

BURLINGTON YOUTH SOCCER ASSOCIATION



U8 PLAYER AND COACH DEVELOPMENT CURRICULUM

SPRING 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 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:

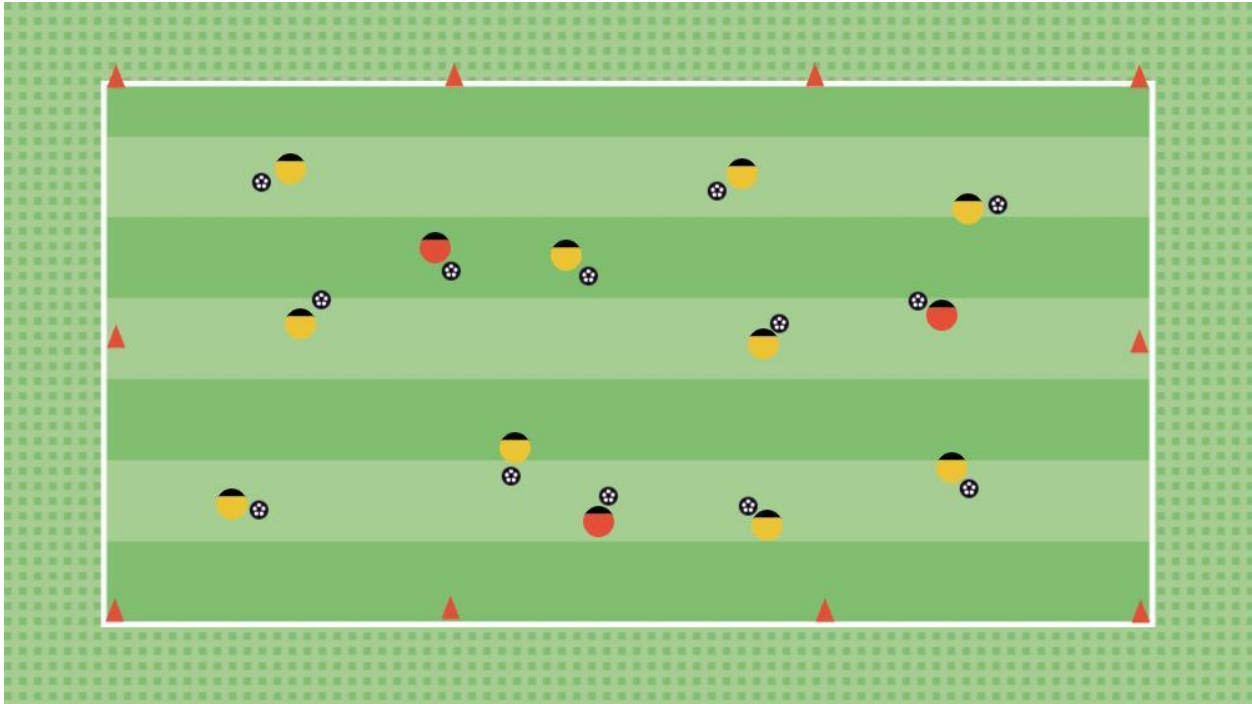
- Kids are KIDS – be patient/positive
- Everyone is learning and mistakes are OK
- Effort isn't synonymous with skill
- Recognize individual AND team pros/cons
- Have players sit out and watch if they do not want to behave/participate
- Sportsmanship/teamwork – win together, lose together – no individual's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

