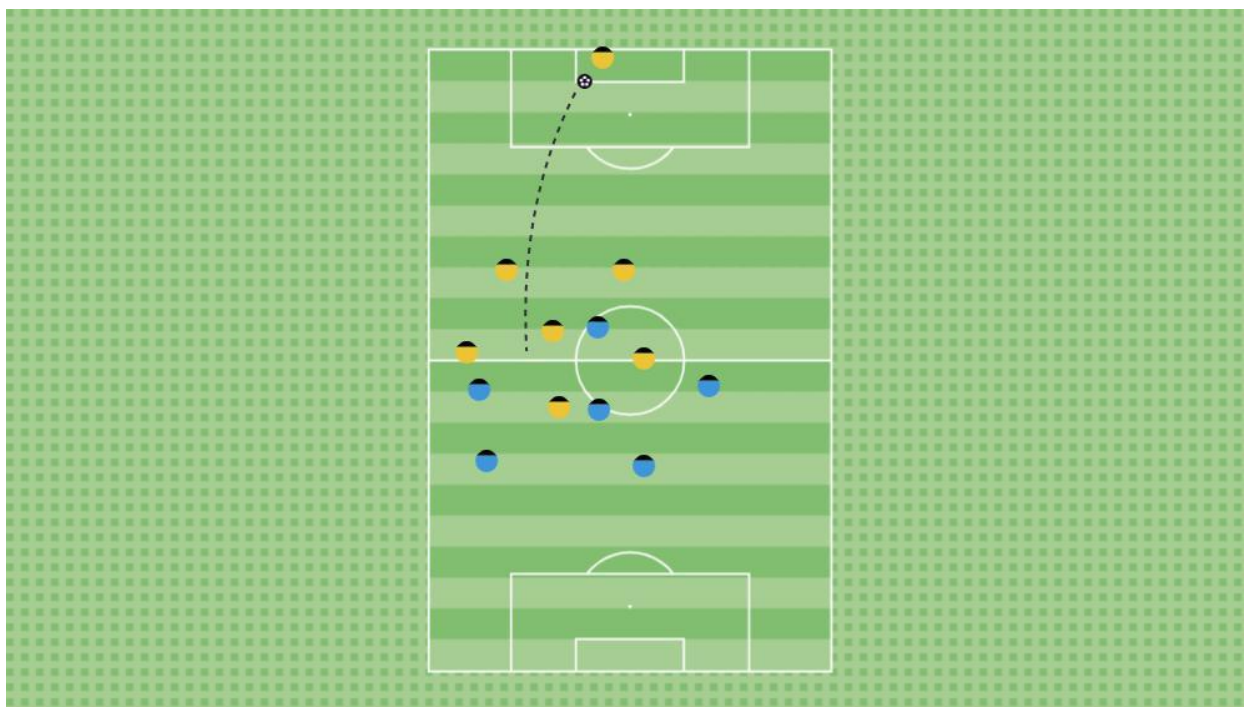
ESCAPE RONDO – Offensive players try to complete passes while the defensive players try to make interceptions. Offensive players will try to stop the defensive players from dribbling out of the square if they intercept the ball.

- Offense scores 1 point for every 3 passes completed.
- Defense scores 1 point for every completed grid escape.
- (4) 3 minute rounds.
- Switch defenders after each round.
- Coaches can increase difficulty by instructing 1 touch, 2 touch, or L/R foot only.



SHORT GOAL KICK – Goalkeeper will play short from each side as the offensive team will try to cross one of the halfway gates and push their players up. The defensive team will work to press the offense into a turnover. (Goal scored = 5 burpees for offense, Gate crossed = 5 burpees for defense)

- Outside defenders need to move into proper position to receive a short pass.
- Offensive players should be shifting with the ball while maintaining spacing.
- Defensive team should press aggressively to prevent crossing gates, earning a turnover/shot on goal.
- *U10 defensive team must start at halfway line*
- **U10 = 6v6, U12 = 8v8, U14 = 10v10 (Not including GK to take kicks)**



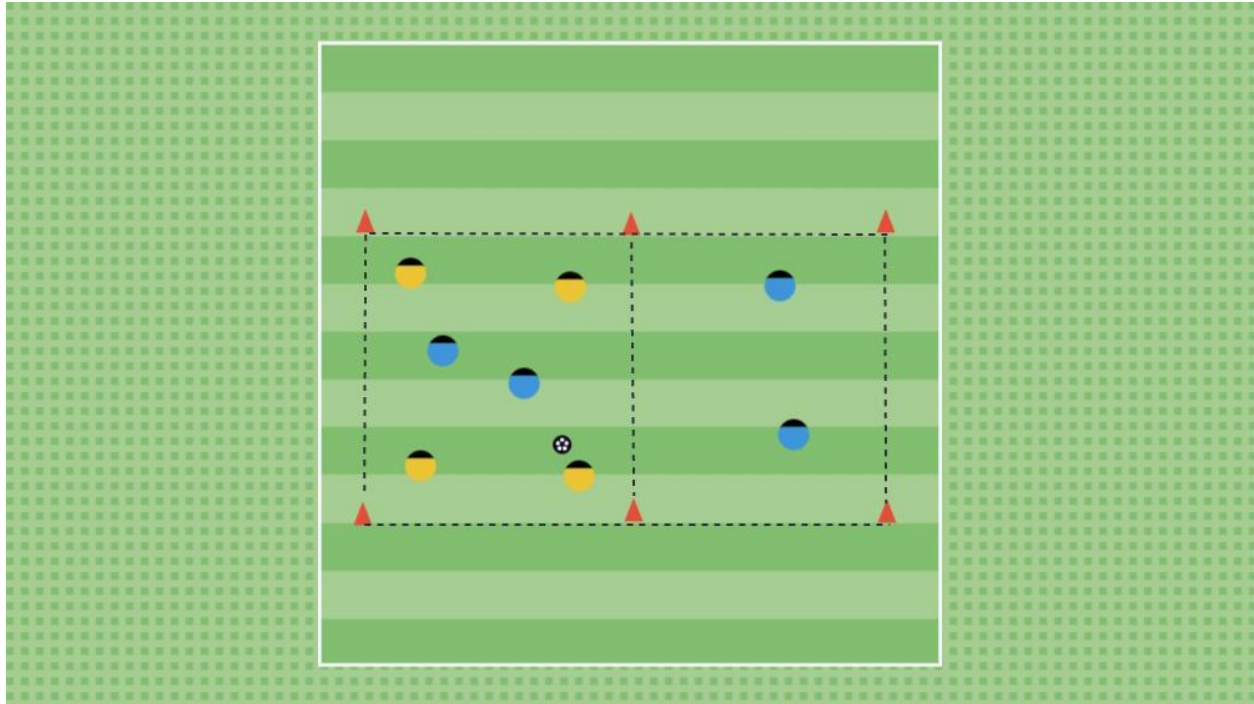
LONG GOAL KICK – Goalkeeper will play long and both teams will try to win the 1st and 2nd ball.

- Both teams should be shifting to whichever side the kick is on in order to remain compact.
- Allow the play to continue after 1st and 2nd ball if there is a genuine scoring opportunity for either team. Otherwise, reset and go again.
- ***U10 defensive team must start at halfway line***
- **U10 = 6v6, U12 = 8v8, U14+ = 10v10 (Not including GK to take kicks)**

MIDFIELD BUILD UP

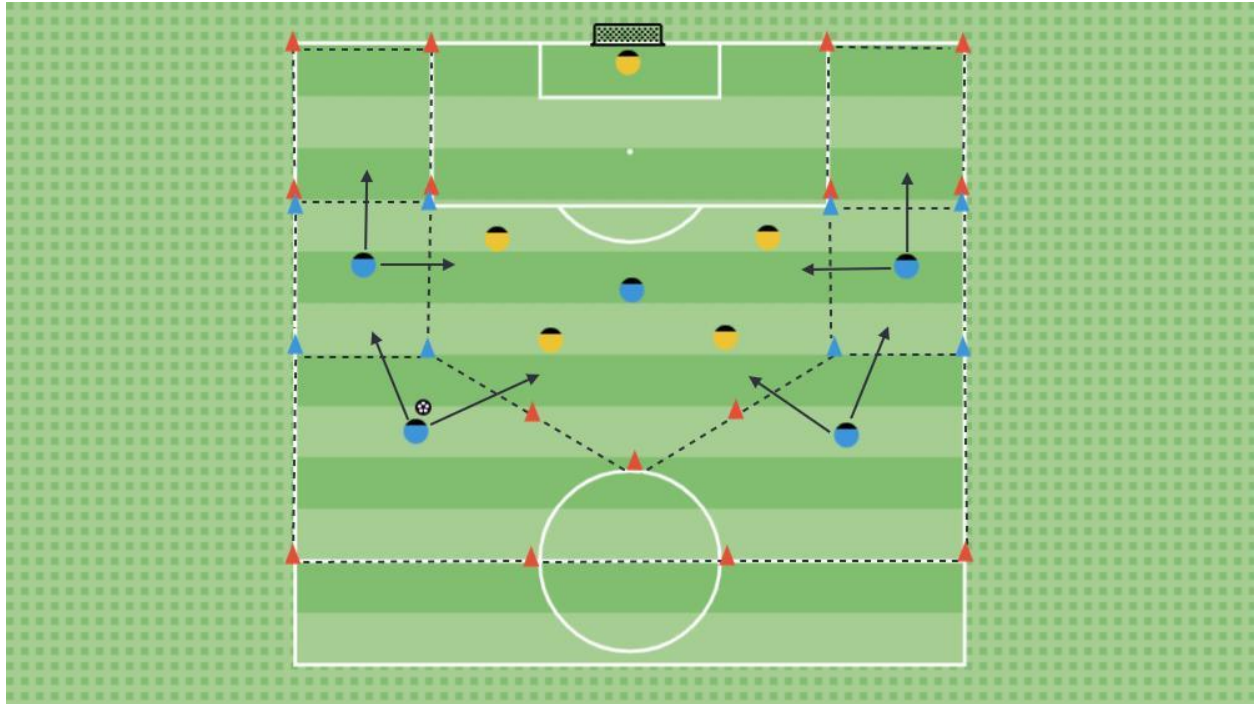
Week 2

Drills should be 15-20 minutes long. Drink breaks in between each drill.



