

BURLINGTON YOUTH SOCCER ASSOCIATION



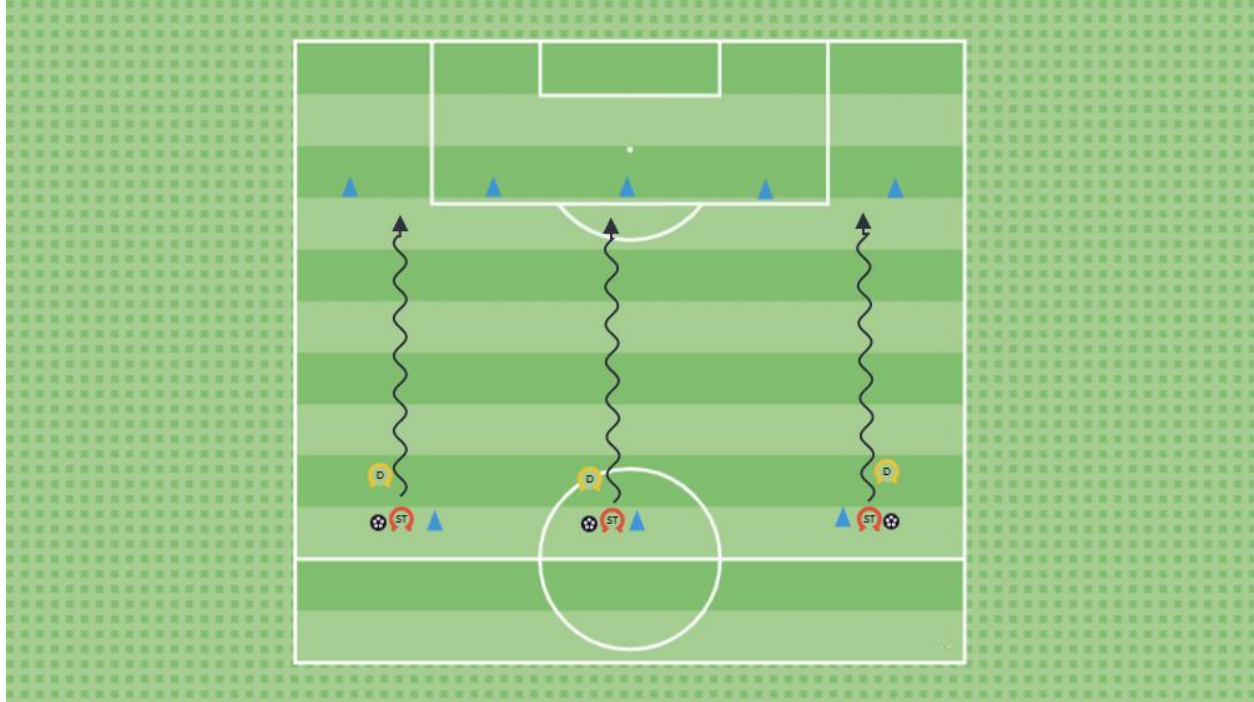
"PLAY LIKE A PRO"

PLAYER AND COACH DEVELOPMENT CURRICULUM

LEAD FROM THE BACK - DEFENSE

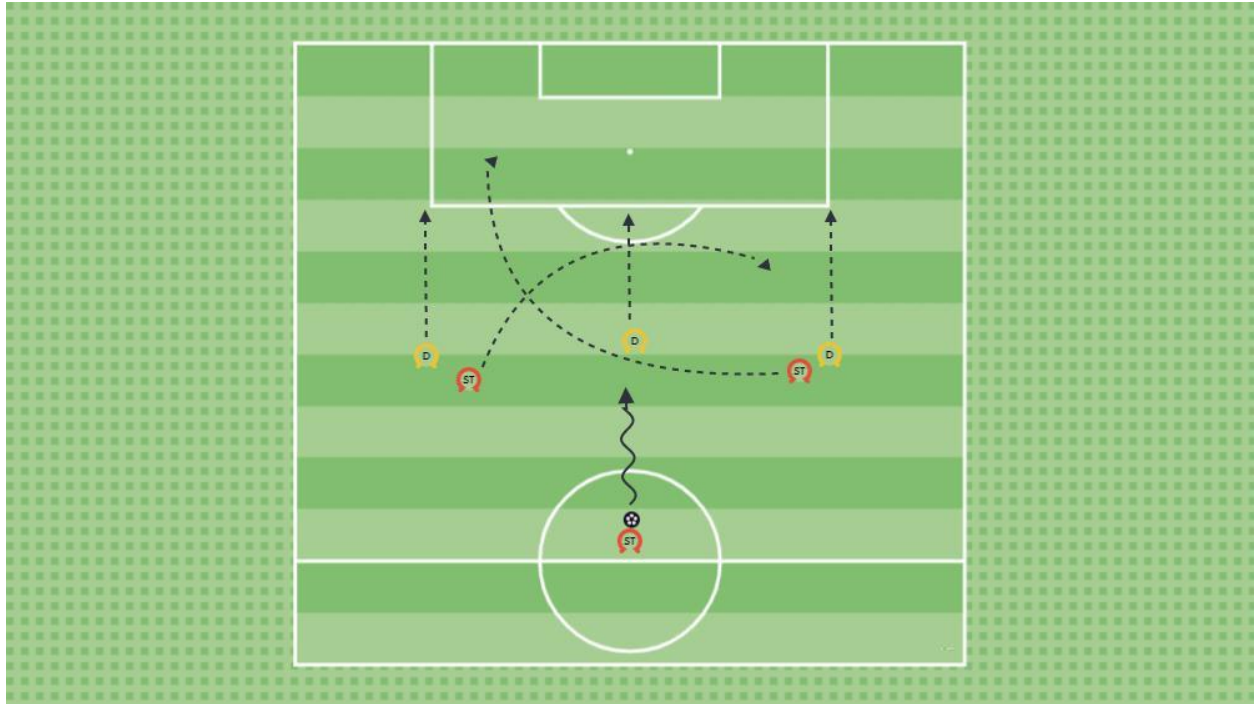
Week 1

Drills should be 10-15 minutes long. Drink breaks in between each drill.



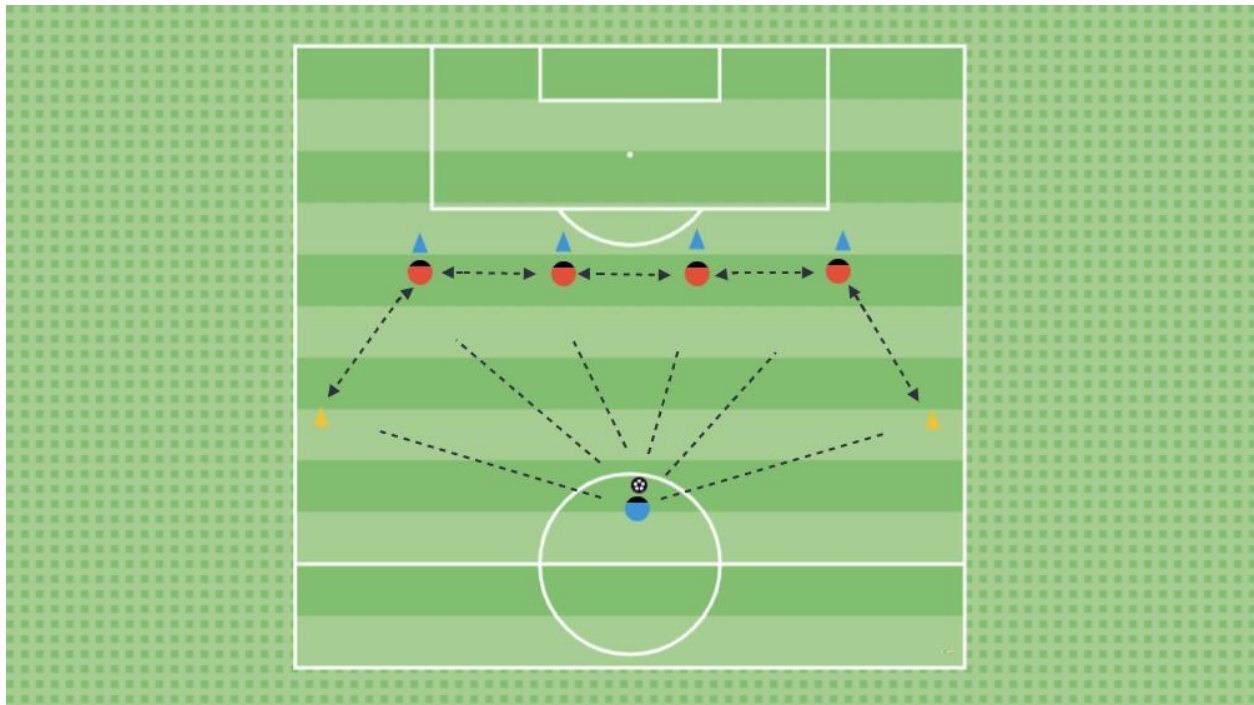
Tackling – Players will dribble to the other side using a partner as a defender.

- **Standing Tackle** = Defender will stand at the halfway point and let the attacker dribble at them, choosing when to step in and knock the ball away.
 - Attacker should dribble straight at defender before trying to go around.
- **Shoulder To Shoulder** = Defender will run alongside attacker, and use their shoulder to bump the attacker off the ball.
 - Attacker should brace themselves/bend knees and try not to get knocked over.
- **Heavy Touch Tackle** = Defender will stand at the halfway point and watch the attacker dribble, waiting for a heavy touch for them to step in and steal the ball.
 - Attacker should dribble under control and take 1 heavy/exaggerated touch to trigger the defender.



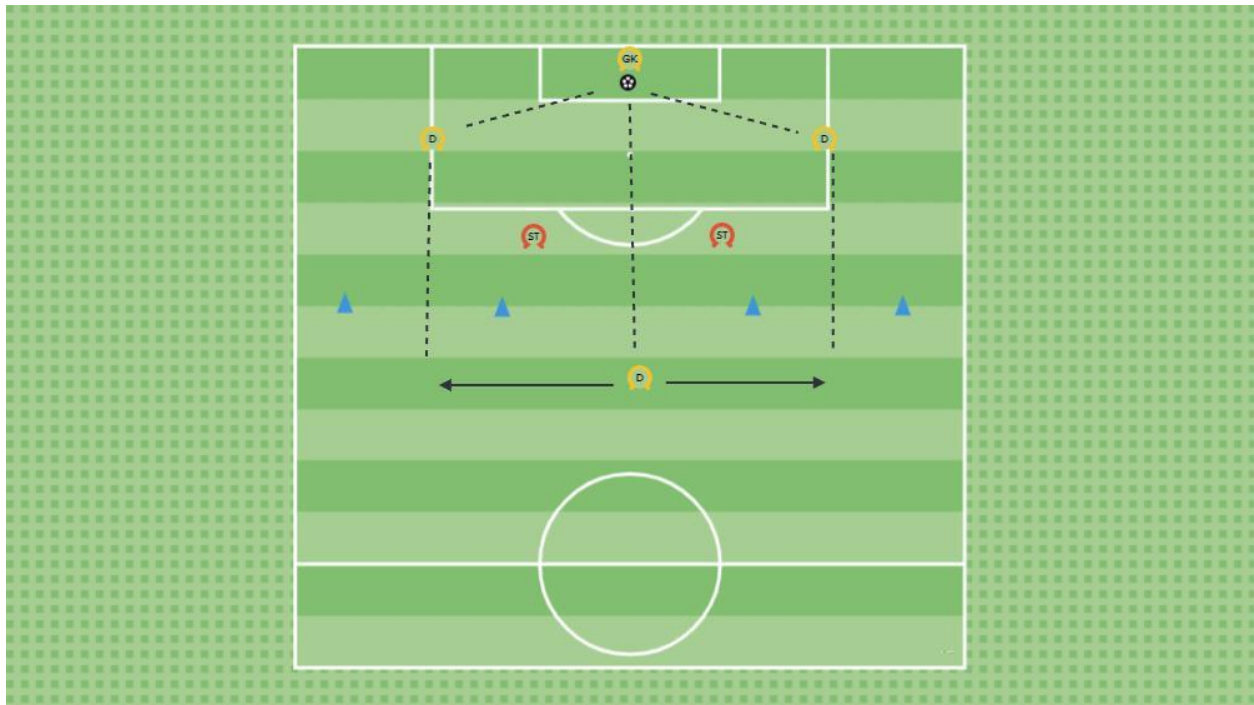
Marking – Defenders will retreat while 1 attacker dribbles and 2 attackers make runs ahead. Defenders need to communicate as attackers move, and work to hold an offside line.