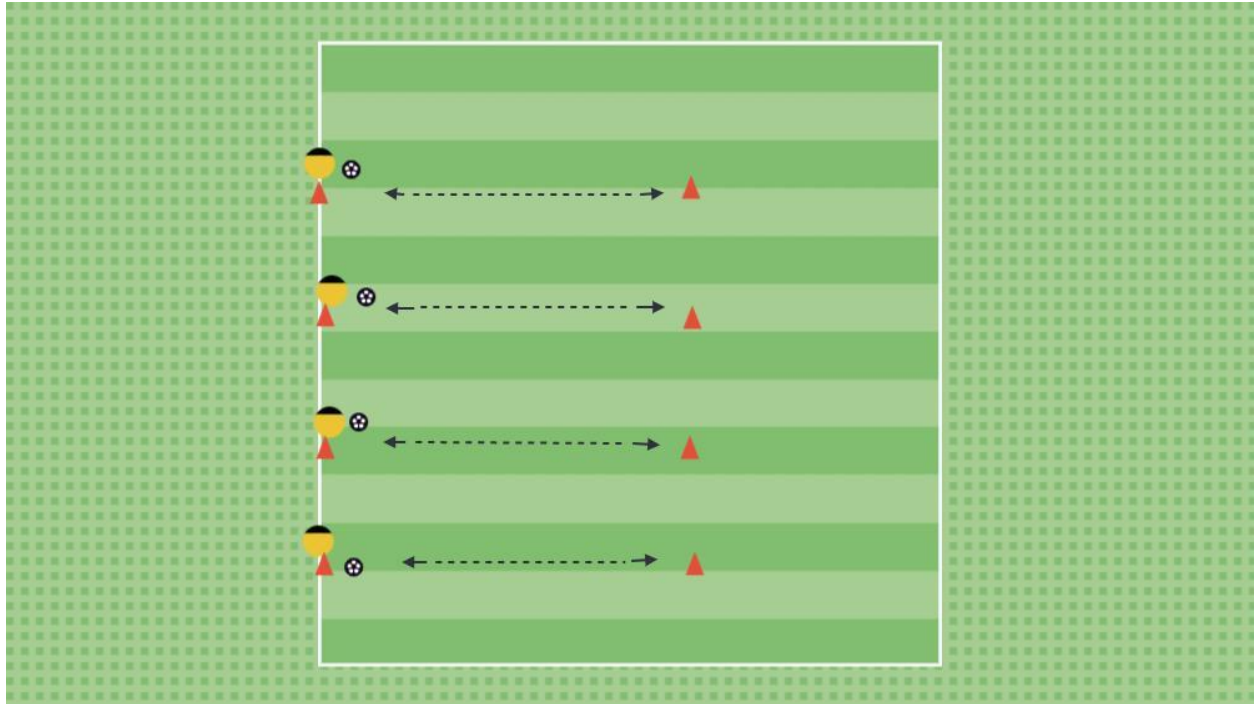
Volunteer Coach Warm Up



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.

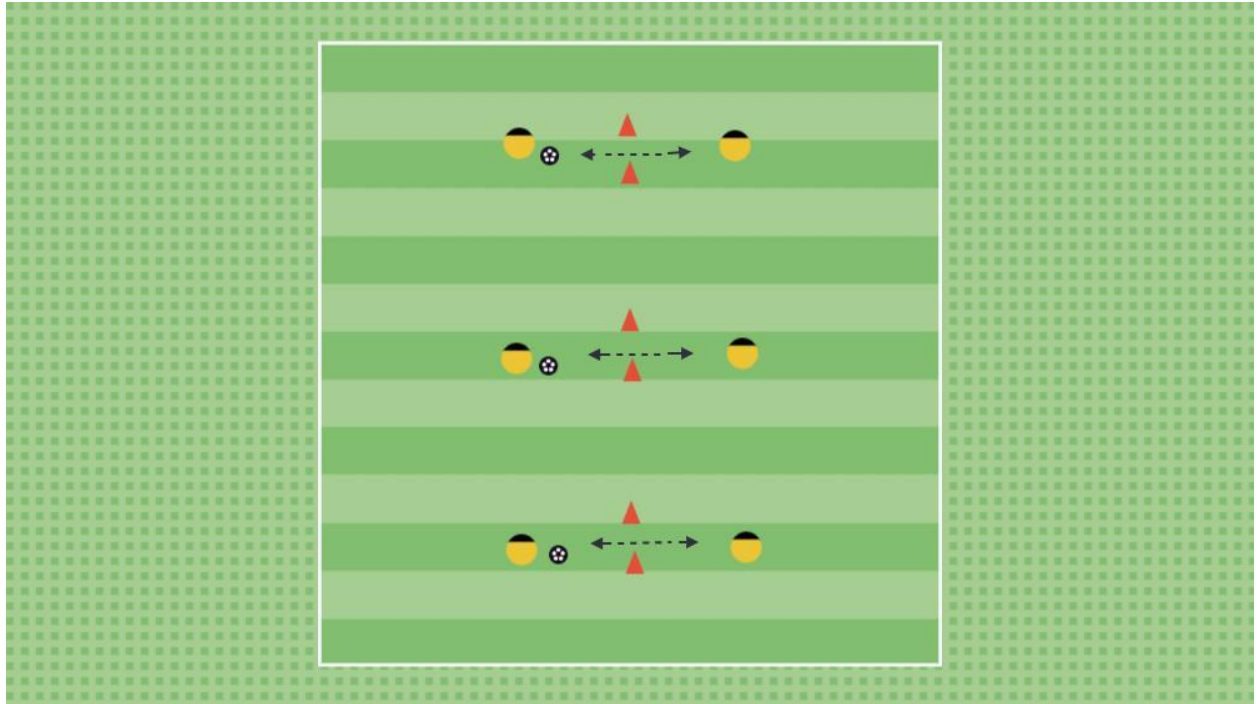
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- **Inside/outside** – Touch the ball once with the inside of your foot, and then once with the outside. Repeat.
- **Sole rolls** – Put L foot on top of the ball and roll it forward. Repeat with R foot. Keep switching.
- **Pull back** – Put foot on 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 10 minutes long. Drink breaks in between each drill.