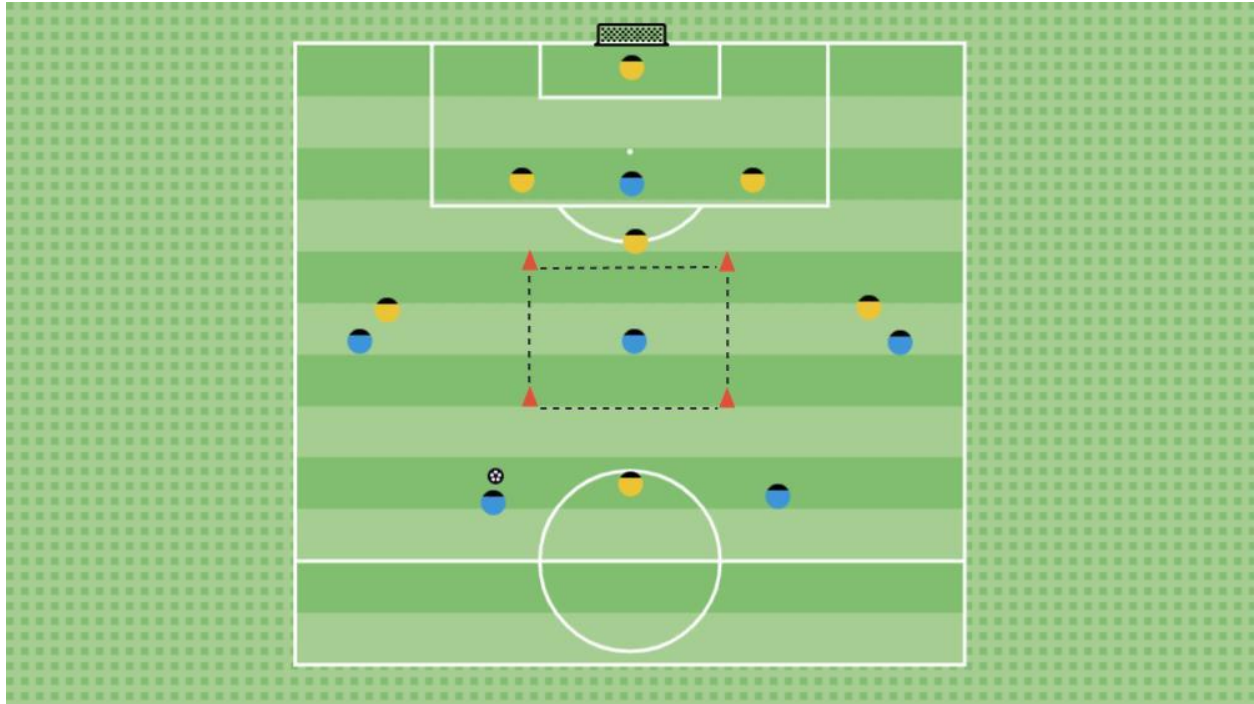
TURNOVER RONDO – Team in possession will receive 1 point for each time they link 3 passes in their side of the grid. Defending team sends half of their players over to the opponent's side to win the ball back.

- If you win the ball in the opponent's side, you have to play it back to the teammates in your grid and rejoin them to try and link 3 passes for 1 point.
- Focus on movement off the ball and short passes.
- Take turns going into the opposition's side.
- (4) 3 minute rounds.



ZONAL BUILD UP – The offensive team will start with the ball near the halfway line and try to work it around for a goal scoring opportunity. This does not mean every pass needs to go forward!

- Defensive team is able to move freely to close down the ball.
- Offensive team has options on which zone they can move into based on where the ball goes. (See arrows in diagram)
- **L/R Midfielder**
 - Move forward 1 zone when the winger in front of them moves forward 1 zone.
 - Move into the center zone when the ball goes to the opposite side.
- **Center Midfielder** stays in the biggest zone to link play.
- **L/R Winger**
 - Move forward 1 zone when trying to cross the ball.
 - Move into the center zone when the ball goes to the opposite side.



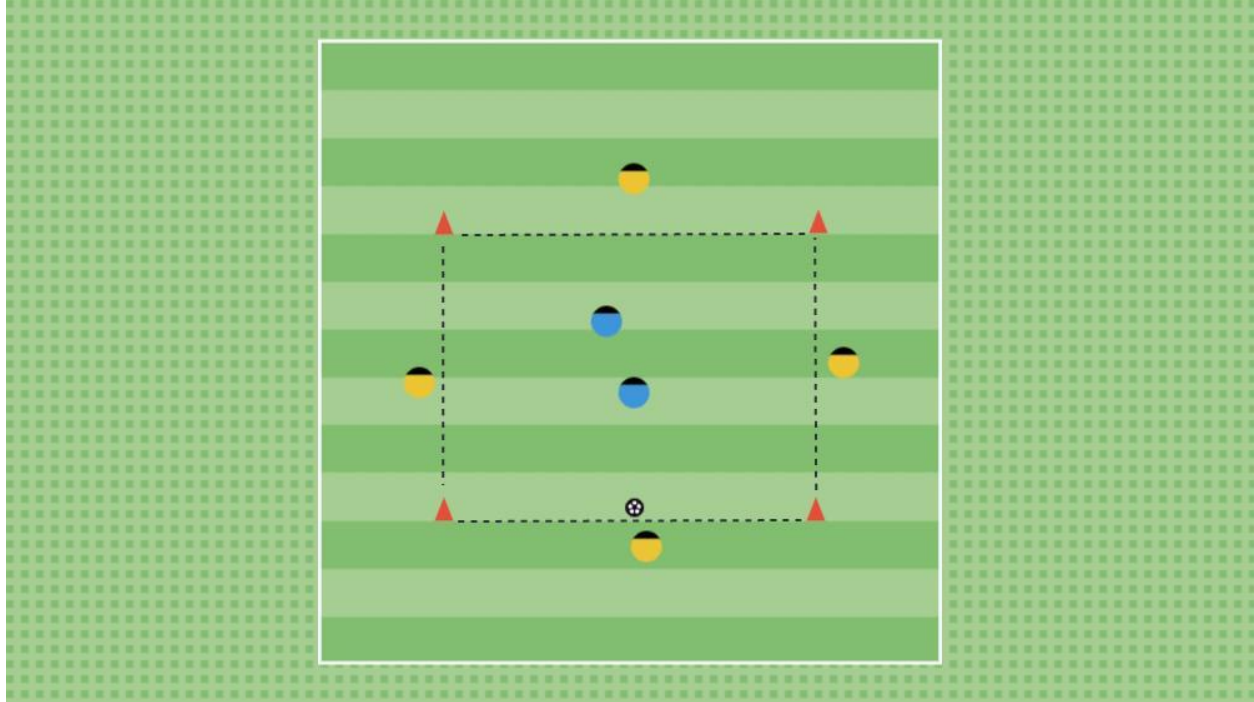
Build Up With Center Midfielder – Offensive team will start with the ball in defense and try to work it up to score a goal.

- Center midfielder
 - Must stay in the cone grid.
 - Constantly move around the area and face the ball to support teammates.
 - 3 touches maximum.
- Defensive team
 - Cannot enter the grid until the offensive center midfielder has touched the ball.
 - Should talk to quickly pressure the player with the ball.
- Offensive team
 - Should pass and move in order to create link ups.
 - Keep shifting to maintain good spacing and passing lanes.

FORCING WIDE & THROW-IN ROUTINES

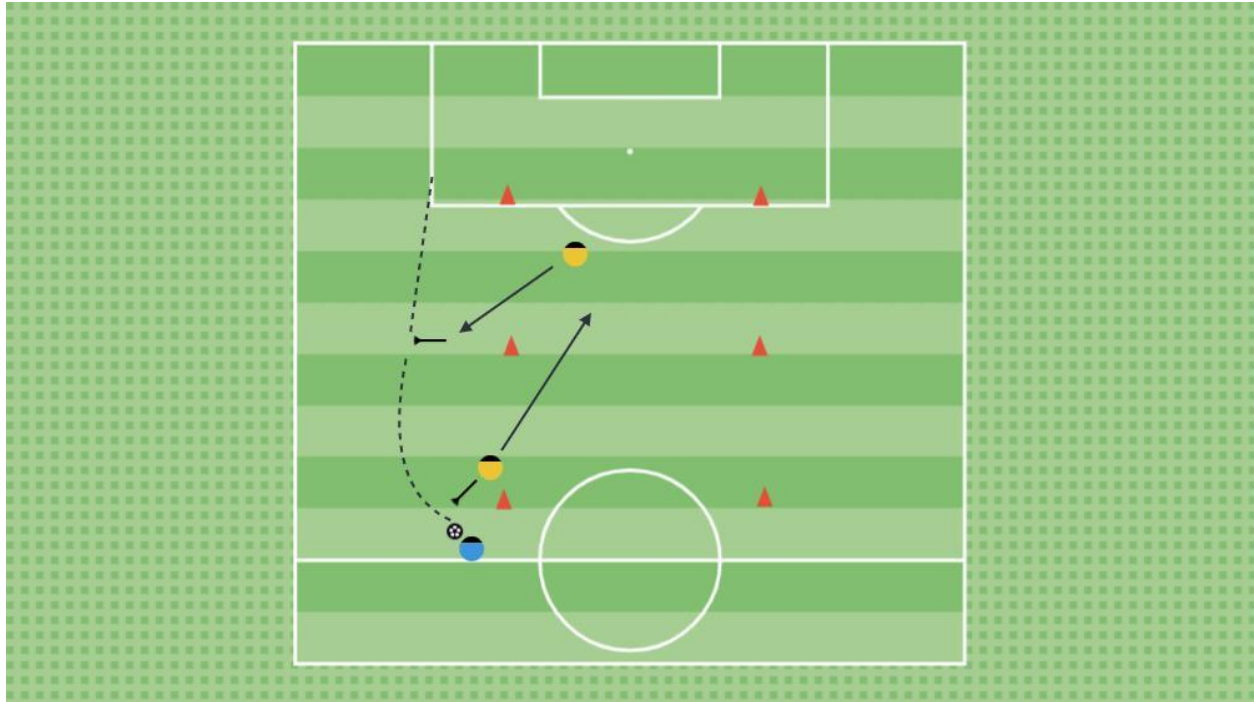
Week 3

Drills should be 15-20 minutes long. Drink breaks in between each drill.