- One defender contain/slow down the attacker with the ball, while 2 defenders mark runs.
 - Attacker with the ball should dribble straight at the defender at a slower pace.
- Defenders need to talk when an attacker is moving in/out of their area.
 - Attackers need to crisscross sides, run behind and in front of the defenders.
- Defenders should not drop further than their teammates, holding a strong offside line.
 - Attackers should be making runs offside to try and pull defense apart.



Shifting – Defenders will start at their 4 cones and move left or right, shifting as the ball moves.

- Outside players will be directed on when to advance to the higher cone.
- Players should be ready to check short to receive a pass, as well as controlling air balls.
- Coach can direct players to pass to another teammate, causing a shift.
- 12+ can incorporate headers as well.



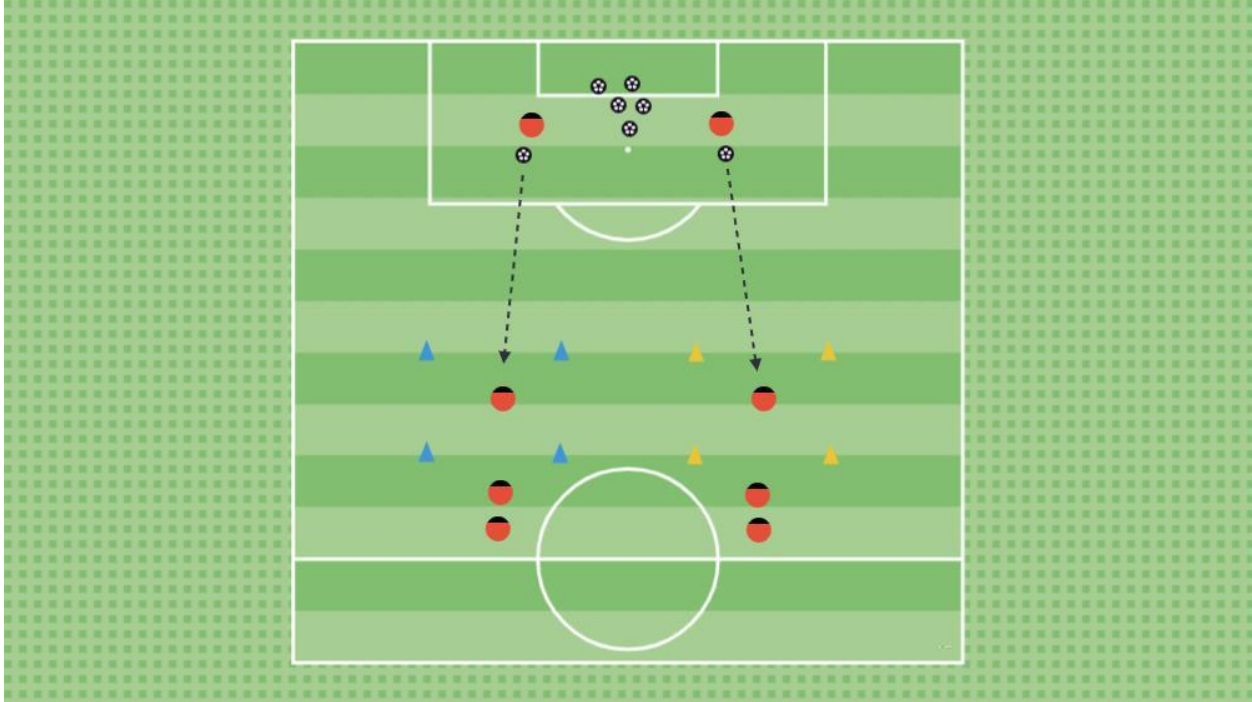
Goal Kick – Defenders will be positioned wide of the goalkeeper to receive a pass and work it up to their teammate on the other side of the cones.

- The attackers will work to pressure the defenders and win the ball by closing passing lanes.
- The player on the other side of the cones should be moving side to side, getting open in one of the passing channels.
- Defenders body positioning - should be facing backs to the corner flag so they can receive AND pass easily.
- Middle passing lane will open up if the attackers are separated.

BECOME UNTOUCHABLE - MIDFIELD

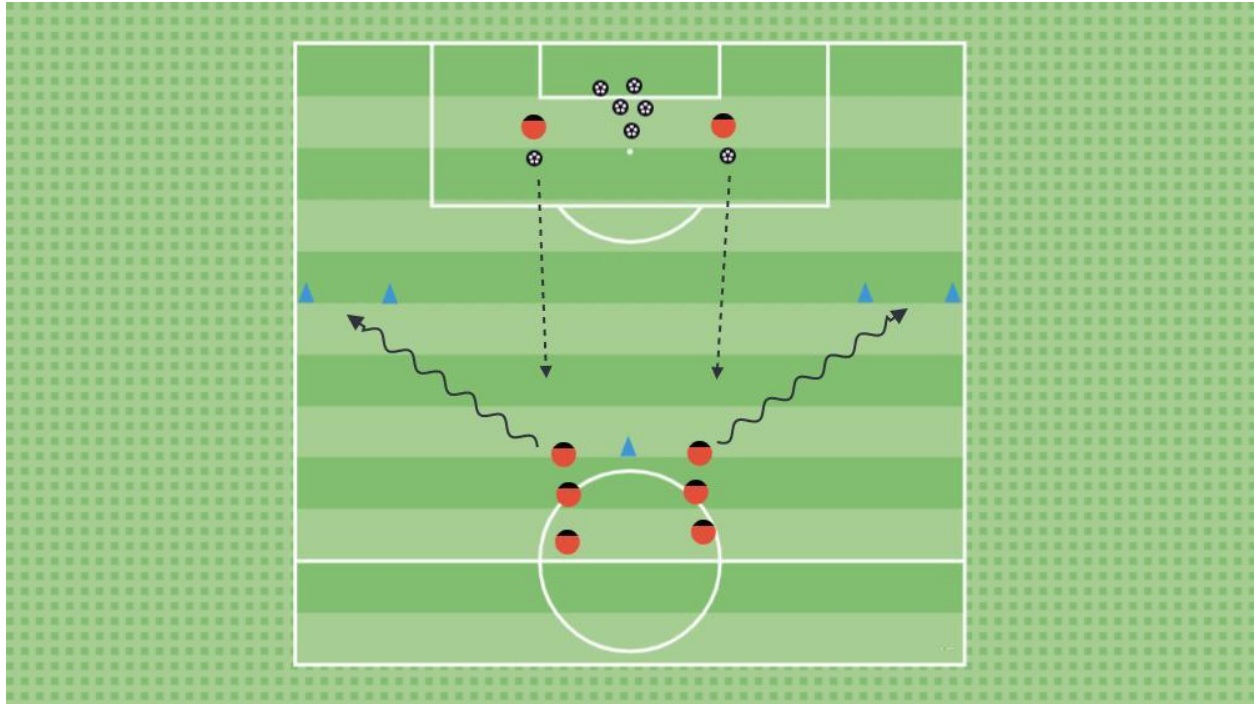
Week 2

Drills should be 10-15 minutes long. Drink breaks in between each drill.



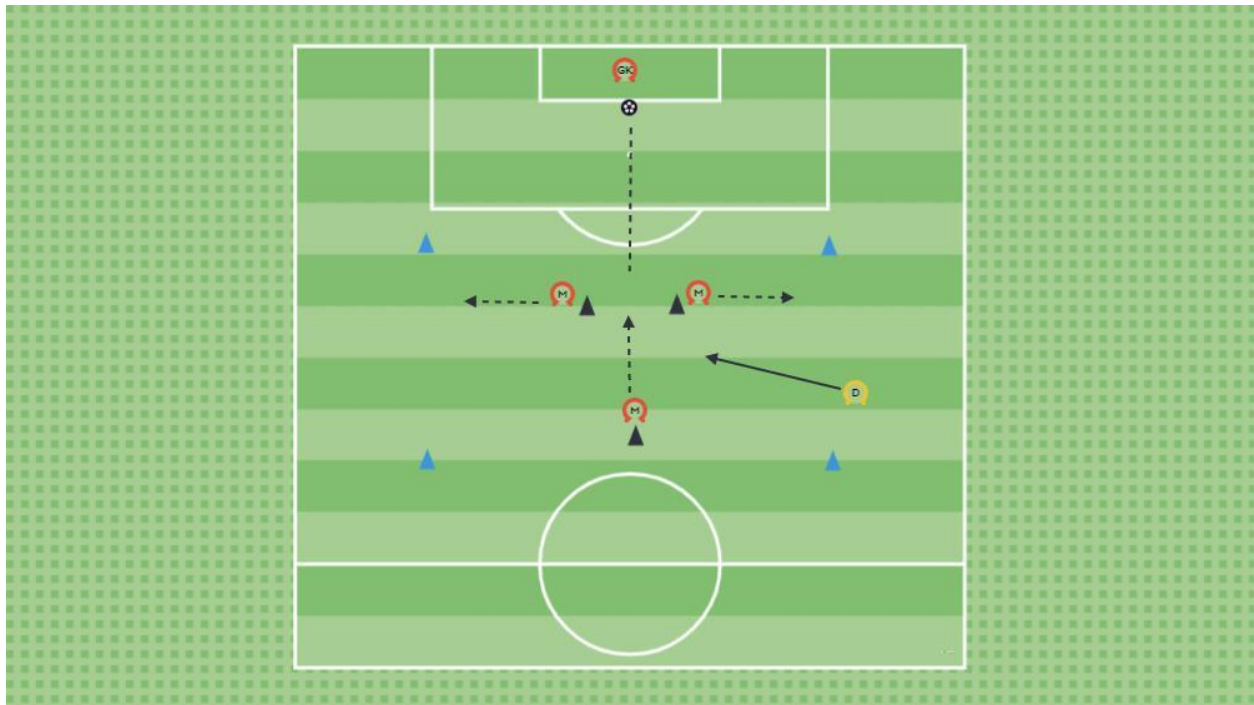
First Touch – Players will take turns receiving a pass within a square of cones.

- Working on controlling the ball in the first touch.
- Players trying not to let the ball bounce off of them and out of the square.
 - Advanced players/teams: first touch control and turn out of the square.
- Can use multiple foot surfaces, but do NOT step on the ball.
- Train both R & L foot.