Ball Mastery – 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.
- **Pull back** = Put foot on top of the ball and roll it back behind you and then turn around.
- **Side rolls** = Stand on the side of the ball, put closest foot on top of ball, and roll it sideways across the body.
- Train both R & L foot.



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

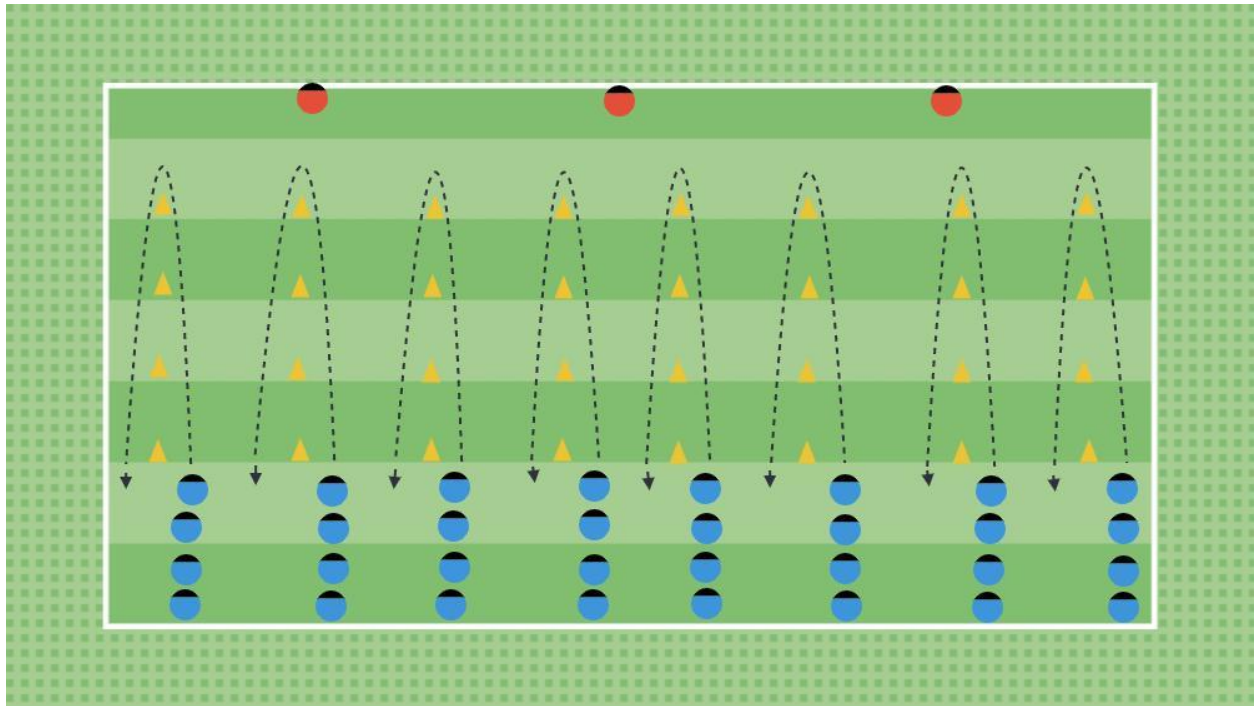


Field Orientation – Show the players around the field. Explain all of the terms below.