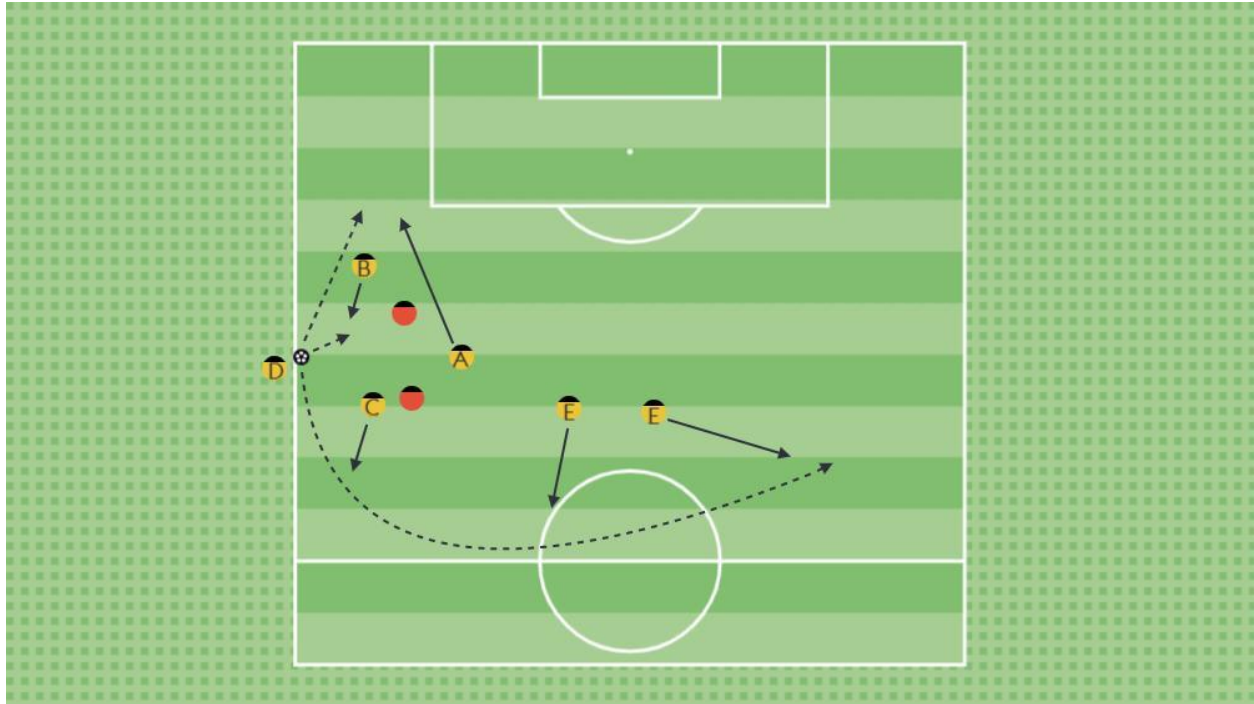
4v2/2v1 RONDO – Offense tries to link 3 passes without interception for 1 point. Defense tries to intercept passes and link 3 passes without interception for 1 point.

- If defense wins the ball, the player that lost it will step into the grid to play 2v1.
- If the ball is knocked out of the grid then the offensive team will restart with the ball.
- Switch out the defenders after each round.
- (4) 3 minute rounds.



FORCING WIDE – Offensive player will try to take on the defensive players and go to goal. Defensive players will try to use body positioning to force the player down the line and into a bad angle.

- If the 1st defender is beat down the line, they will recover back to the middle. The 2nd defender will leave the middle and continue to force the opposition wide.
- If the 1st defender forces wide and isn't beat by the time they reach the 2nd defender, then the 2nd defender can go wide to double team.
- Use an offensive line on both sides of the field and alternate turns.



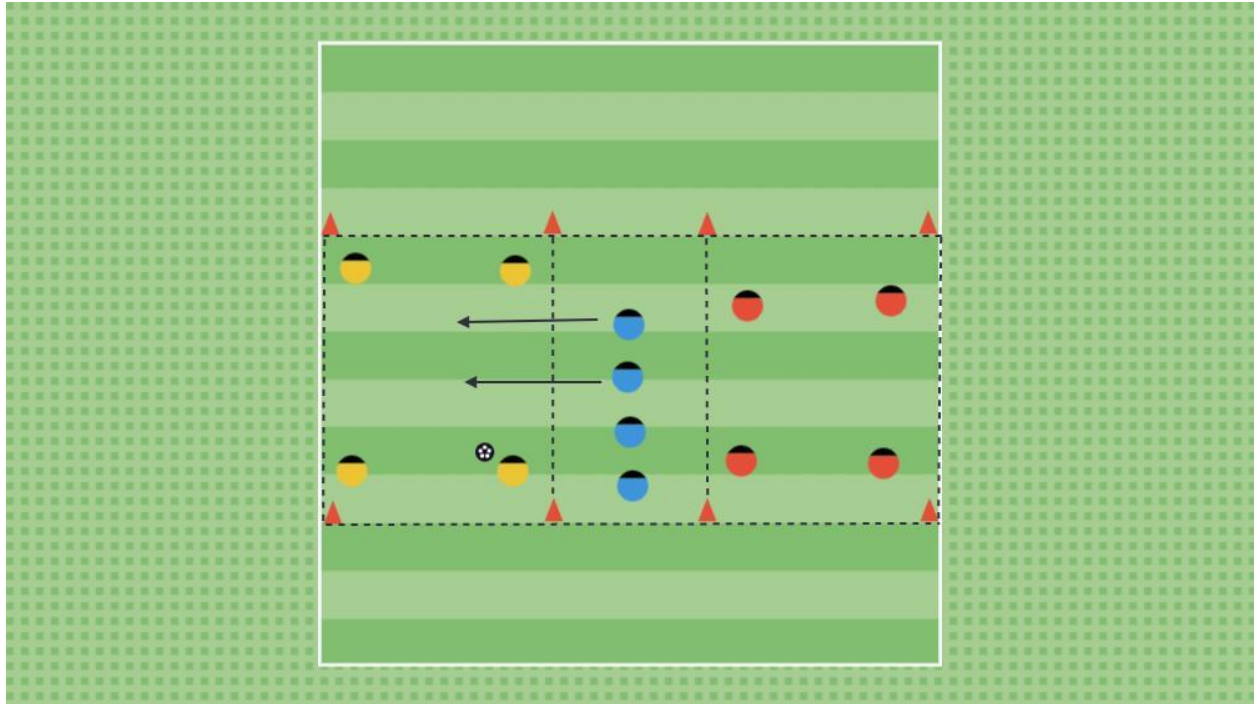
THROW-IN ROUTINES – Players will work on creating options for a throw-in with runs/swinging the ball before attacking. Defenders are forced to make a choice on who to mark.

- (A) Bursts up the line.
- (B) Checks to the ball.
- (C) Drops back as reverse option.
- (D) Thrower should give the ball to feet or into space. Step into the field to join play IMMEDIATELY!
- (E) **Grade 7+:** Both middle players will push forward if the ball is played forward. If the ball is played back, they will drop back and spread out to swing the ball before attacking.
- Allow 30 seconds of open play before restarting with next throw in.

CROSSING & FINISHING

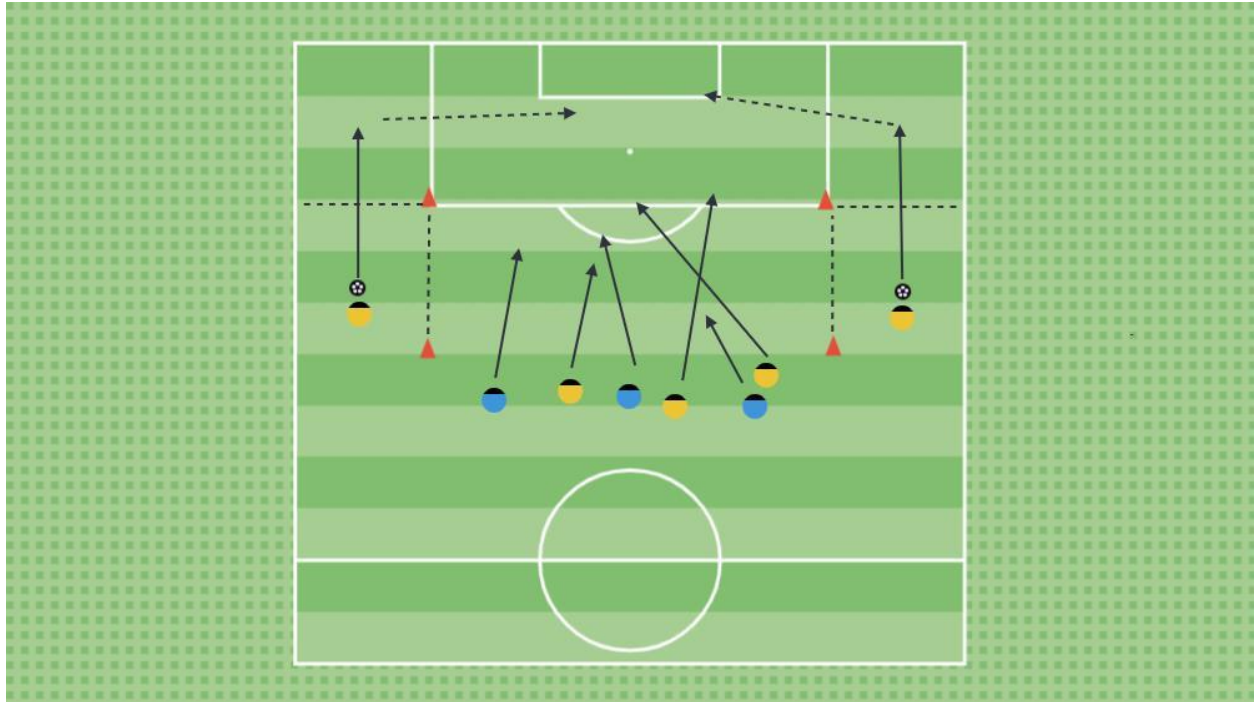
Week 4

Drills should be 15-20 minutes long. Drink breaks in between each drill.