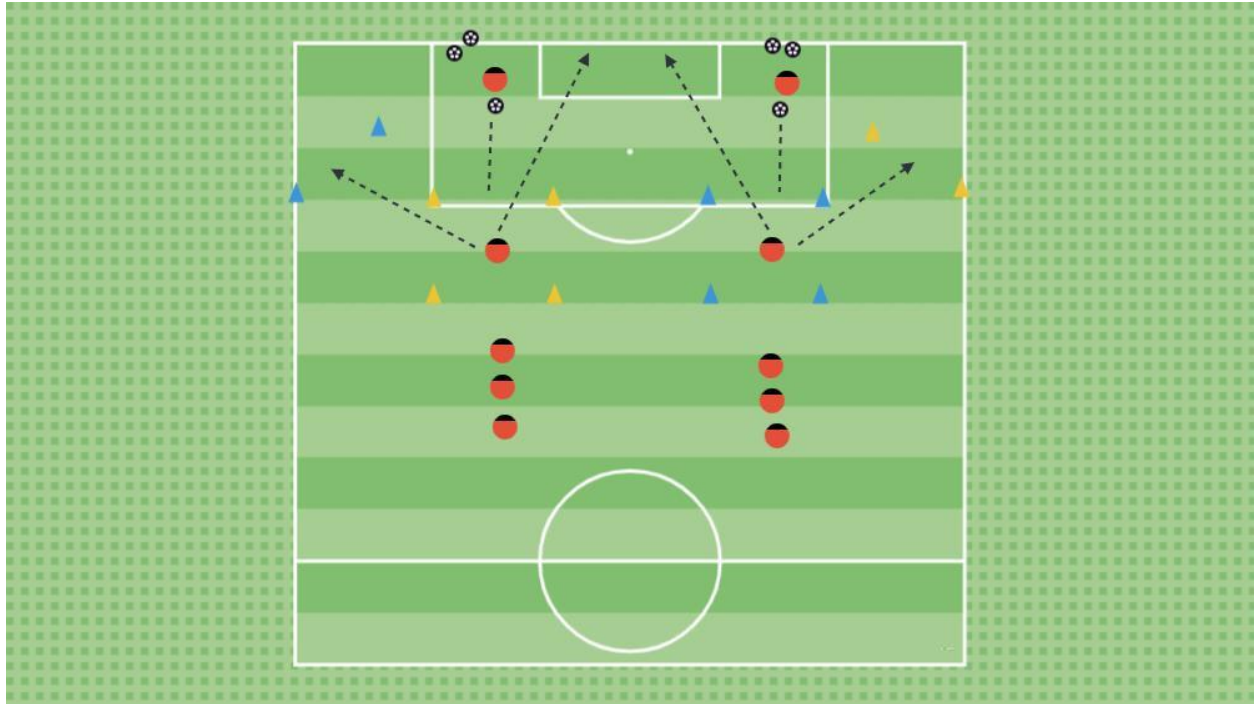
1 Minute Air Control Competition – Split the players into 1 team for each coach. Players will receive passes in the air from coach and use their chest, thigh, or foot to control. After controlling, players dribble the ball back to their coach's pile. When time is up, see which team has completed the most repetitions successfully.

- Step forward if the ball is low.
- Step backward if the ball is high.
- Use the middle to upper part of the thigh to control, stay away from the knee.
- Try to cushion the ball when using chest.
- Use different surfaces of foot to control, but do not step on top of the ball.



Showing To The Ball – The goalkeeper will pass the ball into the square to start the drill. 2 players will push out wide to create angles while the middle player receives the pass.

- The defender will step into the square once the first pass is made to play 3 v 1
- Players will try to complete 4 or more passes to maintain possession.
- Keep moving to get open for the player with the ball.
- Rotate the positions between goalkeeper, defender, and possession players.



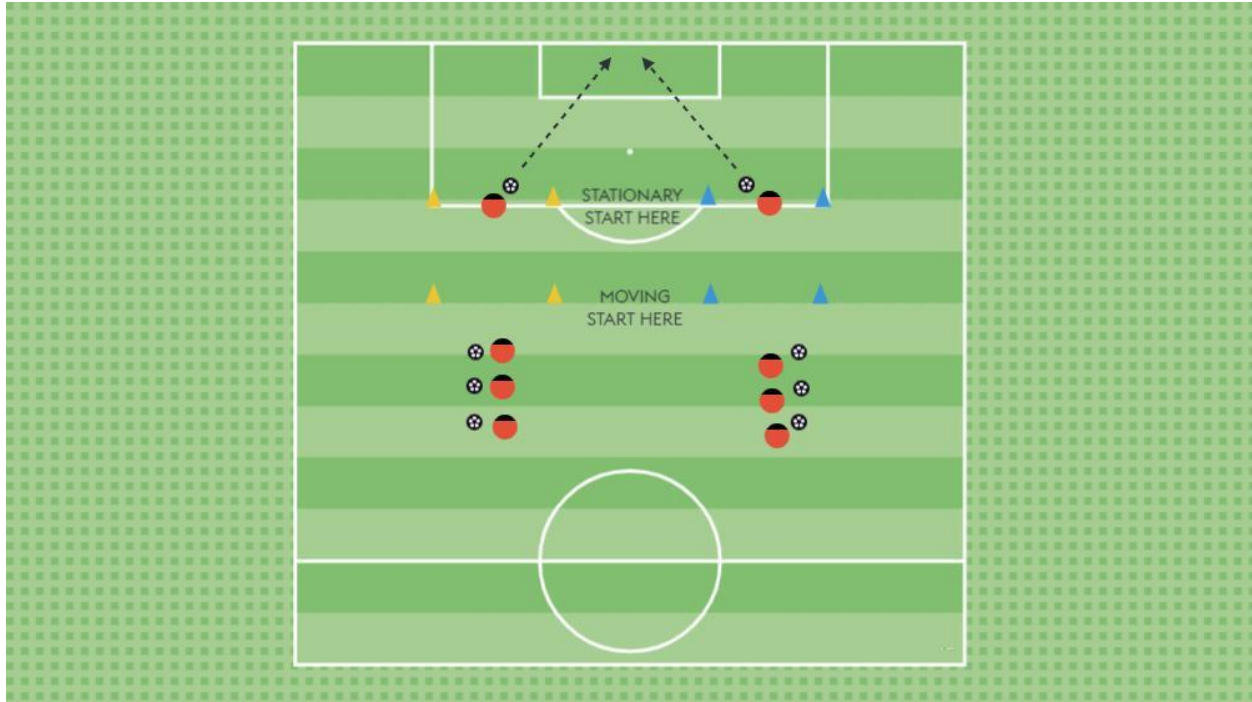
Speed Of Play – Players will start in the square and receive a pass. They will be told to pass back, dribble, or shoot. Coaches should be urgent with their direction to force quick decisions.

- **Pass** = Use 1 or 2 touch to give the ball back.
- **Dribble** = Quickly control the ball and dribble through the gate with speed.
- **Shoot** = Use 2 touches to set yourself up and shoot on goal.
- Train both R & L foot.

GOALS GALORE - ATTACKING

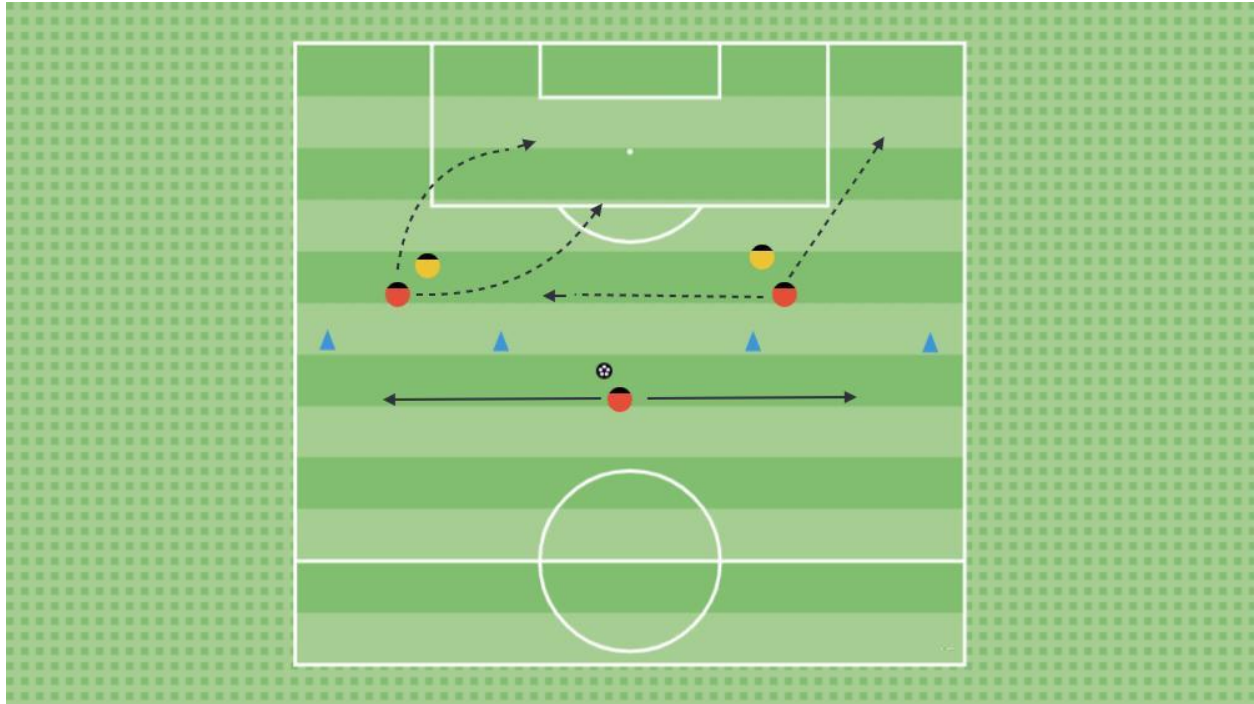
Week 3

Drills should be 10-15 minutes long. Drink breaks in between each drill.



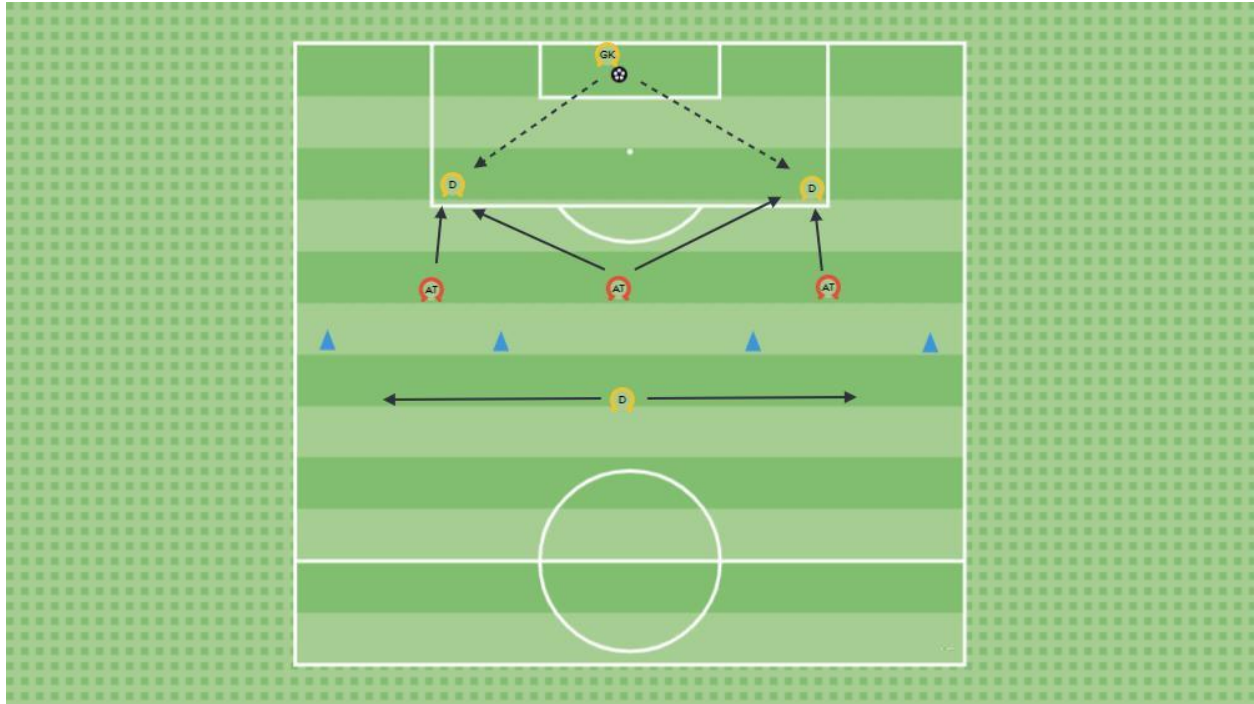
Shooting – (1) Players will start at the closer set of cones and work on proper shooting technique without ball movement. (2) Players will start at the further set of cones and working on proper shooting technique while dribbling.

- 3 steps back and 1 step to the left/right opposite of your shooting foot.
- Run up.
- Plant standing foot on side of ball, not behind or in front.
- Kick middle of the ball with laces.
- Follow through.
- (2) Add dribbling.