- 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 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!

Week 2

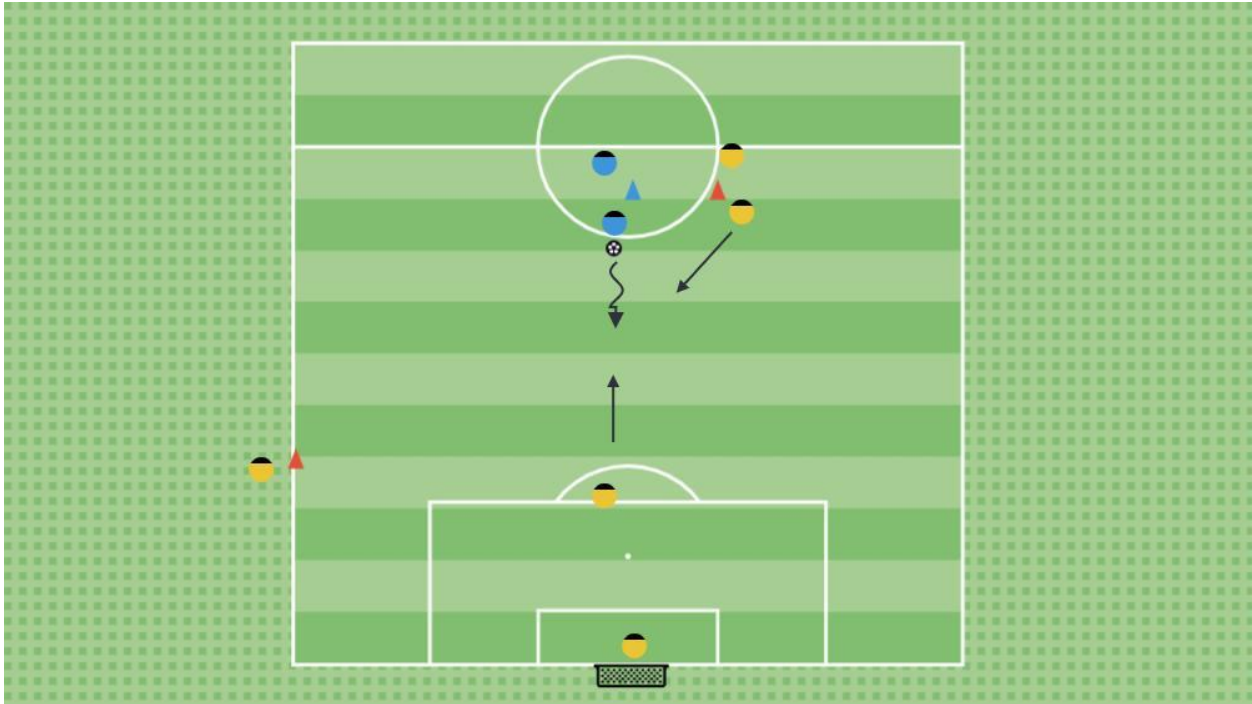
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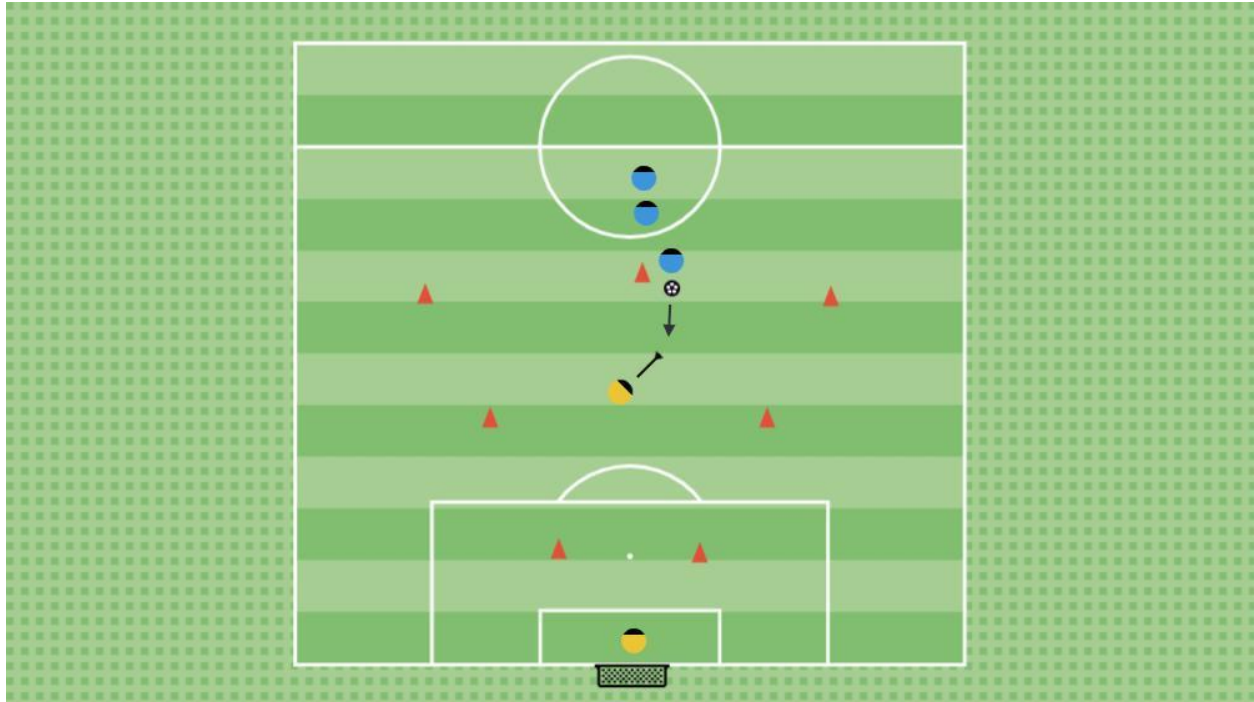
- Walk on tippy toes
- Alternating single foot jump
- Stationary fast feet & sprint on “Go!”