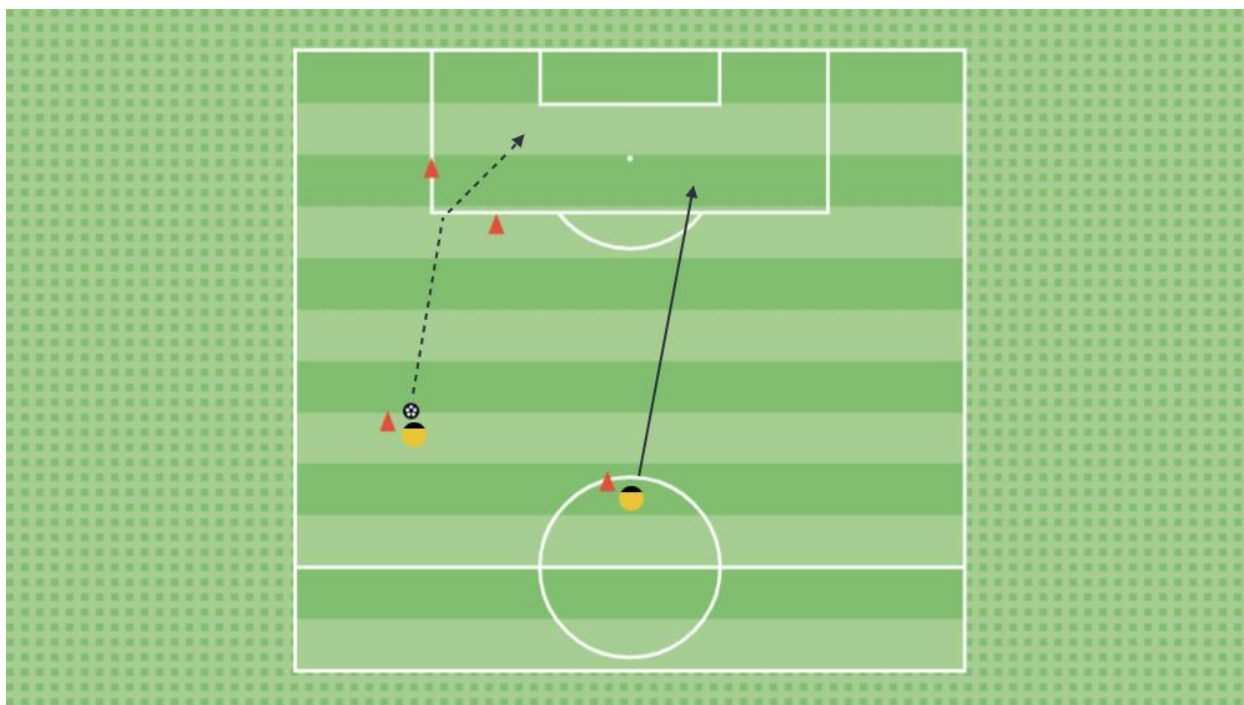
3 TEAM RONDO – Teams on the outside grids will try to link 2 passes before switching the ball to the team on the opposite side. Half of inside team will go and pressure the outside grid. Other half of inside team will stay in middle grid to intercept the switch.

- Each successful switch between outside grids 1 point.
- Each successful defensive interception between grids is 1 point.
- (4) 3 minute rounds.



MARK, CROSS, CRASH – Outside players will take turns dribbling down their sideline and crossing the ball to their teammates for a goal scoring opportunity. Defensive team will work to mark up and prevent any opportunities.

- Offense needs to make near post, far post, and trailing runs.
- Defense needs to communicate who they are marking and beat them to the ball.
- When one sideline is crossing, the opposite sideline player should move up their lane to send any rebounds back in.
- Use teams of 3 or 4 to make up the defense and offense crashing the box.



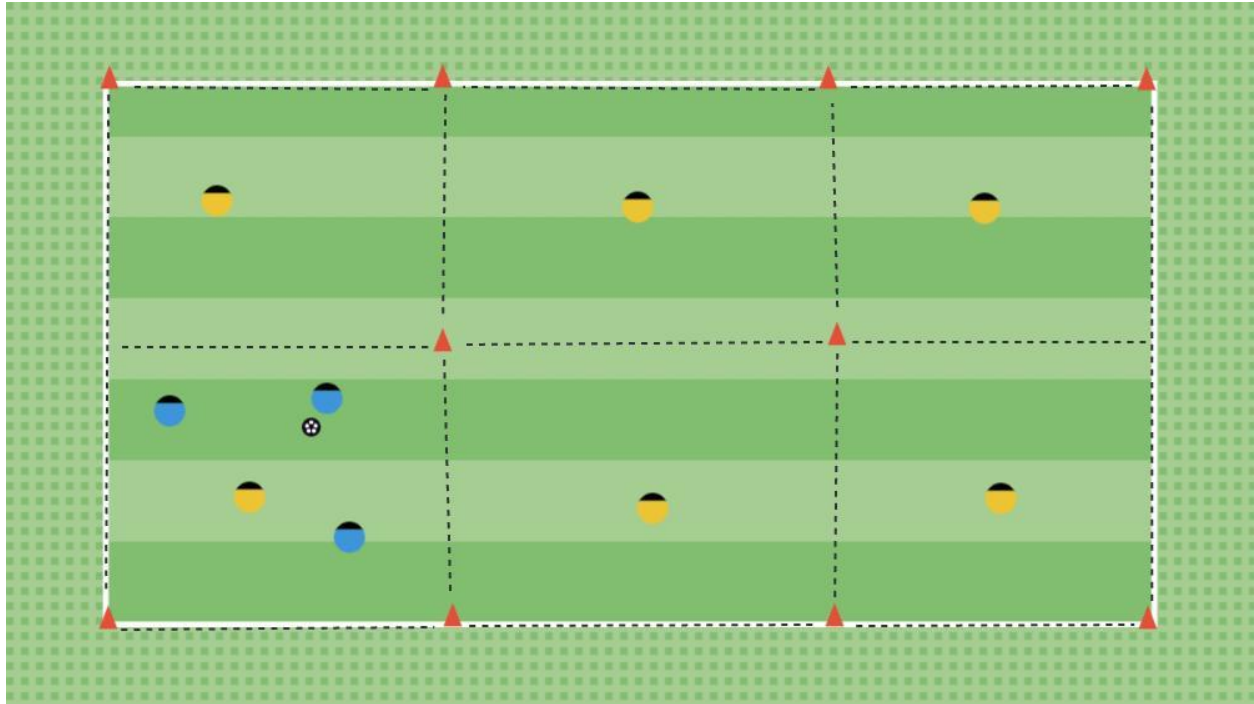
MAXIMIZING OPPORTUNITY – Offensive player will start with the ball wide and dribble down the field before cutting in through the gate for a better angle to shoot. Trailing teammate will hustle to create a square passing option at the back post.

- Dribbler
 - Look up to know where teammate and goalkeeper are.
 - Pick a corner if shooting.
- Trailing teammate
 - Stay onside.
 - Call for the ball (square! back post!)
 - Let the ball go across your body to finish the square pass with the opposite foot.
 - General rule: shoot high at near post or low at back post.
- **Advanced teams can add a delayed defender to chase after the dribbler.**

BALL MOVEMENT & OFFENSIVE POSSESSION

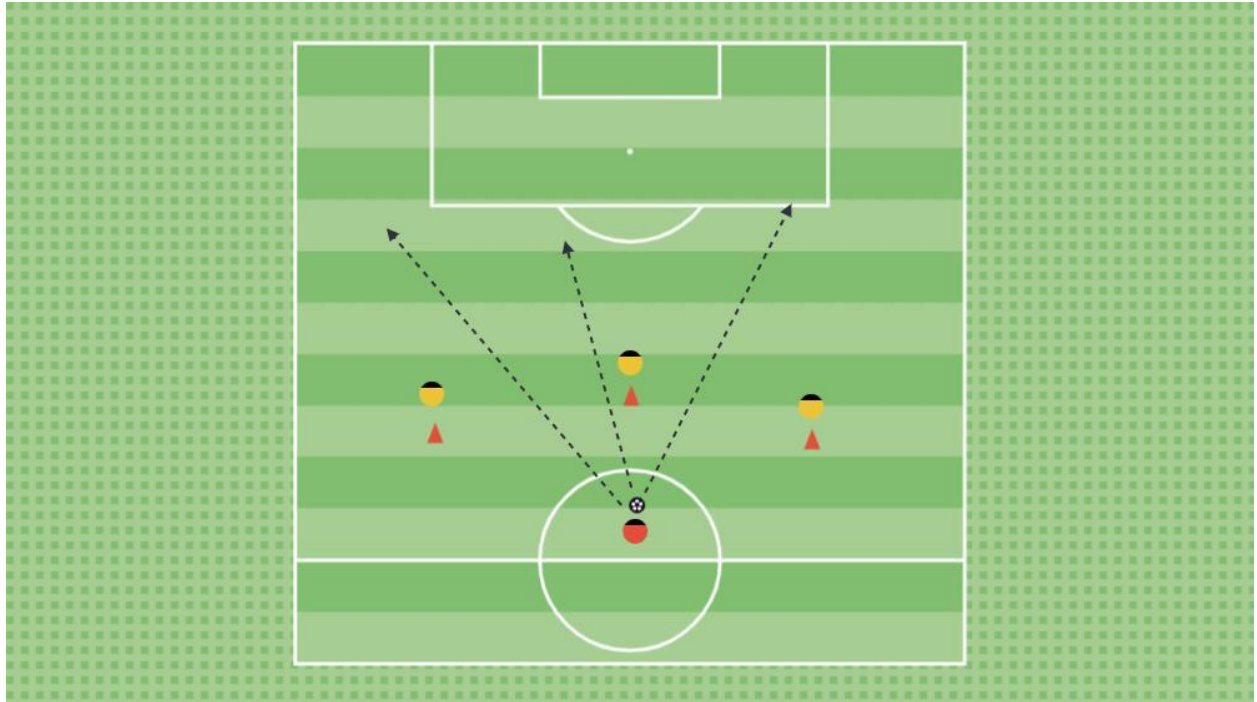
Week 5

Drills should be 15-20 minutes long. Drink breaks in between each drill.



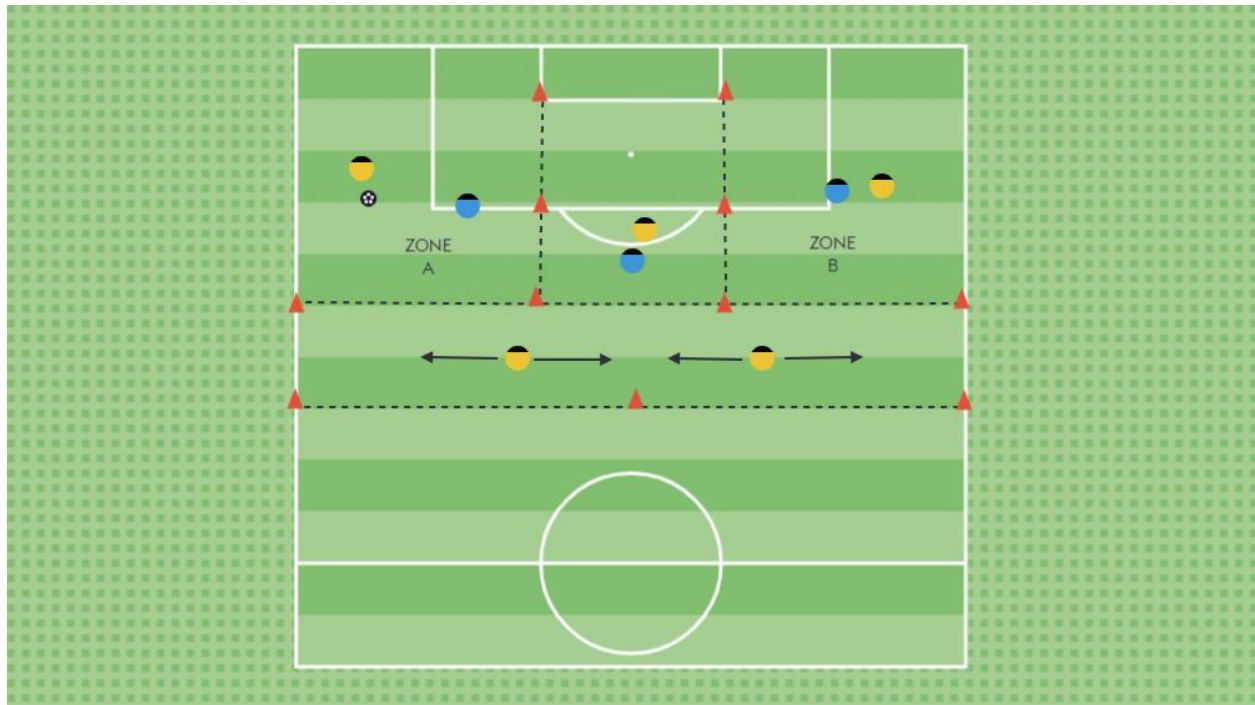
POSITIONAL RONDO – Offense will try to maintain possession with each player remaining in their specific zone. Defense will move freely around the entire grid. If defense wins the ball in a specific zone, they play 3v1 in that zone.