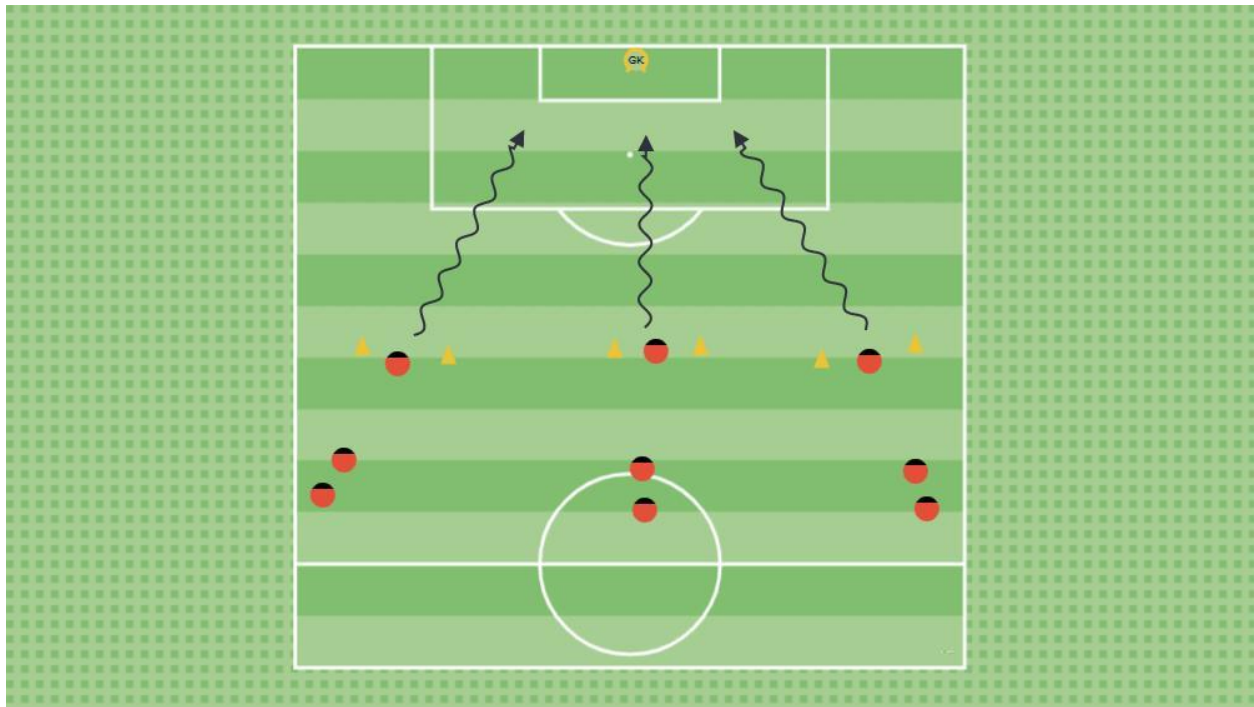
Making Runs – A center midfielder will play behind the cones, side to side looking for a good run. The attacking teammates will try to lose their defenders and get open.

- Outside Run = Running in behind the defender, opposite side as the ball
- Inside Run = Running in front of the defender, same side as the ball
- Diagonal run, vertical run, horizontal run.
- Be quick and use body fakes to lose the defender.
- Point to where you want the pass placed.
- Add offsides rule.



Shifting & Winning High – Attacking players will try to win the ball back before the defending team can play their goal kick up to the midfielder on the other side of the cones.

- Attacking players must shift side to side and double team the defender.
- The extra attacker needs to block the pass to the midfielder and force the pass to go backwards or sideways.
- The midfielder on the other side of the cones can move side to side to help the defenders.



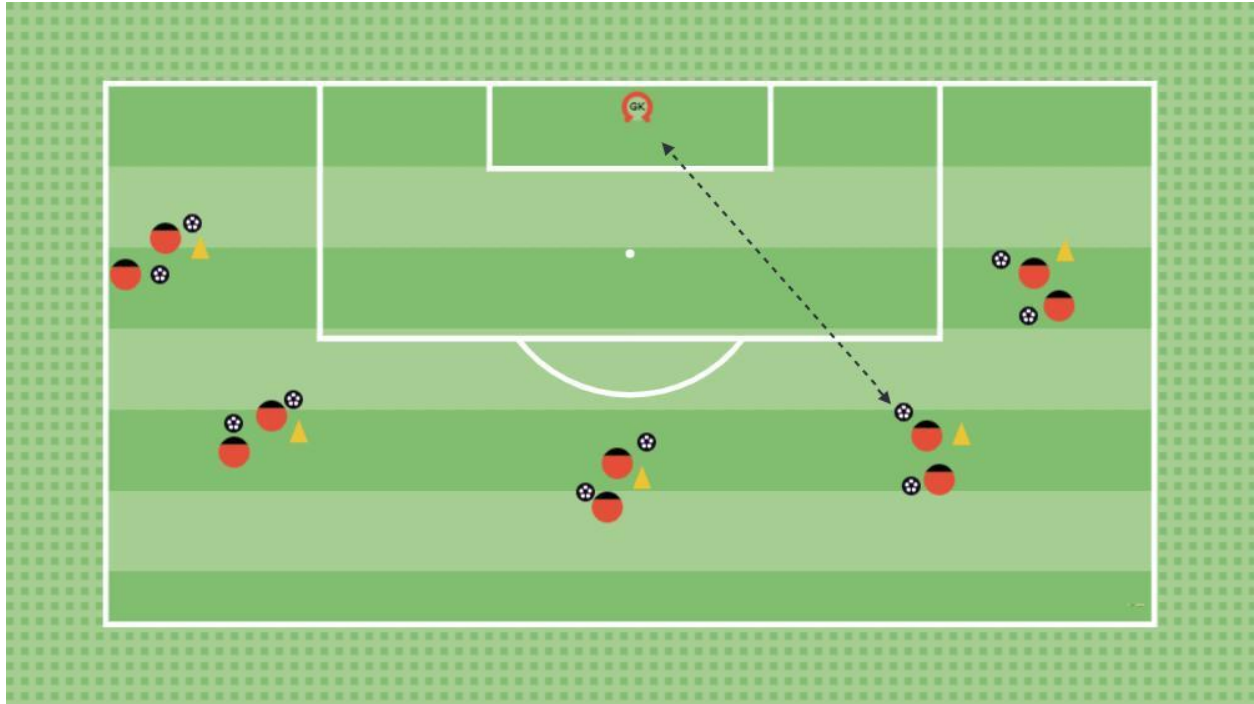
Breakaways – Players will rotate through breakaways on the left, center, and right.

- If on the outside, take your first touch inside to widen your angle.
- Pick a corner. Shoot low back post or shoot high front post.
- Take controlled touches and look up to see where the keeper is.

SHOT STOPPER - GOALKEEPER

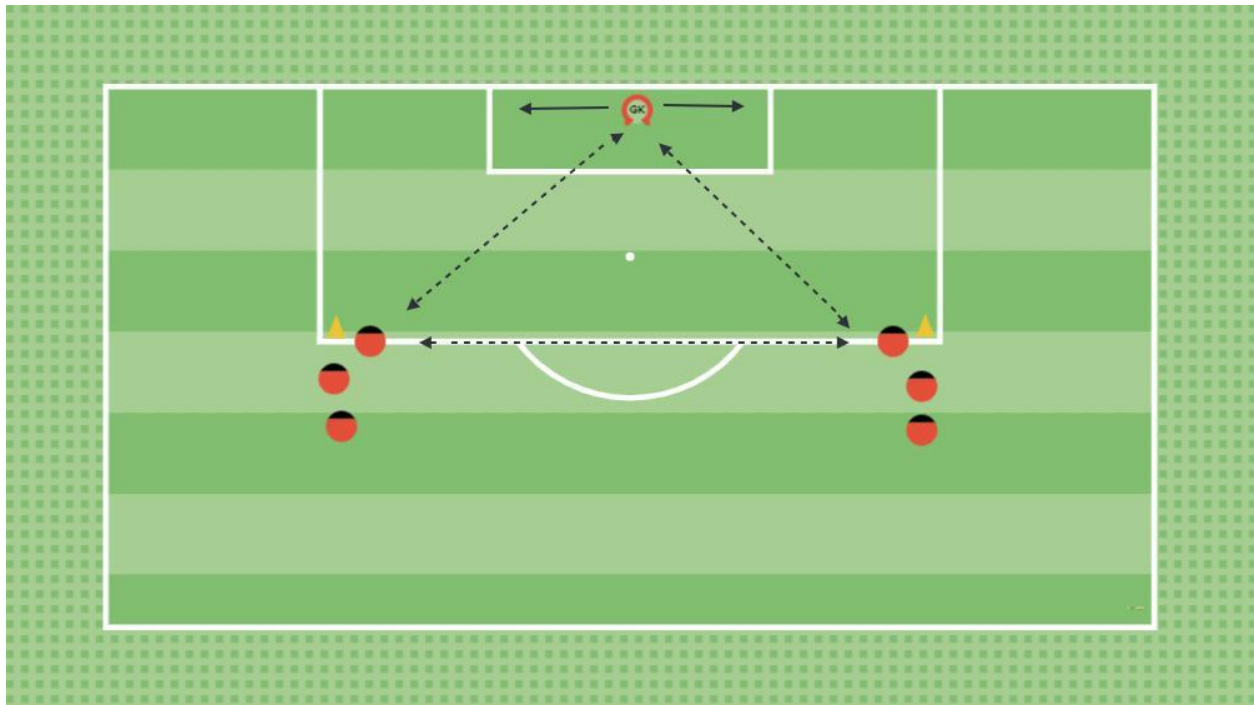
Week 4

Drills should be 10-15 minutes long. Drink breaks in between each drill.



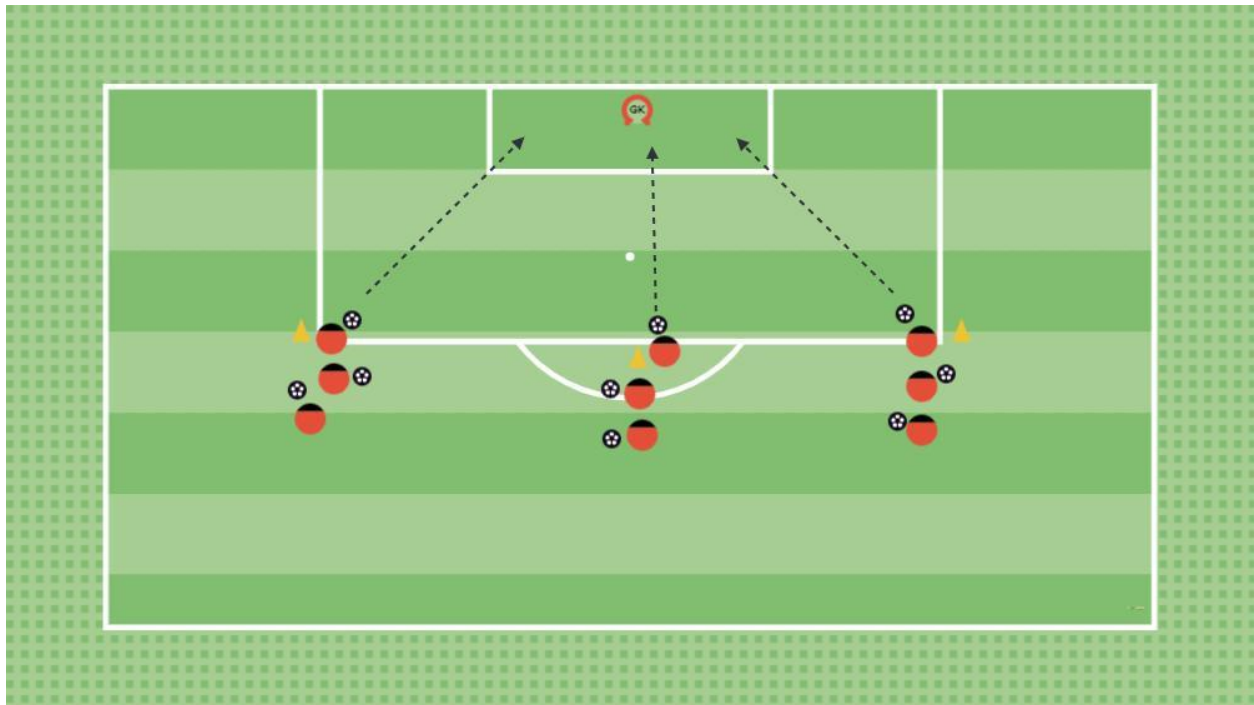
Distribution – Players will break up into groups, each behind a cone, and one at a time play the ball anywhere into the box. The goalkeeper must run out to collect the ball and use a learned distribution technique.