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



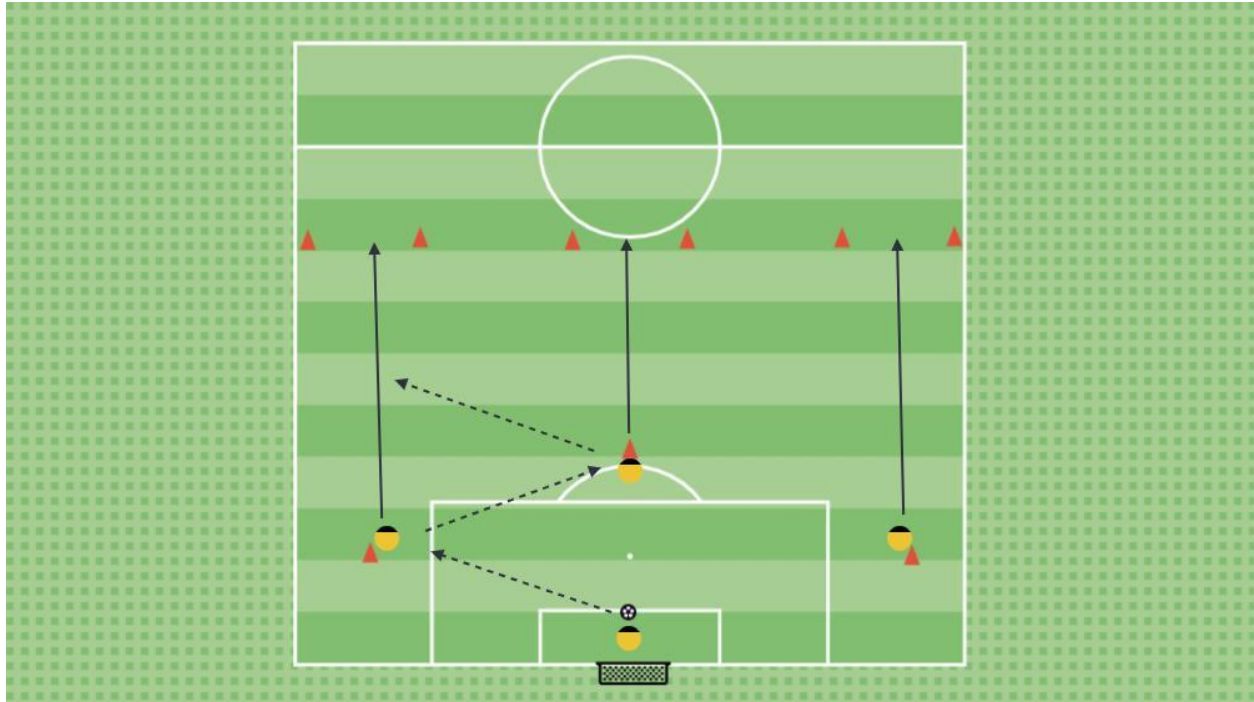
Containing/Jockeying – The defender will work to slow down the attacker until their teammate can catch up to help win the ball back. Split team between 3 cones (1st defender, attacker, 2nd defender). **Delay the release of 2nd defender.**