- Offense scores 1 point for every 3 passes completed.
- Defense scores 1 point for every 3 passes completed.
- Rotate defense each round.
- (4) 3 minute rounds.



BALL MOVEMENT – Coach will serve a ball in behind 3 players. 1 player retrieves the ball as the others get in a supportive position for a pass. Work the ball back to coach and push up to the starting point.

- Passing sequence after retrieving the ball must be **SHORT PASS, SHORT PASS, LONG PASS**.
- Players should use knowledge of the passing sequence to figure out how to best support the player with the ball.
- Players must act with urgency and use communication.
- Each group will have 3 consecutive repetitions, no breaks between.



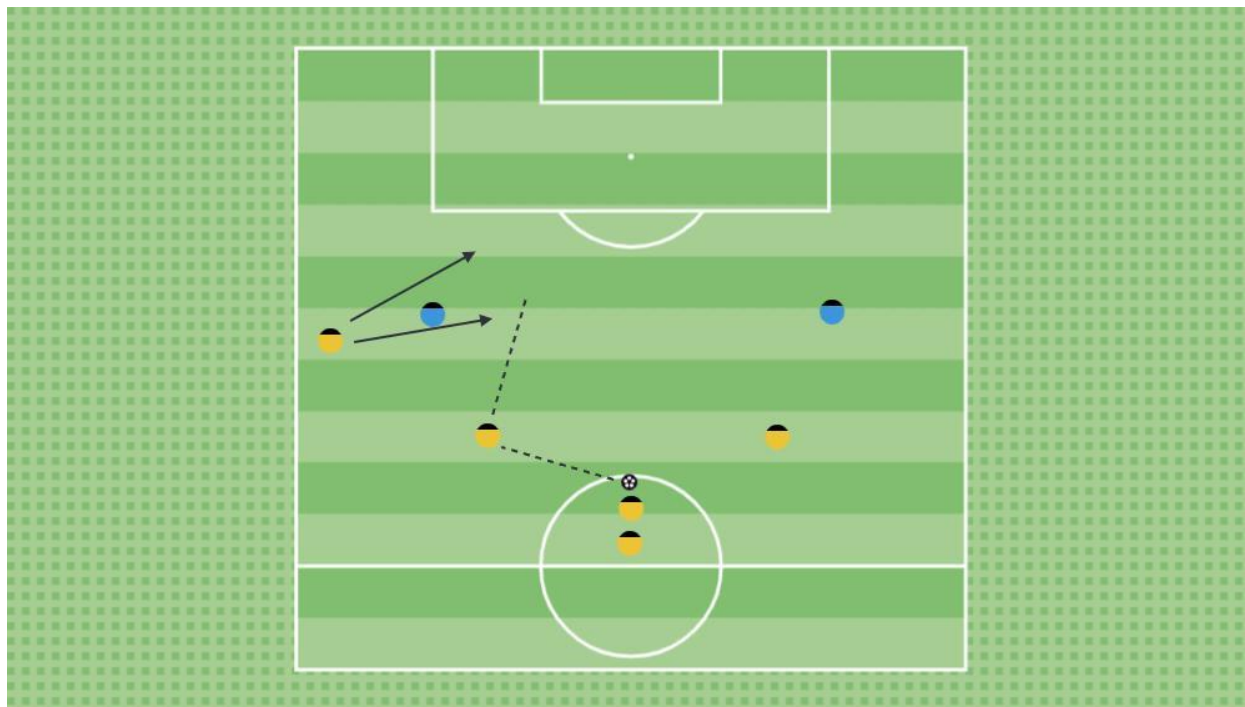
OFFENSIVE POSSESSION – The offensive team will patiently work the ball from zone A to zone B waiting for a clear opportunity to score. The defensive team will work to stay goal side and prevent clear opportunities.

- There must be at least 1 completed zone switch before an attempt on goal.
- The central midfielders cannot leave their lane, but only move side to side supporting the possession/zone switches.
- Each defender must stay in their area, but 1 may press the ball when the central midfielders are in possession.

BREAKING LINES & DEFENDING AERIAL BALLS

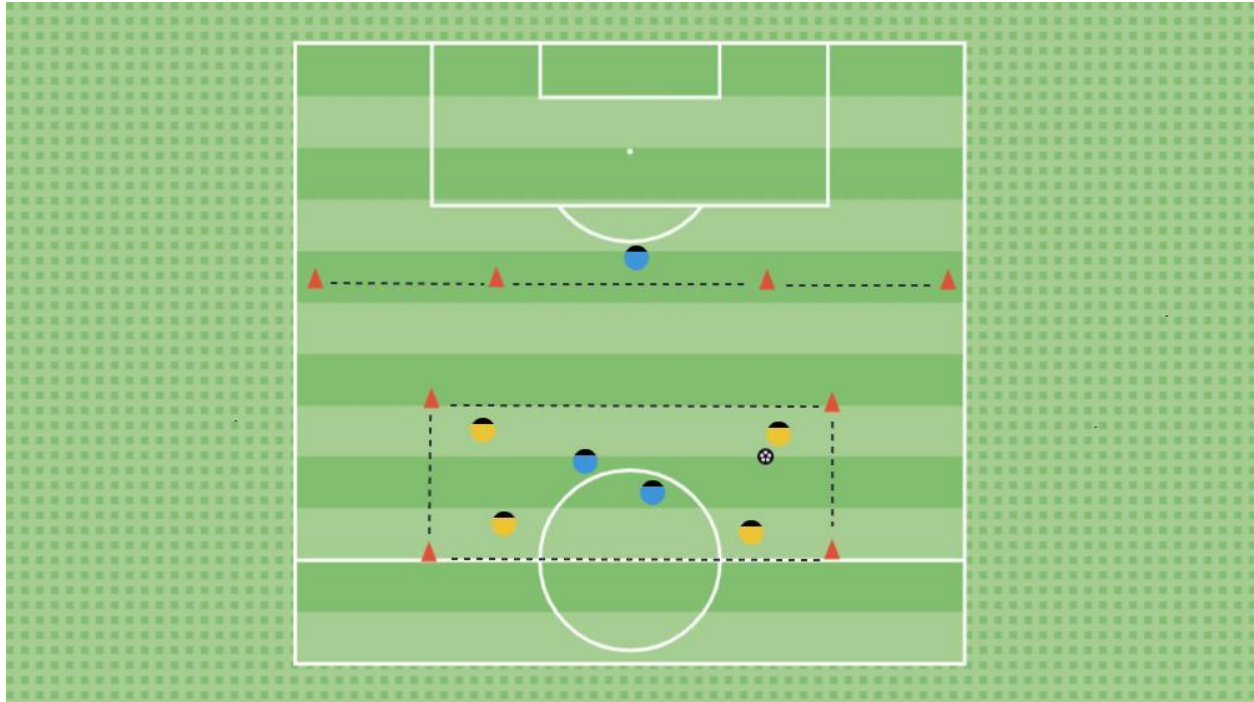
Week 6

Drills should be 15-20 minutes long. Drink breaks in between each drill.



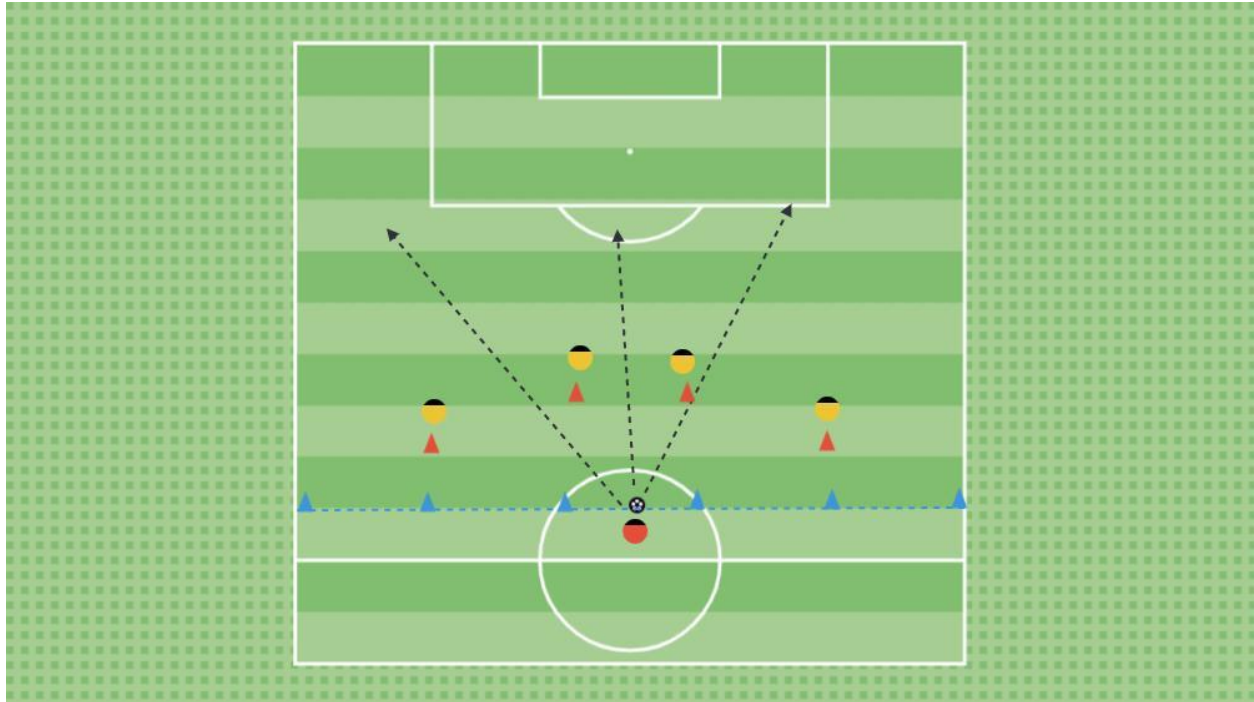
THRU BALLS – Wide players will use off the ball movement to manipulate the defender's positioning and trigger a thru ball from the midfielder.