- **Underhand Roll** = Stepping forward with the foot opposite of our dominant hand and bending our knee like bowling.
- **Overarm Throw** = Stepping forward with the foot opposite of our dominant hand as we throw, using weak arm out in front for balance, moving our throwing arm forward/upper arm passing by our ear.
- **Inside foot pass** = Using the inside of the foot to pass back to our teammate.
- Train both R & L foot.



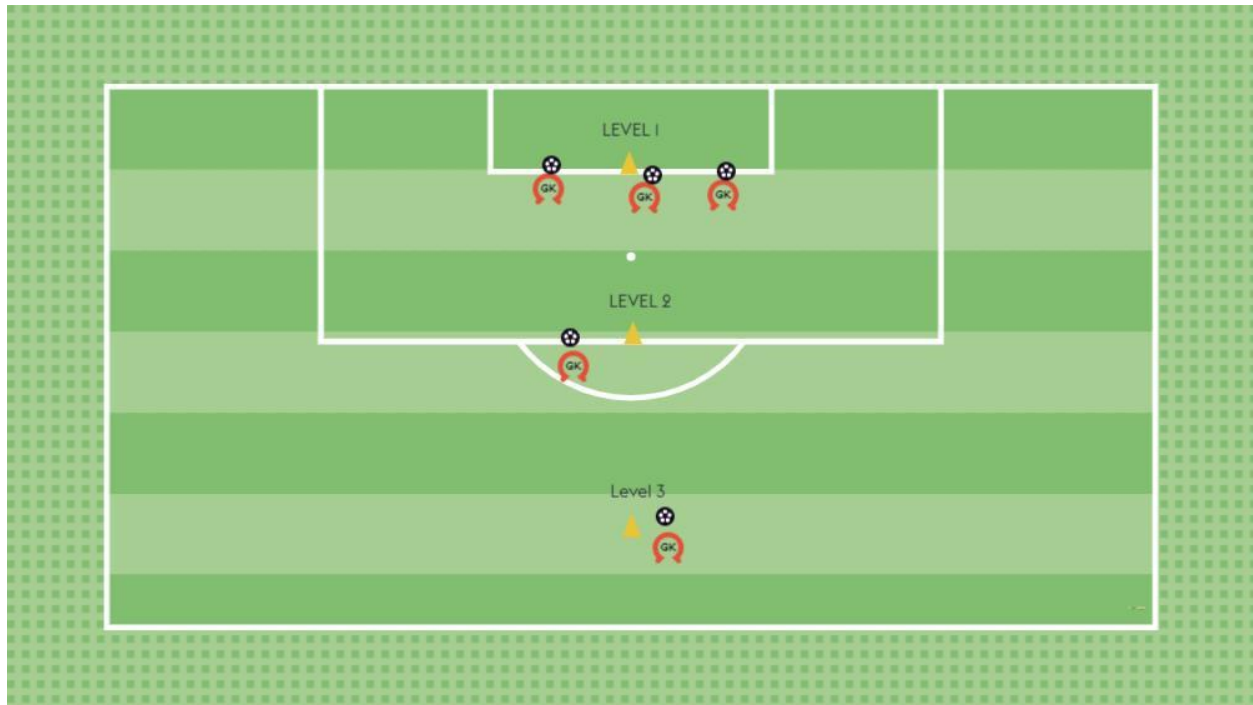
Shifting – 2 Players at the front of the line will pass back and forth, forcing the goalkeeper to shift across the goal from post to post. A player will shoot randomly, so the keeper must be ready at all times.

- Shuffle across the goal sideways.
- Make the angle tougher to shoot by getting closer to the post.
- Keep hands up.
- Players will rotate after the goalie has faced 2 shots. Right line goes to the back of the left line. Left line goes to goalkeeper, goalkeeper goes to the back of the right line.



Reflexes – Each line will tell the goalkeeper “turn” and shoot on target. The goalkeepers will face 3 shots, one from each line, one at a time. The players will rotate to the left after the goalie has finished the round.

- Goalkeeper starting position will be arms out, facing away from the players, bouncing on the toes.
- Listen carefully for quick reaction.
- Be ready to move for a save.



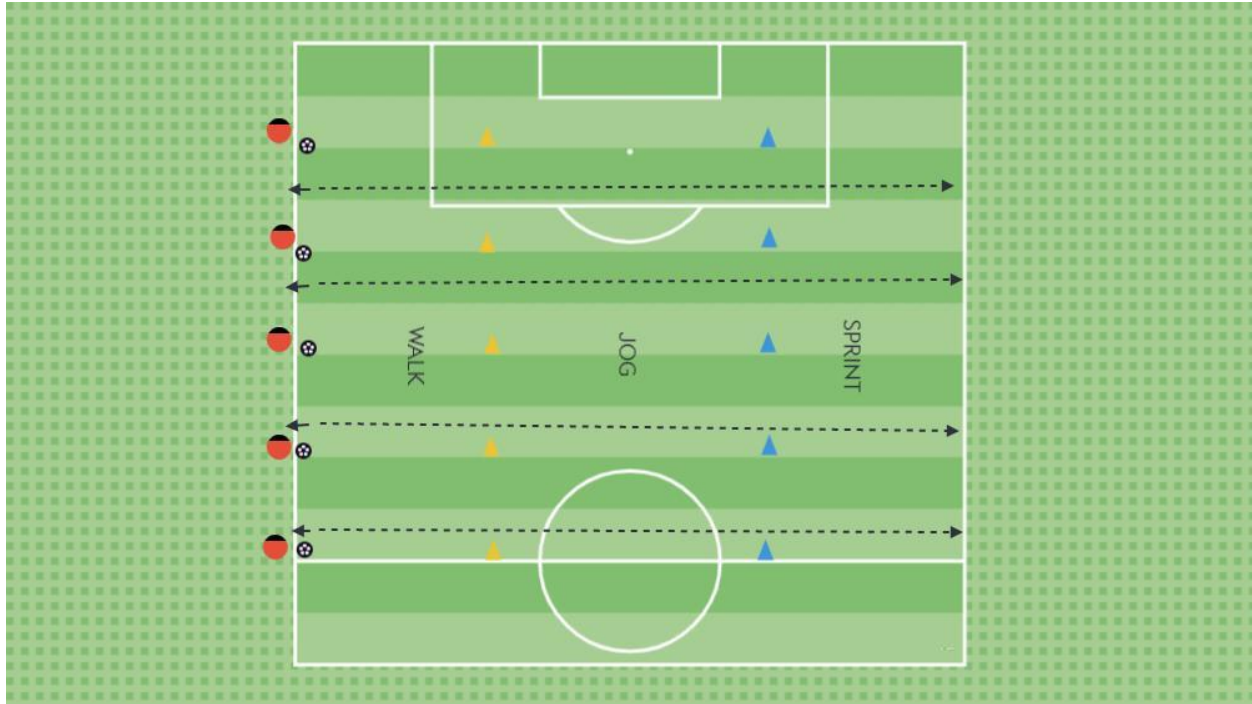
Punting Competition – Players will try to progress through the 3 levels of punting distances, working on direction and power. They must stand next to the cone to punt the ball into the goal. The ball must cross the goal line without bouncing first.

- Pick up ball with both hands.
- Hold ball out in front of you at waist height.
- Step forward with kicking foot.
- Step forward and plant with standing foot.
- Drop (don't throw) ball straight down in front of body.
- Swing through with laces of kicking foot.
- Follow through after ball leaves foot.
- Lean back for higher punt, lean forward for lower punt.

BALL MASTERY - DRIBBLING

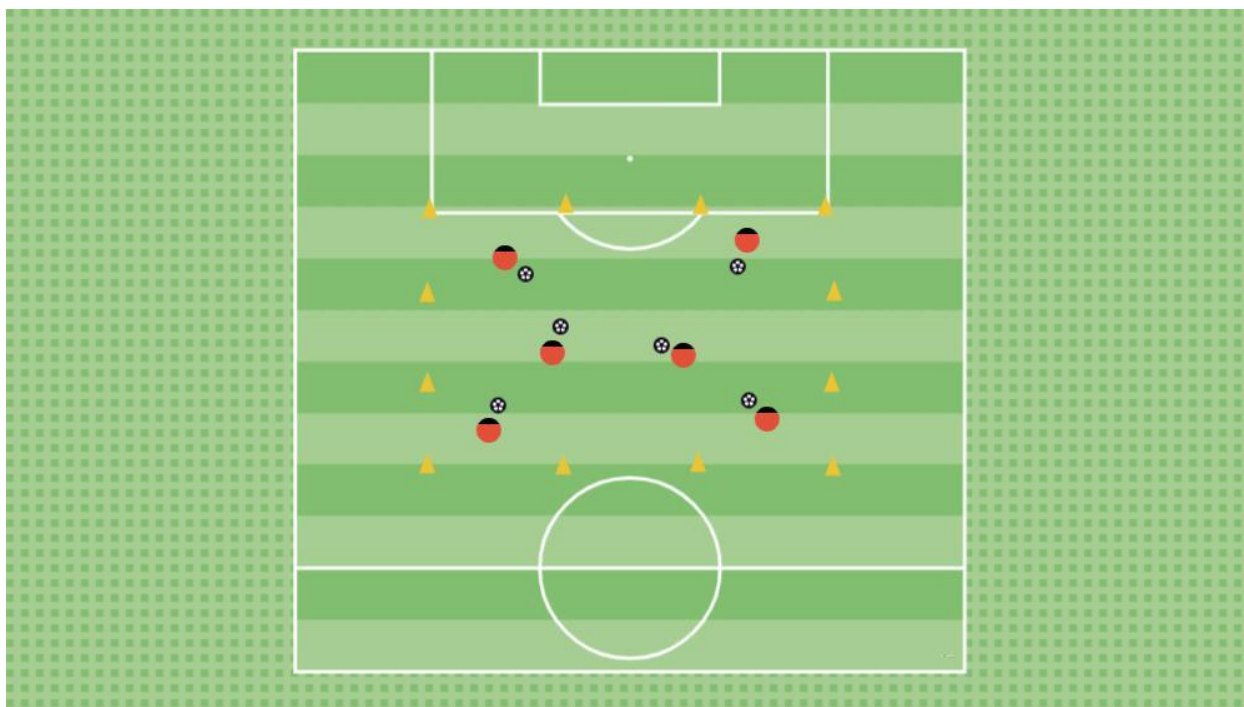
Week 5

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Dribbling speeds – Players will dribble to the other side of the area and back using different speeds in the different zones.