- Wide player should start up the line and check back toward the ball before making the outside or inside run.
- Midfield passer needs to wait for the right time to release the wide player.
- 1st player in line will pass to the midfielder on the side of the field that is next to go.
- Passer becomes defender. Defender becomes wide player. Wide player goes to back of line.
- Run the drill on each side interchangeably.



RONDO TRANSITION – Offensive team tries to complete 3 passes before breaking forward into attack. Defensive team tries to break up passing to prevent transition opportunities.

- One player from the defensive team will remain behind the line, waiting for the breakaway.
- One player from each team must stay behind in the grid. Players need to communicate it quickly.
- Allow open play for 20 seconds before starting next round.



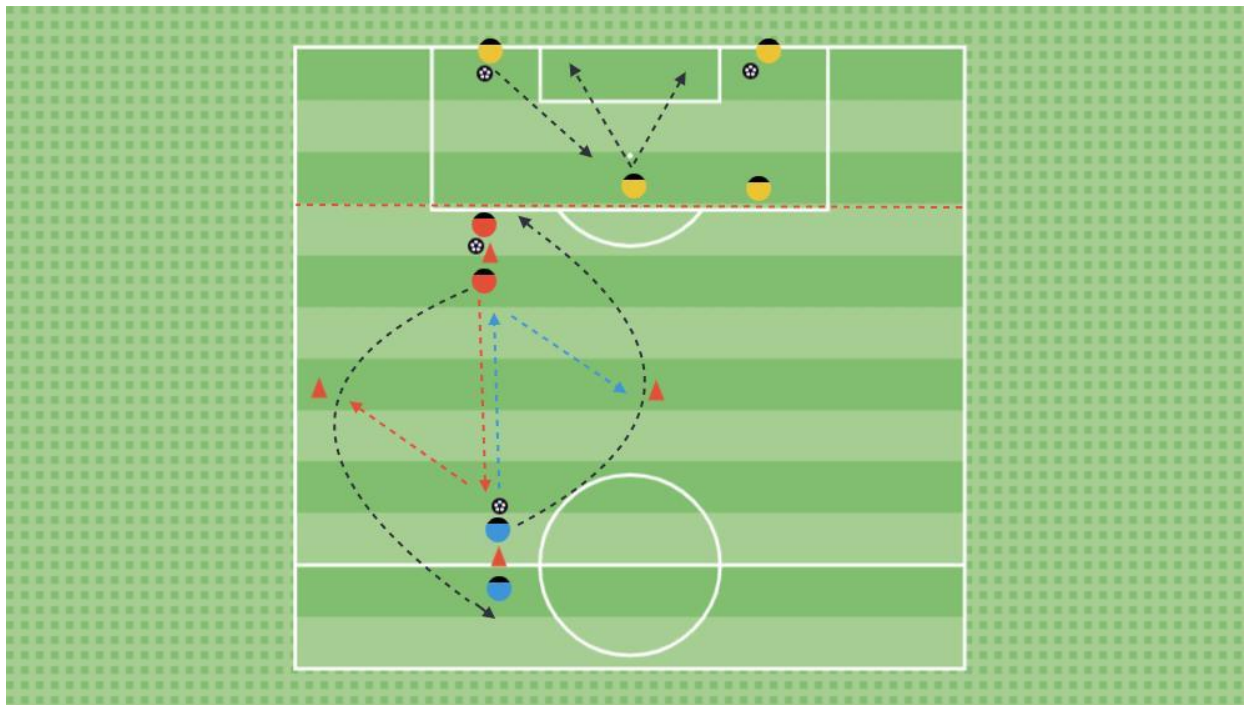
DEFENDING AERIAL BALLS – Players will drop into position when coach picks head up to serve a ball in the air. Players will communicate in order to deal with the ball. **Players should hustle to cross the clearance line after dealing with aerial ball.**

- When coach picks head up
 - Center defensive players drop back and stagger so that one player is covering behind the other.
 - Outside defensive players drop back and wide diagonally so that hips are parallel to the sidelines.
- Coach will serve a ball in the air.
 - If coach starts to move forward after serving the ball, everyone should yell “man on” to whichever player the ball goes to.
 - If coach stays still, everyone should yell “time”.
- **MAN ON** – use inside of foot and clear the ball high and wide past the clearance line.
- **TIME** – settle the ball down and quickly work it up the sidelines and past the clearance line.

PASSING & TARGET PRACTICE

Week 7

Drills should be 25-30 minutes long. Drink breaks in between each drill.

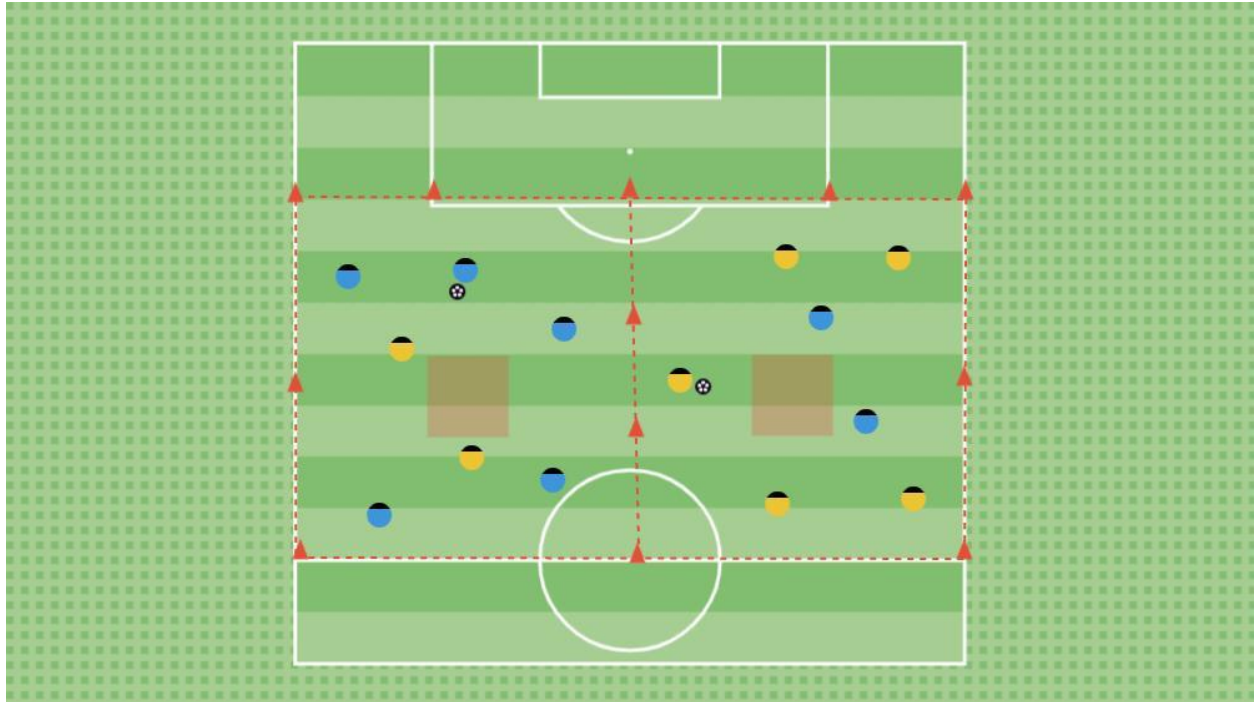


GIVE 'N GO – In groups of 4, players will do a give and go with the player across from them in the diamond. After making the pass, the player will move to the cone to their right to receive the ball back before dribbling to the back of the line.

- 1st give 'n go = **BLUE** arrows.
- 2nd give 'n go = **RED** arrows.
- Use half of the drill time for R foot and the other half for L foot.

TARGET PRACTICE – One group of 4 at a time will be brought to the goalkeeper box to work on targeting corners with shots.

- Each player will get 4 shots before group returns to give 'n go drill.
- 2 players will pass the balls in from the sides of the goal.
- Receiving player will wait at top of box or penalty spot.
- 1st touch to settle the ball, 2nd touch to shoot.



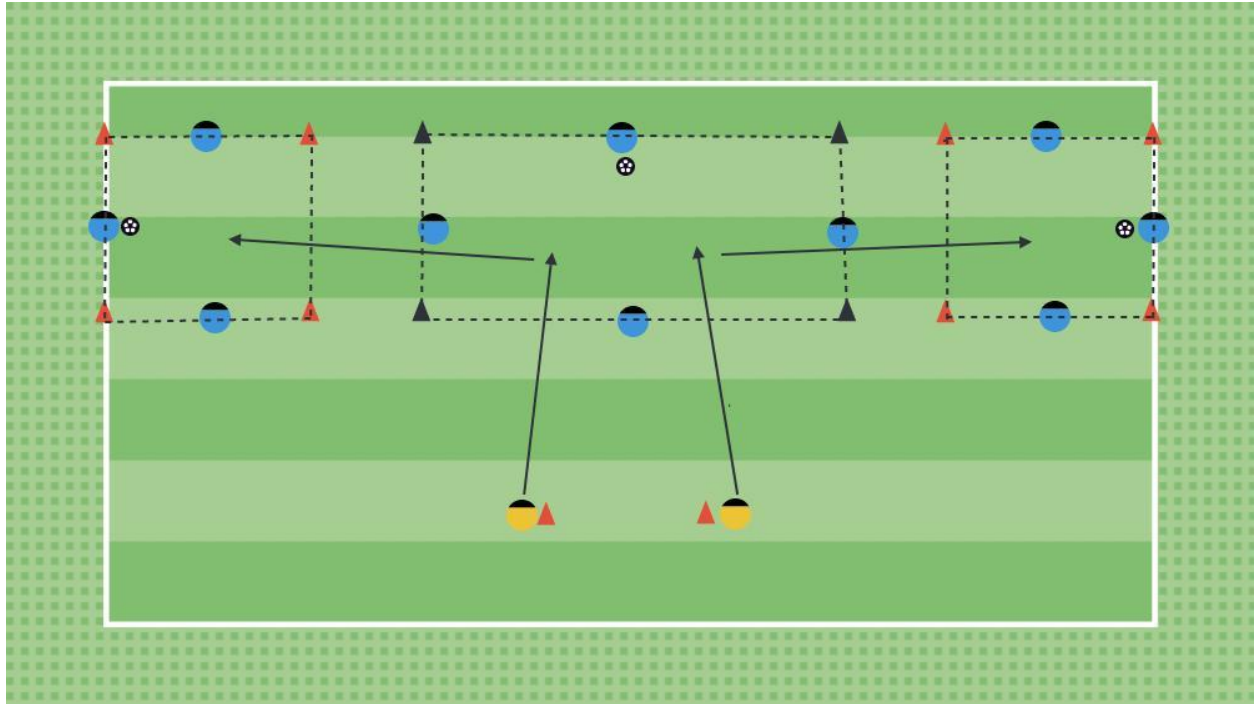
KEY PASS RONDO – Attackers must link 3 passes before a teammate can check into the middle square to receive a pass for 1 point. Defenders receive 1 point for every interception after the 3 passes were made.

- Offensive team should stay out of the middle square to create space for others to run into after the passes are completed.
- Defensive team should be working to disrupt the 3 passes before trying to prevent the pass into the middle square.
- Switch out defenders every 4 minutes.
- Use groups of 5v2.

BALL MOVEMENT & LINK UP PLAY

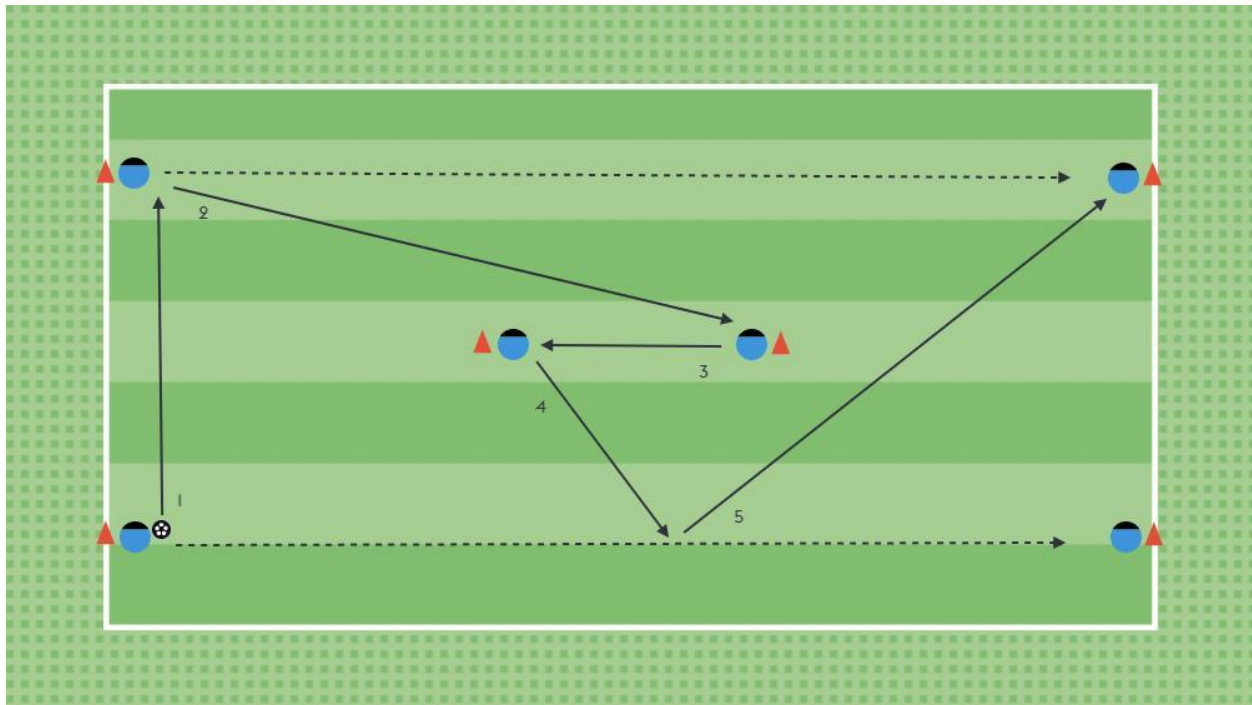
Week 8

Drills should be 15-20 minutes long. Drink breaks in between each drill.



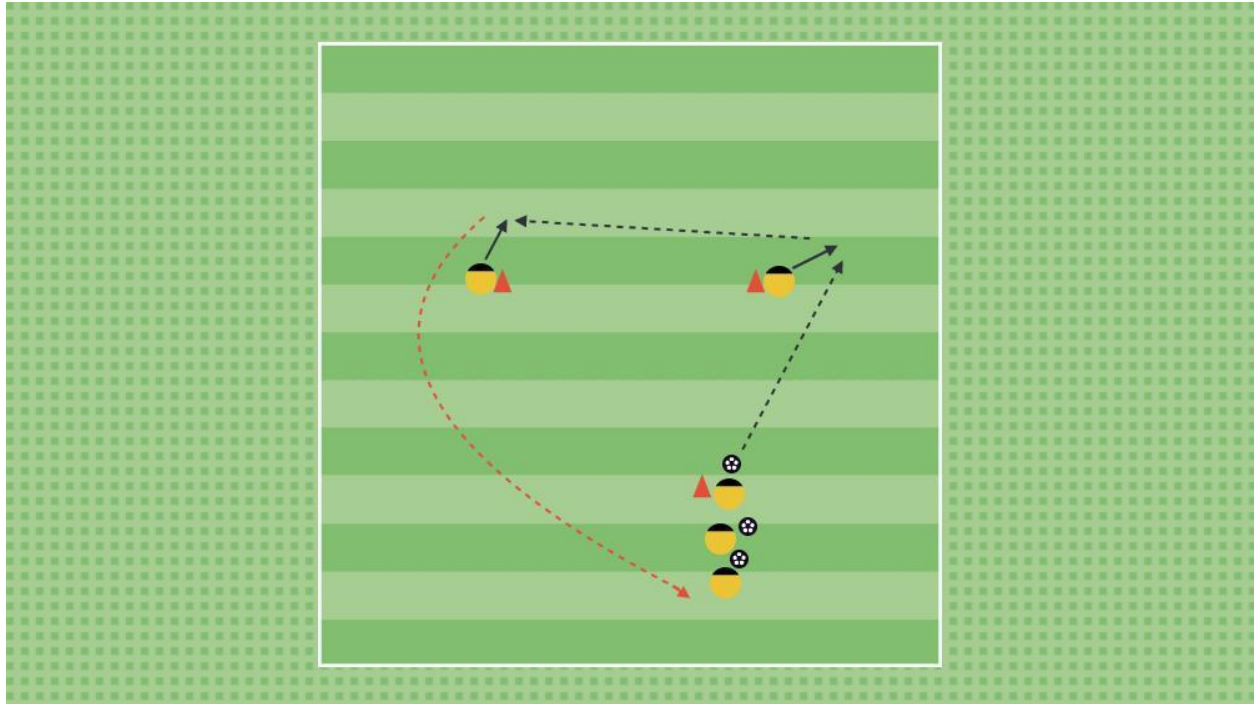
4v2/3v1 RONDO – Offense will move the ball around and try to keep away when defense enters the center grid. If defense wins the ball or it exits the grid, they will break out to the outside grids to start a 3v1. If defense wins the ball or it exits the grid, they will run back to the starting cones and reset.

- All grids should be moving the ball around even when the defenders are not present.
- Players should be calling “man on” when defenders are entering their grid.
- Defense scores 1 point for every intercepted pass or ball that exits the grid.
- Offense scores 1 point for every 4 passes completed.
- Rotate defense and offense around after each round.
- (4) 3 minute rounds.



BALL MOVEMENT – Players will start from a delayed position and move the ball to the central players, who will then play it back on the advancing overlap in order to get it to the next group on the other side.

- Both outside players need to move forward after playing the ball ahead to the central players.
- Timing is important. Outside players cannot sprint ahead of the ball.
- Central players should pass the ball ahead of the outside player and into their path.
- Next player in sequence calling for the ball will speed up the play.
- The drill will be continuous and restart on the opposite side.



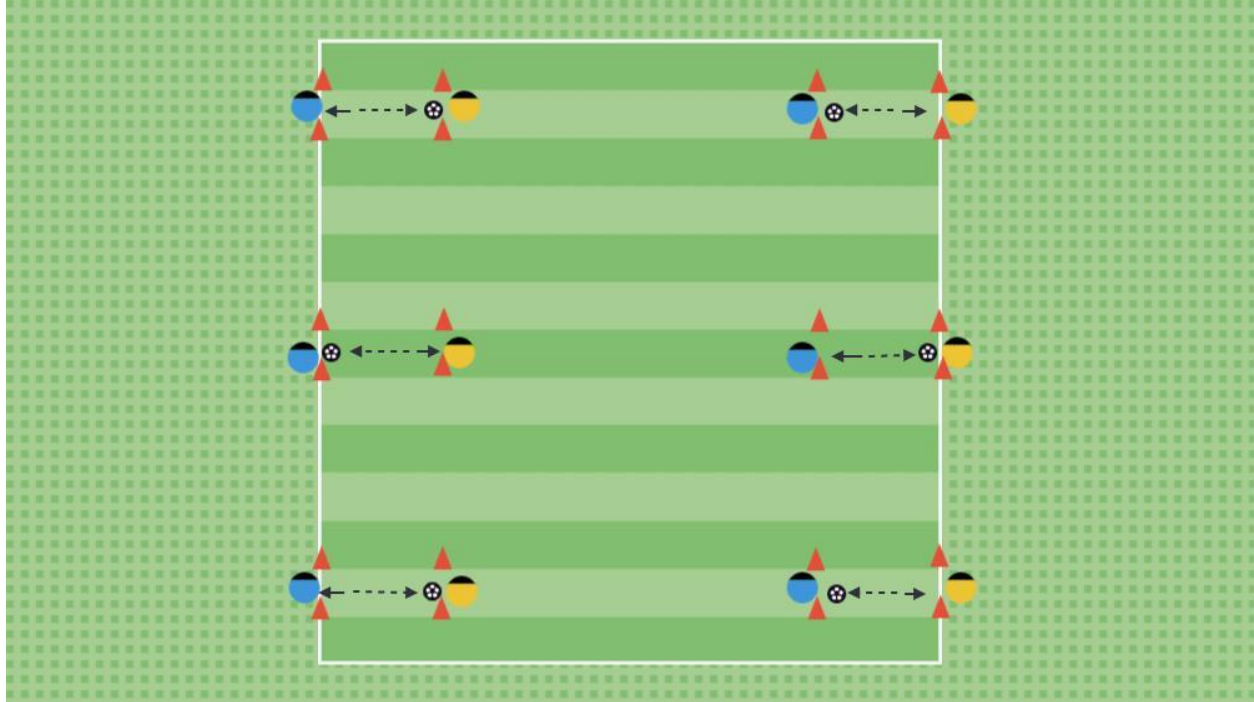
CHECK MOVEMENT, PASSING, DRIBBLE – Players will check away from the cone right before they are going to receive a pass. The second player checking will dribble to the end of the line after receiving.