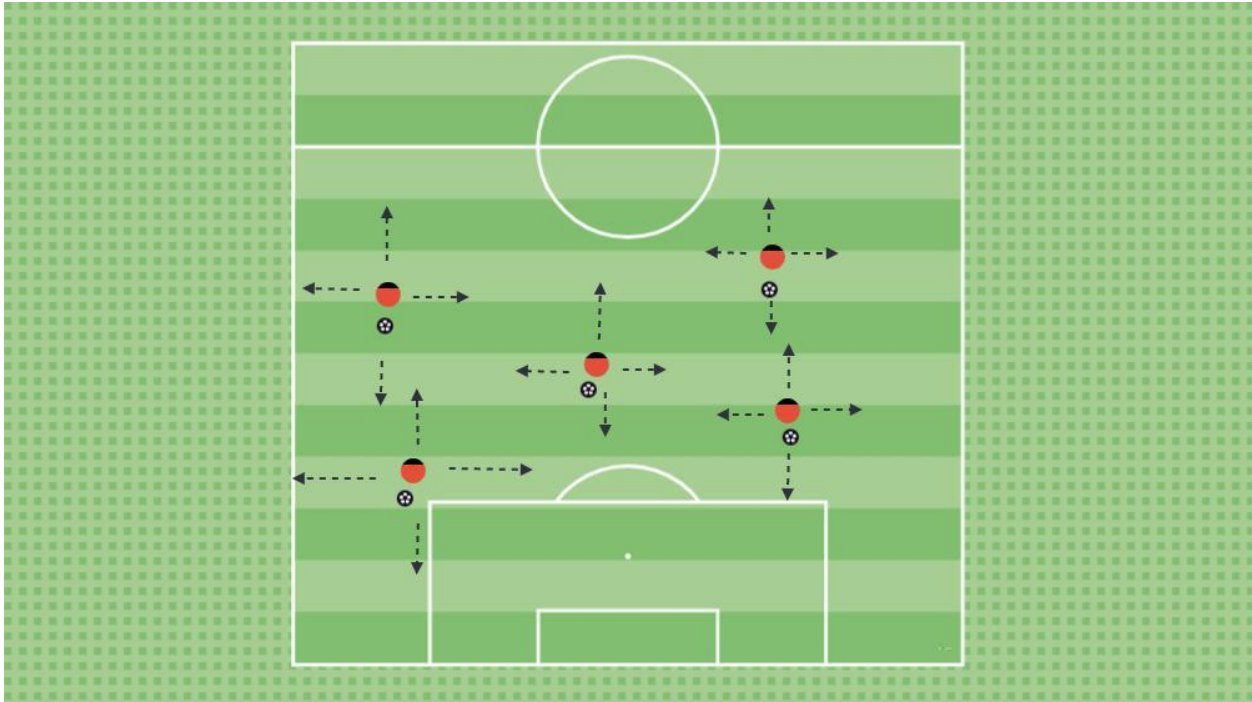
- **Sole rolls** = Put foot on top of the ball and roll it forward. Now the other foot. Keep switching.
- **Toe down/laces** = Point toe down and use the laces to dribble.
- **Inside/outside** = Touch the ball with the inside of your foot, and then the outside. Repeat.
- **Side rolls** = Stand on the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



Tricks & Turns – Have the players dribble around the square performing different tricks and turns. Demonstrate each move before having players execute.

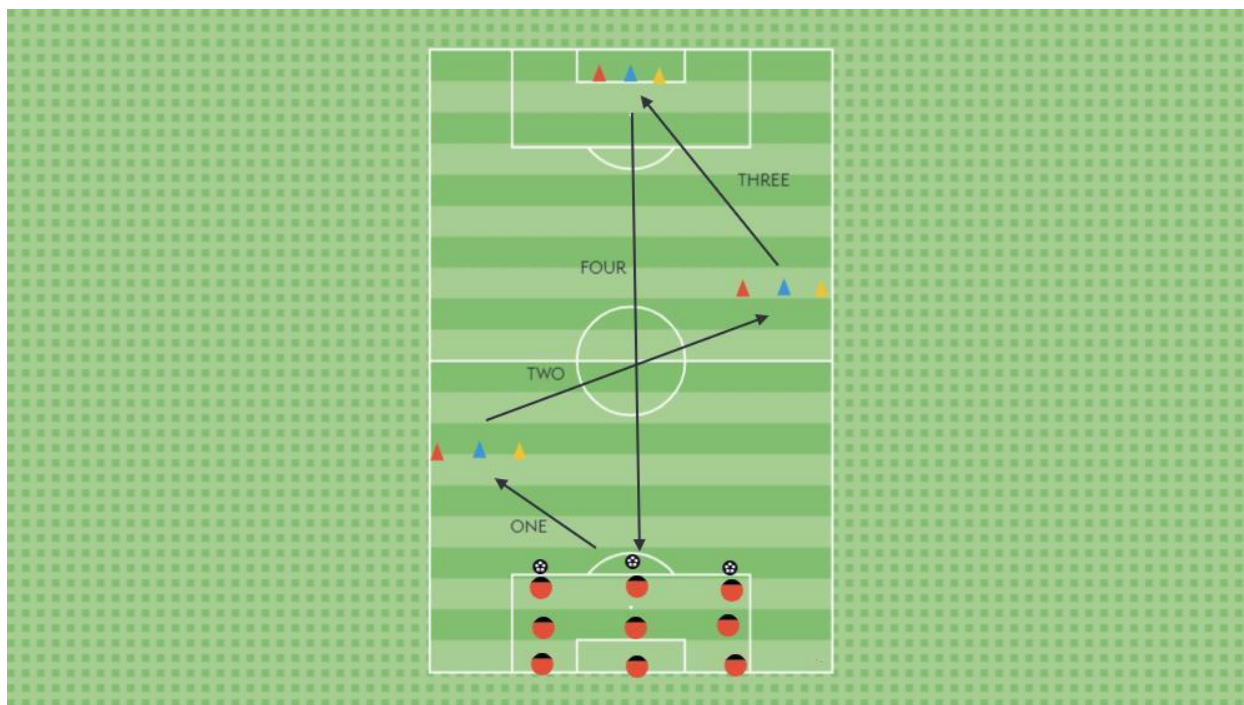
- **Side rolls** = Stand on the side of the ball and roll your back foot over the ball in the direction you want to go.
- **Drag and push** = Push the ball slightly forwards with the laces of one foot. Use the sole of the same foot to drag the ball back towards you.
- **Inside/outside** = Dribble using 1 touch with the inside and then 1 touch with the outside of your foot
- **Inside hook** = Use the inside of your foot to guide the ball into a half circle turn toward the opposite side of the chosen foot. (use right foot to turn left and right foot to turn left)
- **Outside hook** = Use the outside of your foot to guide the ball into a half circle turn toward the same side of the chosen foot. (use right foot to turn right and left foot to turn left)
- **Pull back** = Put bottom of foot on ball and pull the ball back and as you turn around.
- **Cruyff turn** = Fake a shot and use the inside big toe of that foot to flick the ball back through your legs as you turn around.
- **Lunge and fake** = Take a wide step to the side of the ball, and drop your shoulder, faking to go in that direction. Use your other foot to push the ball into the opposite direction.
- **Single scissor** = 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.

- **L pull back** = Pull the ball back behind you with the sole of your foot, then use the inside of the same foot to knock it across the back of your standing foot.
- **Ronaldo chop** = Approach the ball, hop in the air over the ball, use the inside of one foot to push the ball across and behind your other foot in the opposite direction as you land.
- **Suarez** = Push the ball with the outside of the foot before using the inside of the same foot to quickly chop it back in the other direction.
- Train both R & L foot.



Directional Dribbling – Players will listen for direction on which to dribble – forward, back, left, right.

- Left and right = Use outside of the foot touches **and** side rolls.
- Forward = Use sole roles **and** laces.
- Backward = Use drag backs.



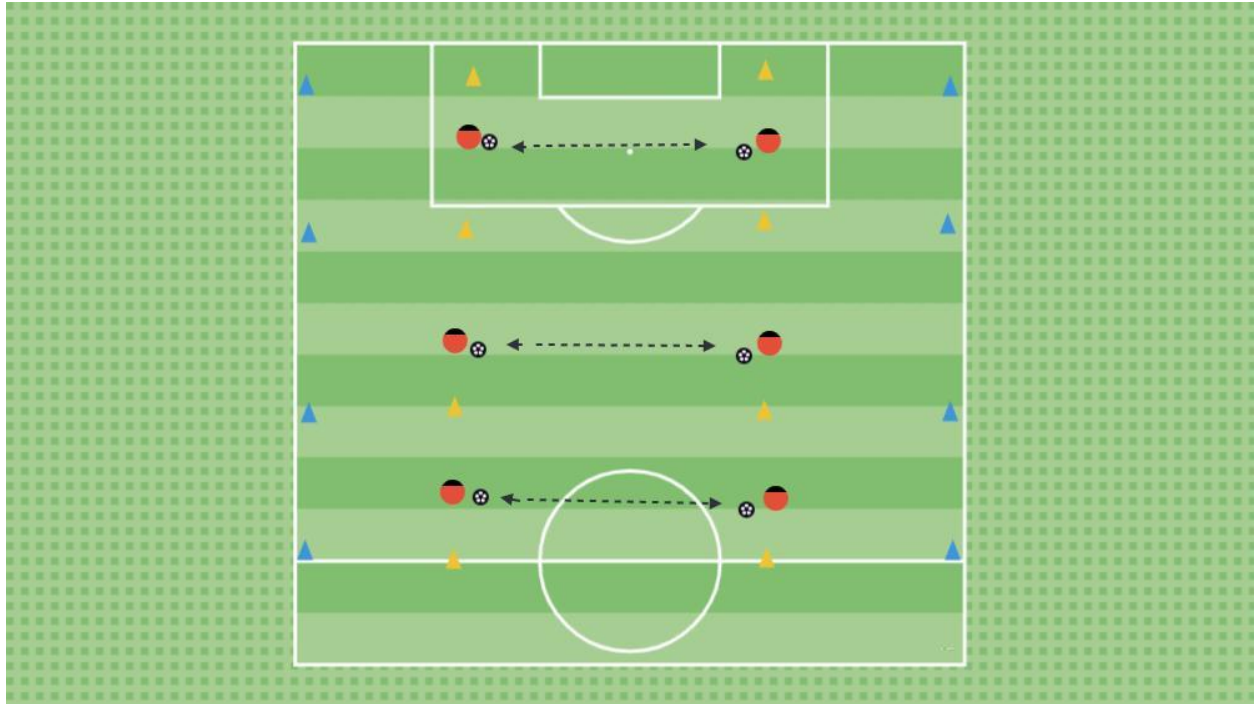
Relay Race – Players will dribble around their team’s cone on the left of the field, then the right of the field, finishing at the middle and dribbling straight down and back to their team.

- Players will compete using different dribbling techniques for each round.

CONTROL THE GAME - PASSING

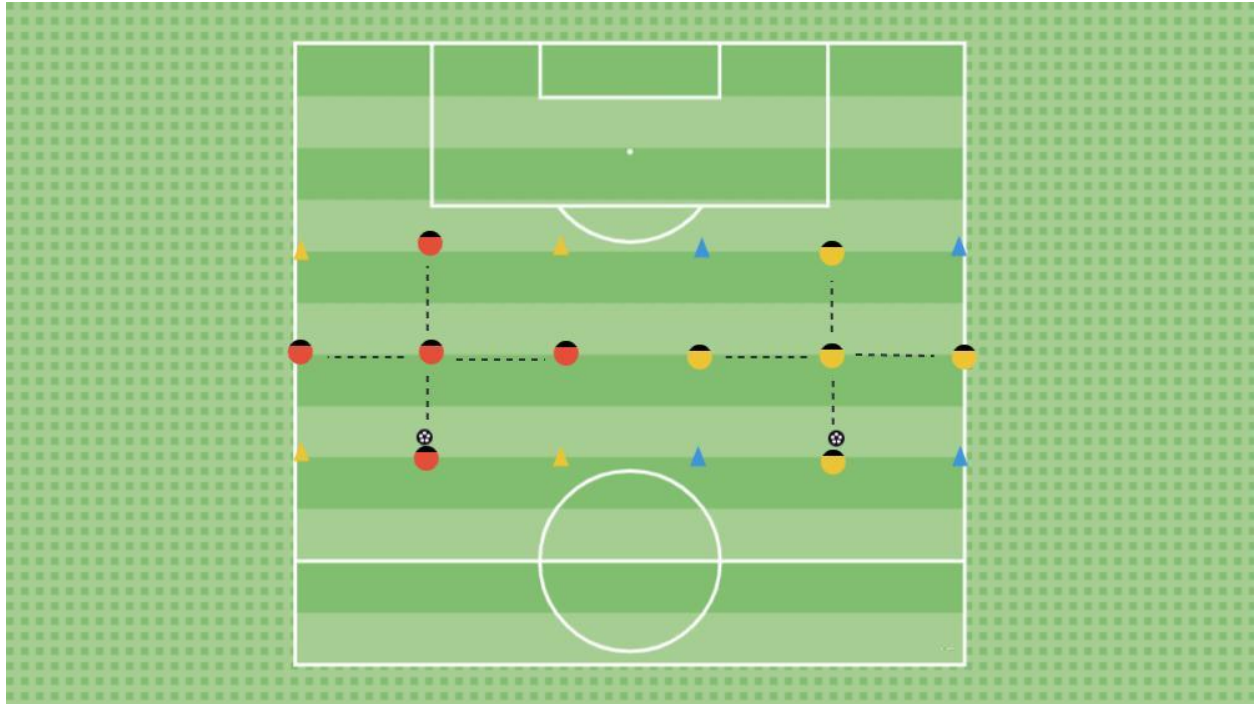
Week 6

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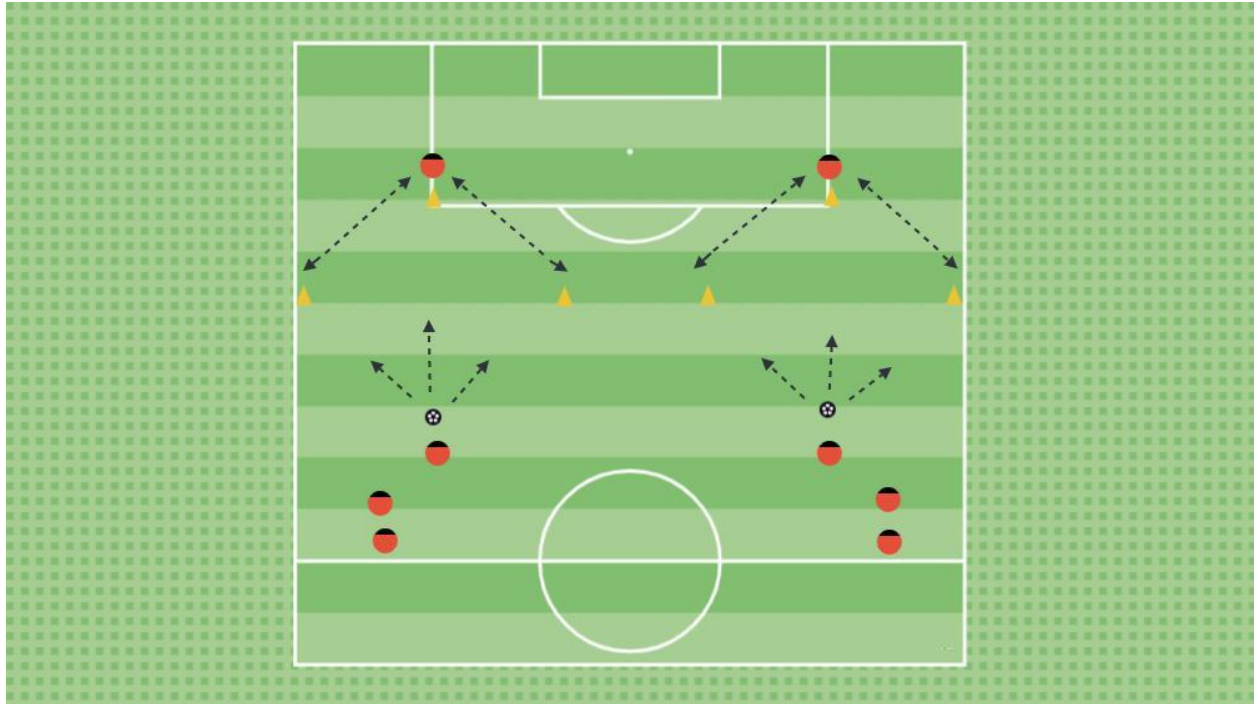
Passing Power – Players will start at the first set of cones and try to reach each other with accurate passes. Then move on to the next set of cones behind each player, increasing the distance.

- Step through your passes.
- Hit lower on the ball to get it in the air.
- Hit through the middle of the ball for a more driven pass.
- Train both R & L foot.
- Add a 60 second game to see which partner group can make the most successful passes.



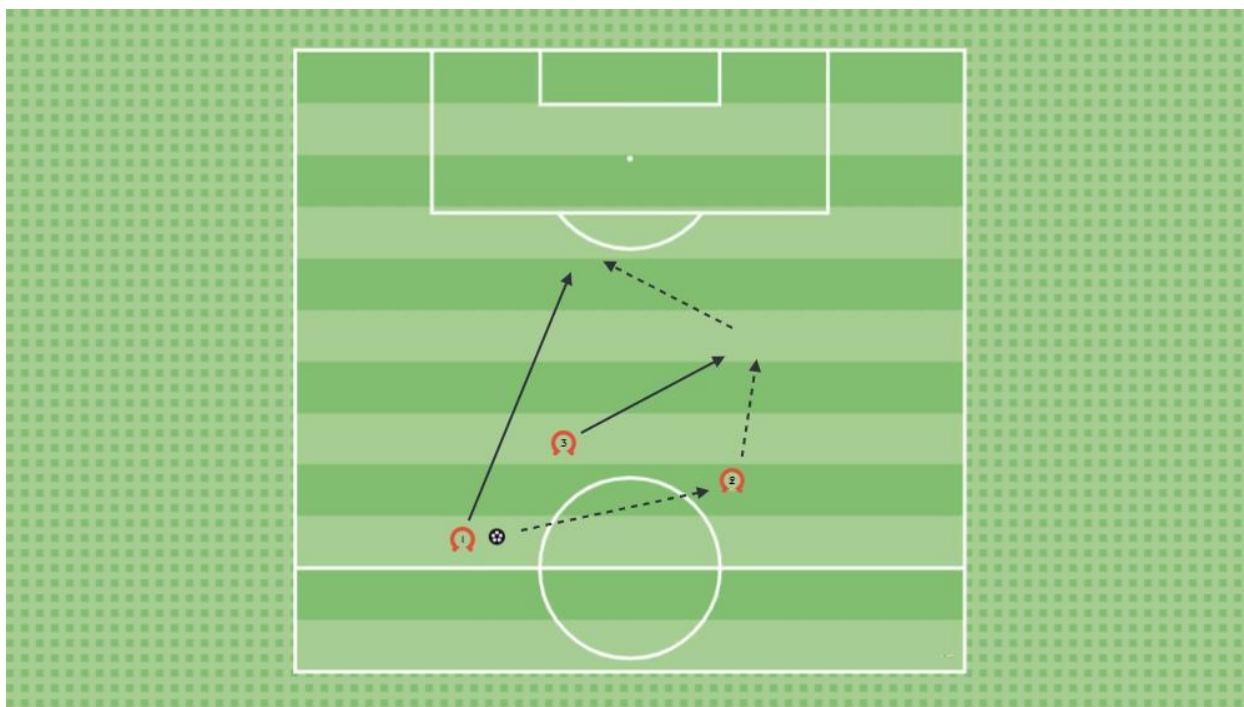
Directional Passing – Players will set up on the outsides of a square, holding different color pinnies or cones. The player in the middle will receive a pass from a player on the outside and be told the next color to pass to.

- Players need to work on quick control and direction.
- Player in the middle, try to remember where the colors are for faster play.
- Train both R & L foot.



Receiving & Control – Players will start with the ball, pass and receive it back, and then dribble across to repeat on the other side of the cone triangle. Turns are for 30 seconds before switching with partner. Each group of 2 can have a triangle set of cones.

- Move quickly.
- Try to control and pass back with no more than 2 touches.
- Train both R & L foot.



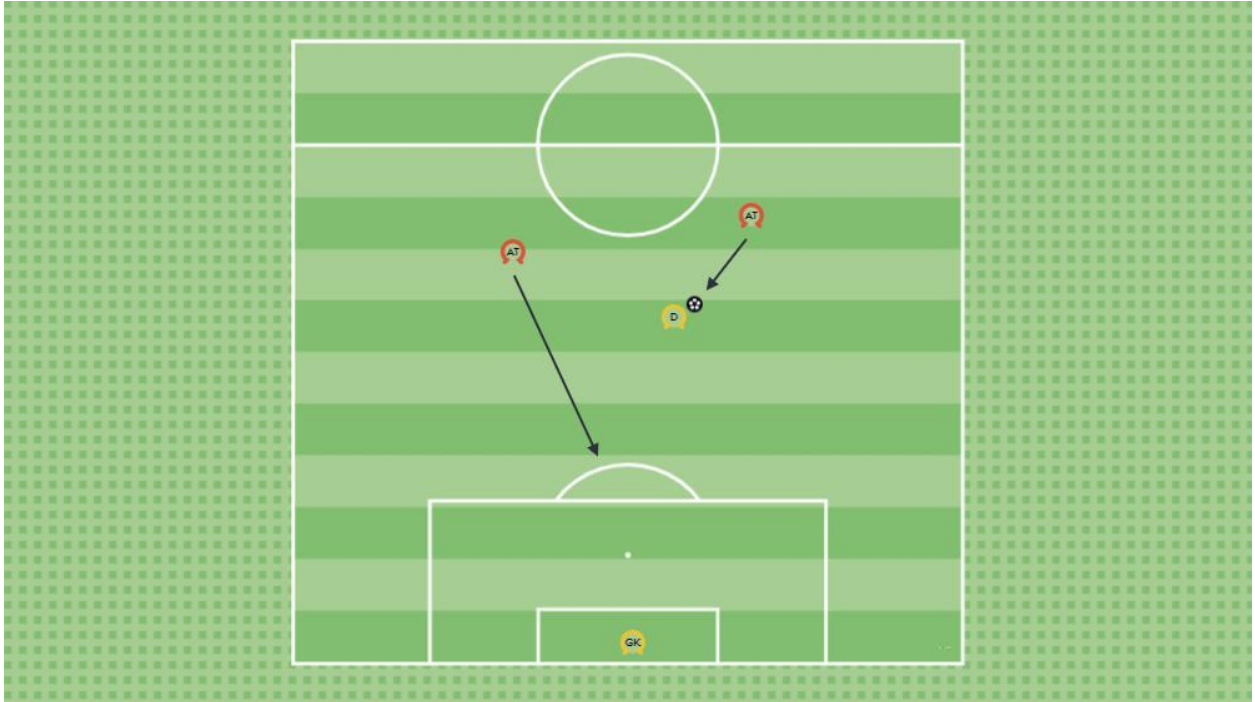
Passing Angles – Players will work in groups of 3 to move the ball down the field while passing at different angles and moving with urgency.

- Player 1 passes to Player 2, and then moves to get open for player 3.
- Player 2 passes to Player 3, and then moves to get open for player 1.
- Player 3 passes to Player 1, and then moves to get open for player 2.
- Move quickly.
- Try to control and pass back with no more than 2 touches.
- Train both R & L foot.