- Call for the ball just before you check away from the cone.
- Checking should be explosive over a short distance. Take a soft touch to set up your pass/dribble.
- Add difficulty by having the extra 2 players in line stand on the cone as defenders.
- Move the starting cone to go the opposite way if time allows.

PRESS vs COUNTER PRESS & FREE KICK ROUTINES

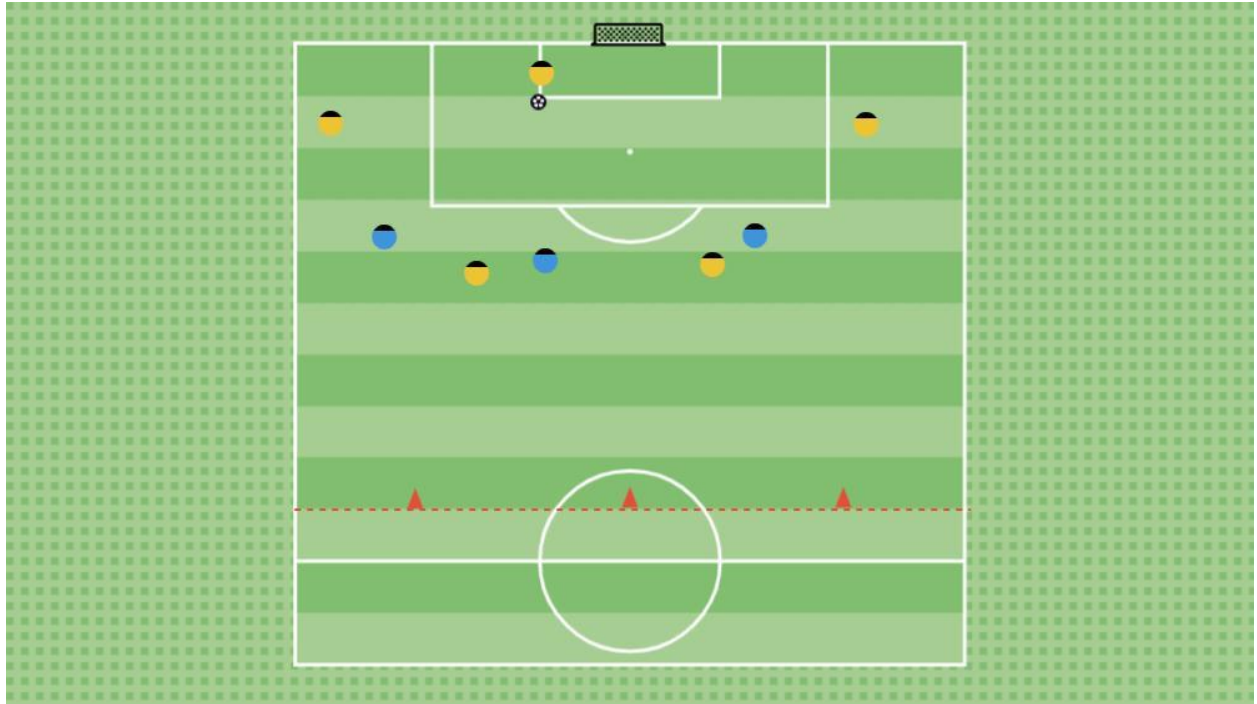
Week 9

Drills should be 15-20 minutes long. Drink breaks in between each drill.



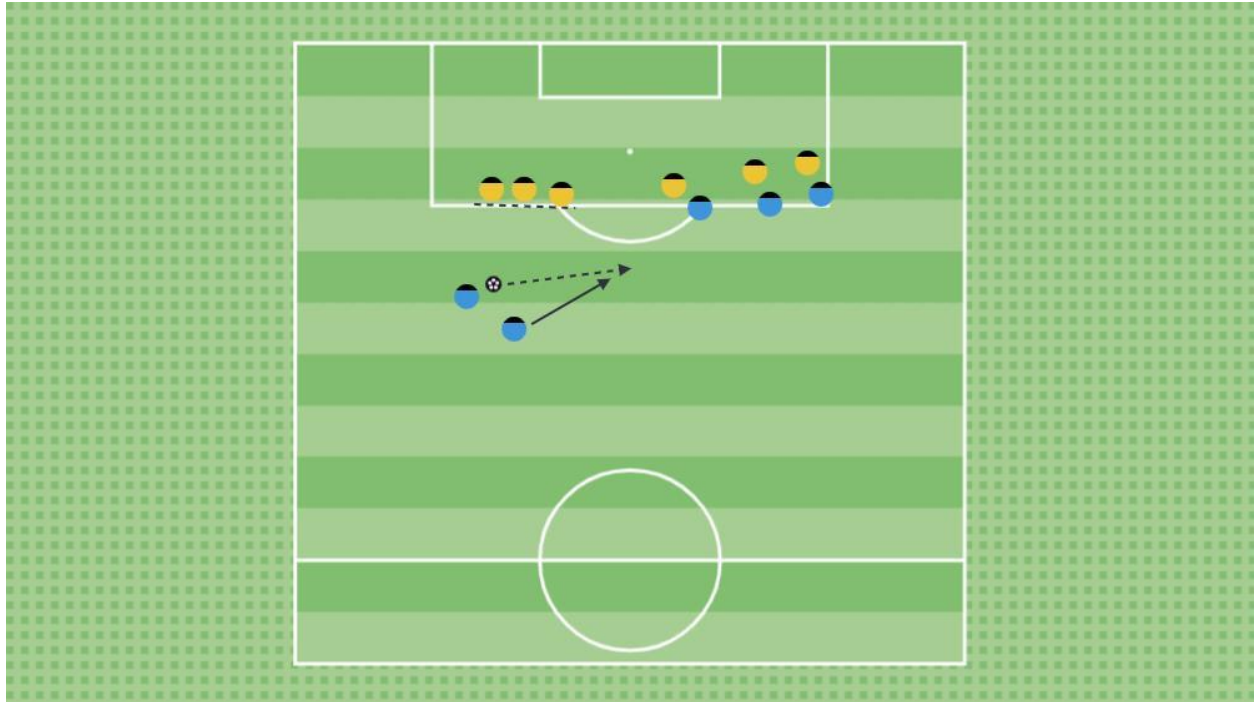
REFLEX CHECK – Players will use the directed foot surface to pass back and forth until someone makes a mistake. The goal is to score a point by being consistent and not by giving bad passes.

- Each player should stand in the middle of their 2-foot-wide gate.
- Each gate should be 3 feet from the one across from it.
- Players should be encouraged to use inside, outside, and bottom of both feet to keep the ball moving.
- Players earn a point if their opponent passes the ball outside of their gate.
- 1-minute rounds before finding a new partner.



PRESS vs COUNTER PRESS – Offensive team will start with a goal kick and try to win by carrying the ball past the clearance line. Defensive team will try to win by gaining possession and scoring on the goal.

- Use groups of 4v3 (not including GK in net).
- Open play for 30 seconds before next group goes.



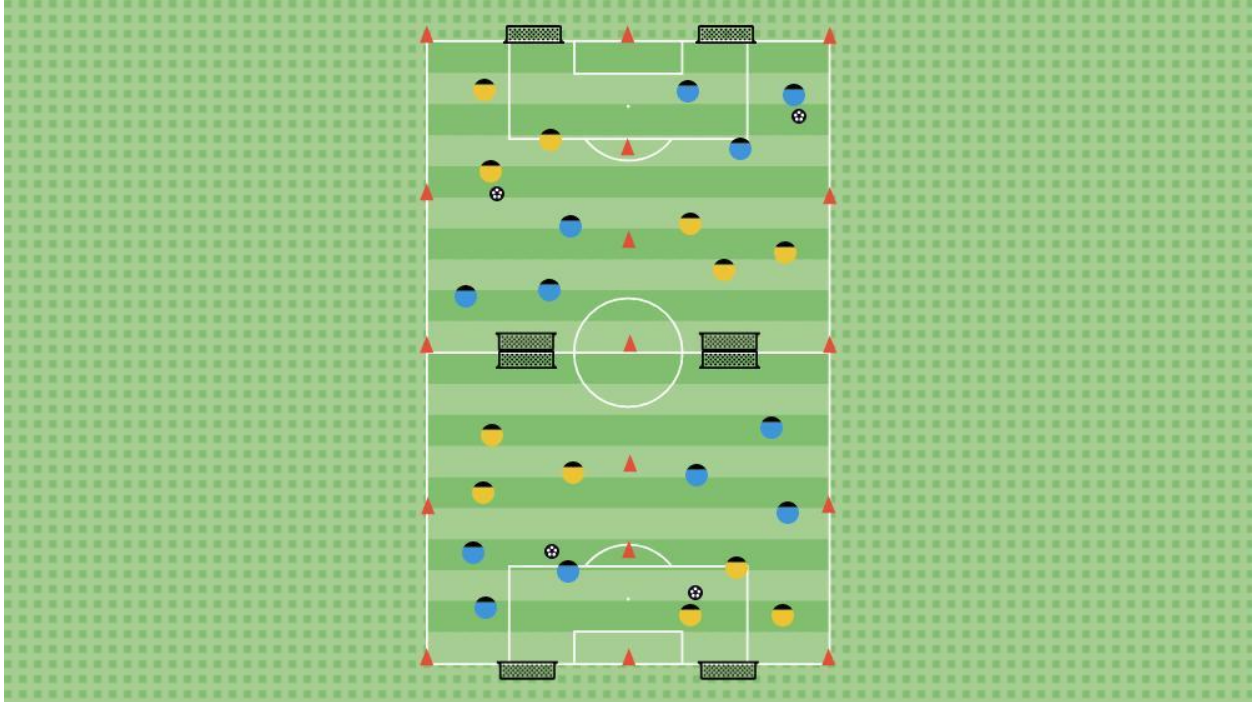
FREE KICKS – Each team will have 1 goal to themselves. Players will work on changing the distance and angle of free kicks to create a better goal scoring opportunity.

- Split the team into offense and defense.
- Offense takes turns doing free kicks. Extra players set up for a rebound.
- Defense takes turns being in wall. Extra players set up for a rebound.
- Use 2 players to take the kick. One player will lay the ball off to the side of the wall for a clear shot on goal.
 - If the kick is a little outside of shooting range, lay the ball off forward and diagonally.

3v3 TOURNAMENT

Week 10

Games should be 10 minutes. Drink breaks between each game.



KEY TO SUCCESS - Focus should be on consistent passing and moving to create space and goalscoring opportunities on a small field.

- Increase to 4v4 if team numbers require a change.
- Play with throw ins, goal kicks, and corner kicks.