ONE TEAM, ONE MIND – TRANSITION/FINISHING

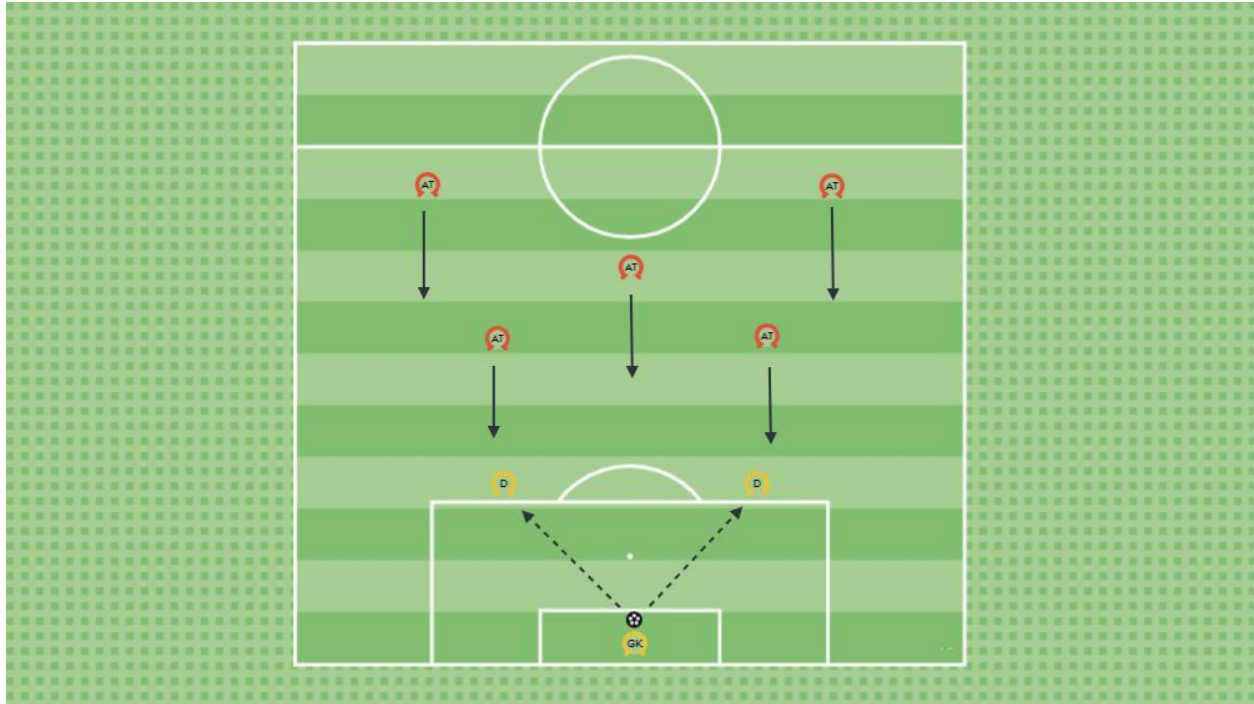
Week 7

Drills should be 10-15 minutes long. Drink breaks in between each drill.



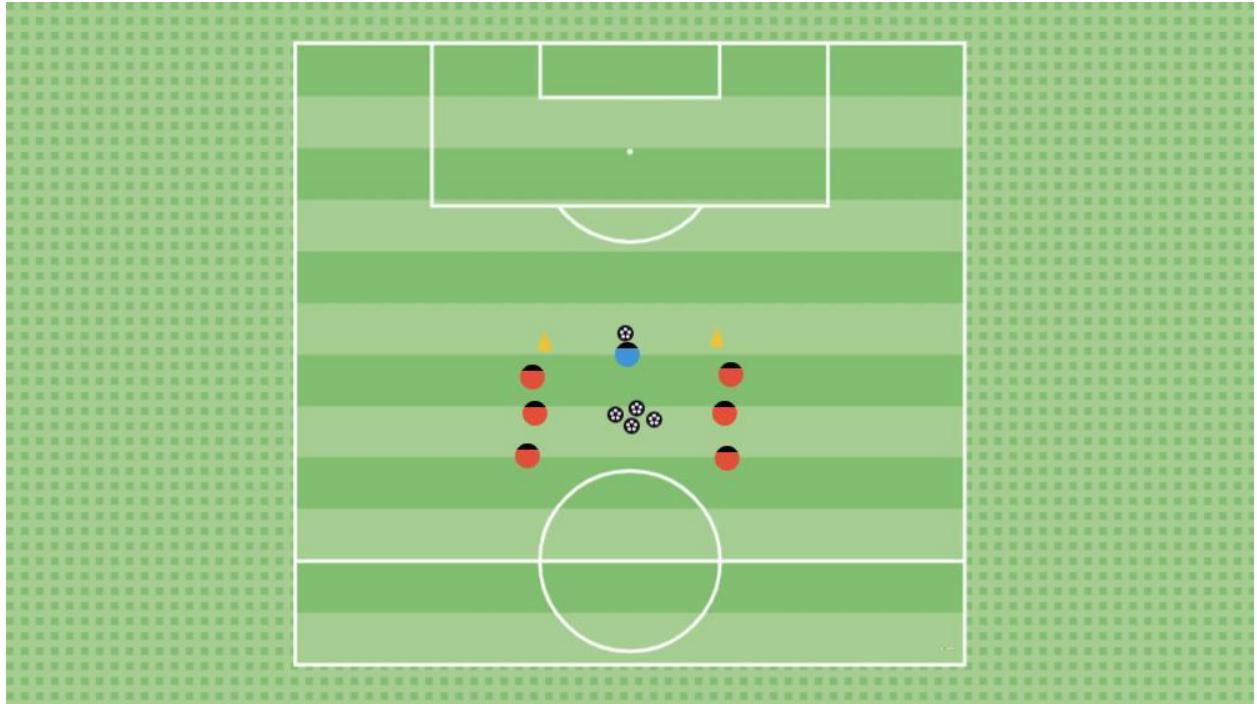
2 v 1 – One player will attack the opponent and win the ball. The other player will make a run to get open and score.

- Win the ball quickly.
- Get your head up to find the teammate and pass.
- Train both R & L foot.



Turnover – The defensive team will play out of a goal kick and try to get to the halfway line (5 points). The attacking team will start in a group, and then quickly get into their positions. Once in formation, they will work to win the ball and score a goal (3 points).

- Quickly get back into formation.
- Closest 2 players to the ball try to win it.
- Once the ball is won, the whole team pushes up.
- Train both R & L foot.



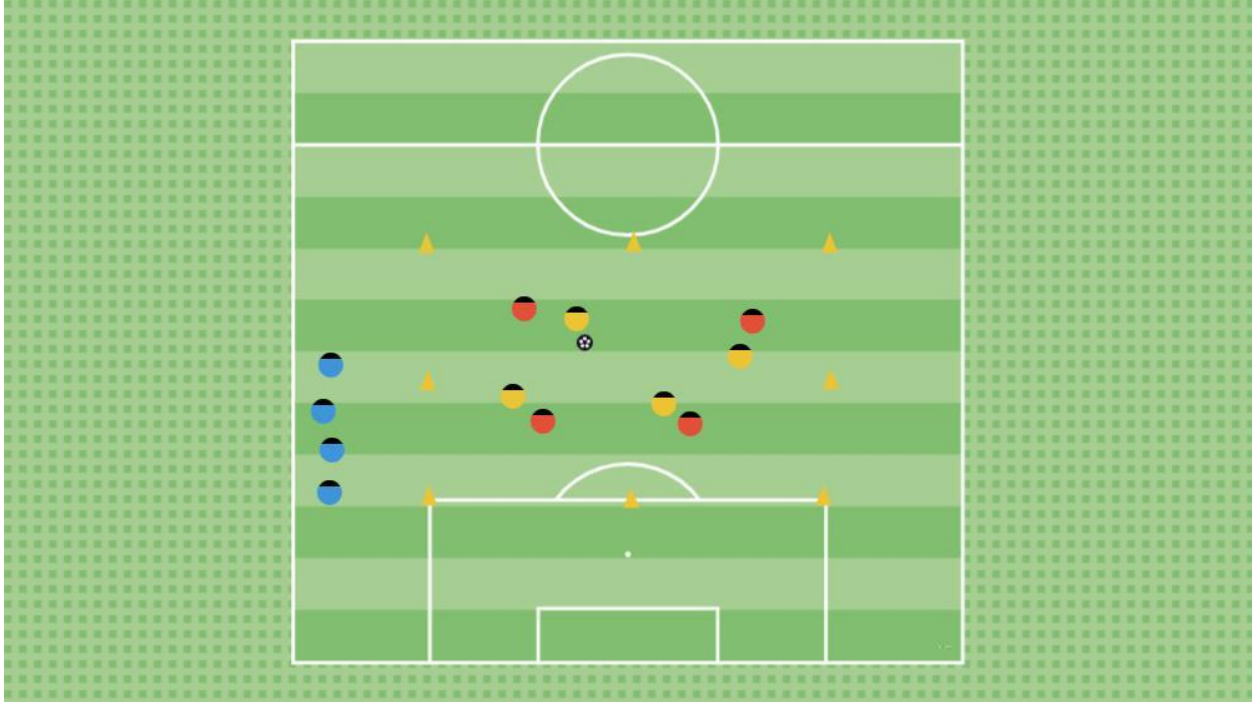
Finishing – Players will work on using different surfaces of the foot for finishing techniques.

- Laces – use the top of the foot.
- Inside – use the inside of the foot.
- Outside – use the outside of the foot.
- Volley – use the laces as the ball is dropping, not rising. Bring knee over the ball.

WORK HARD, PLAY HARD – POSSESSION/SCRIMMAGE

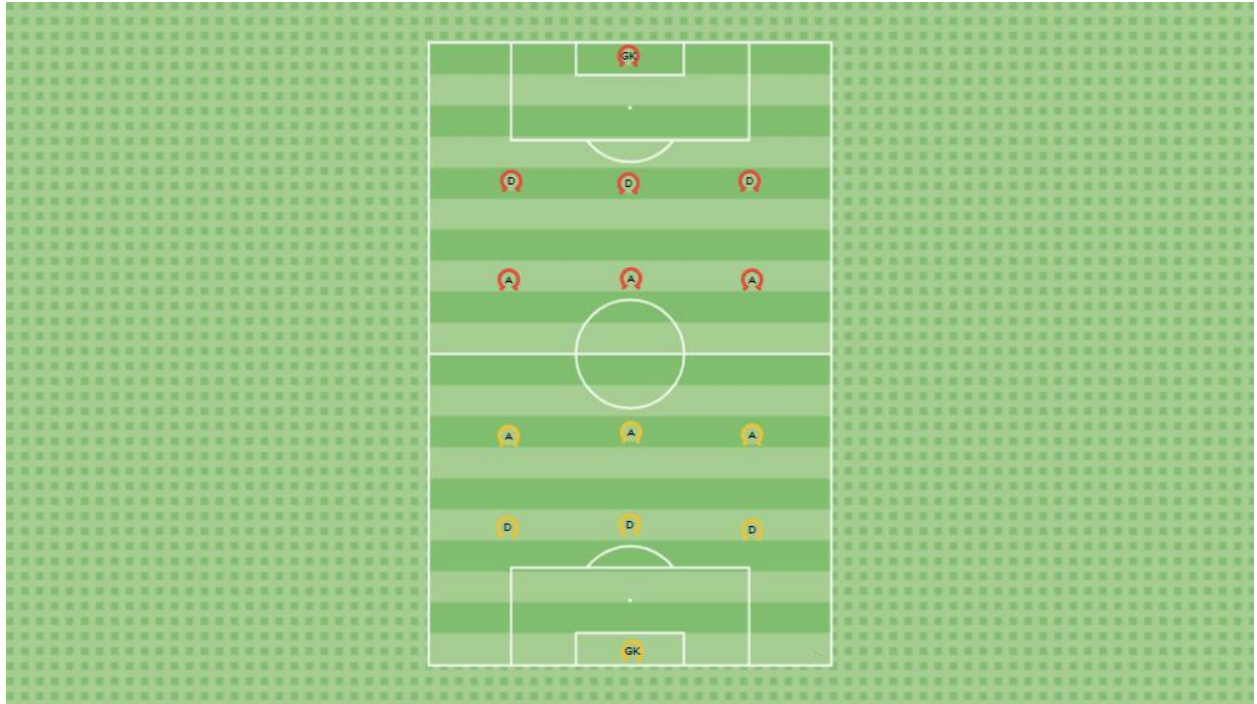
Week 8

Drills should be 10-15 minutes long. Drink breaks in between each drill.



Possession – Split players up into 3 different teams.

- The first team to get a certain number of passes wins the round. Coach chooses how many passes it is. The losing team takes a break.
- Switch between unlimited touches, 2 touch, and 1 touch for more advanced groups.
- Pass AND move to have success.



Game Play – Split players up into 2 different teams and scrimmage.

- Players should be:
 - Making runs.
 - Shifting.
 - Showing to the ball.
 - Passing and moving.
 - Using different dribbling techniques.
 - Using different surfaces of the foot.
 - Communicating.
- Take a halftime break for drinks and to review things we remember from previous PLAP sessions.