- 1st defender needs to sprint to get in front of the attacker quickly and slow down on approach.
 - Good containing/jockeying position is low, bent knees, with feet/hips staggered.
 - The goal is not to dive in and steal the ball, but to stay in front of the opponent and slow them down.
- Attacker needs to dribble with small, quick touches to keep the ball close.
 - Shoot on the goalkeeper if the 1st defender doesn't successfully contain/jockey.
- 2nd defender needs to sprint to recover and help their teammate win the ball.
 - Do not approach the attacker from the same side as the other defender.



Forcing Wide – Players will go 1v1 with the attacker trying to score without dribbling outside of the cone funnel. The defender will try to force the attacker to the wide areas outside of the cone funnel.

- Defender needs to stay in front of the attacker. Don't get beat!
- Body position
 - Low, bent knees, with feet/hips staggered.
 - Chest facing the wide area you want the attacker to go into.
 - Back facing the center of the field.
- Attacker needs to move quickly to get past the defender.

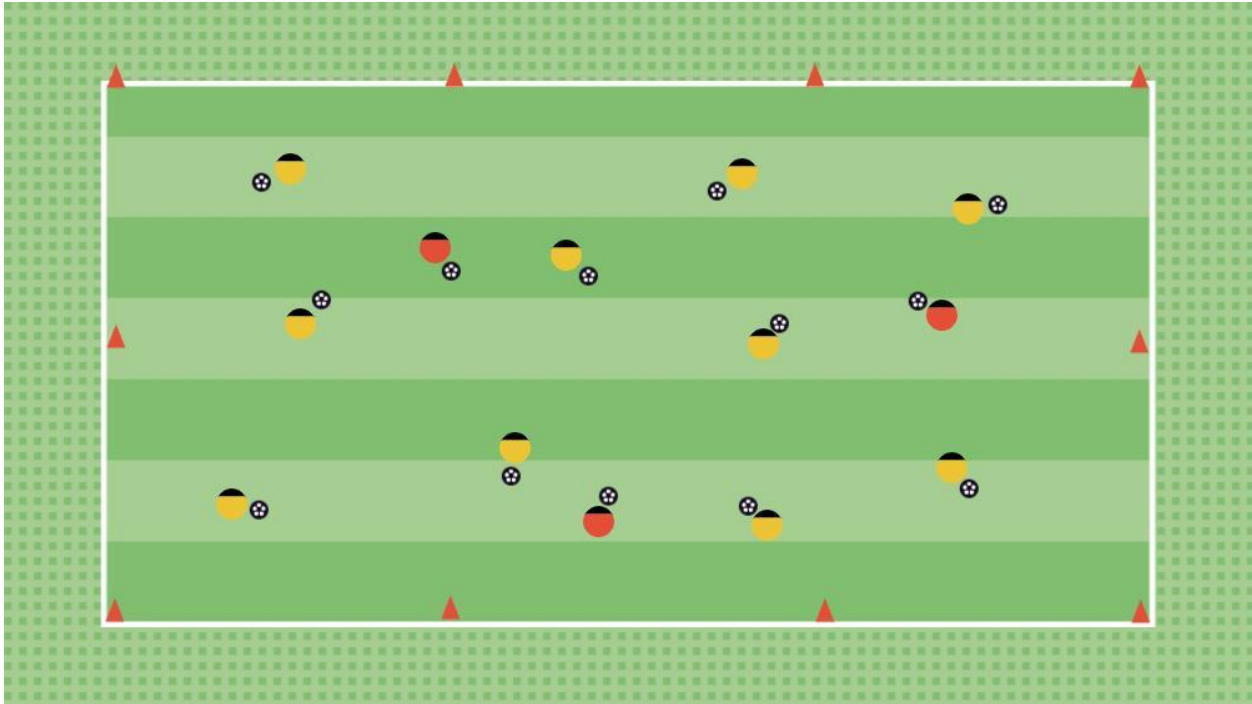


Goal Kick Basics – Players set up as 2 defenders and 1 midfielder to receive a goal kick. All players will push up past the cones as the ball progresses.

- The goalkeeper will play the ball to either the left or right defender.
- The defender will play the ball to the midfielder and continue moving up.
- The midfielder can either pass back to the same defender, or turn around and pass it to the opposite one.
- Players need to communicate with each other in order to stay on track.
 - “Pass”
 - “[Name]”
 - “Push up”

Week 3

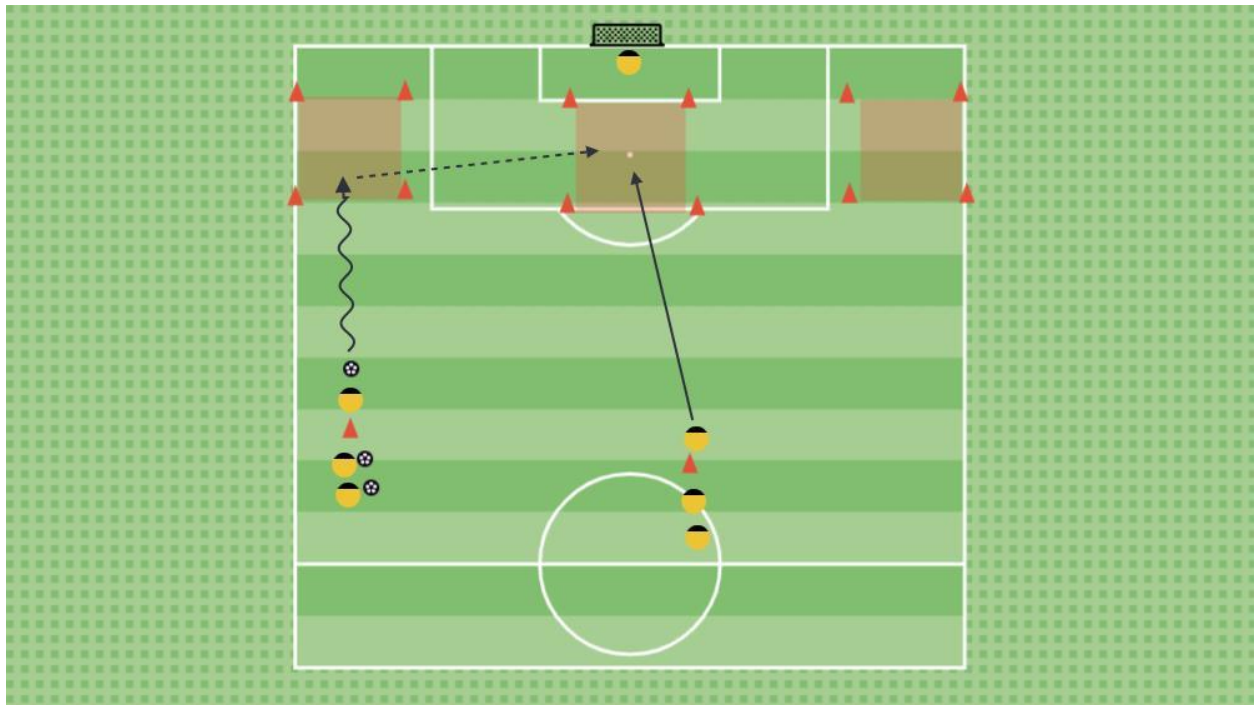
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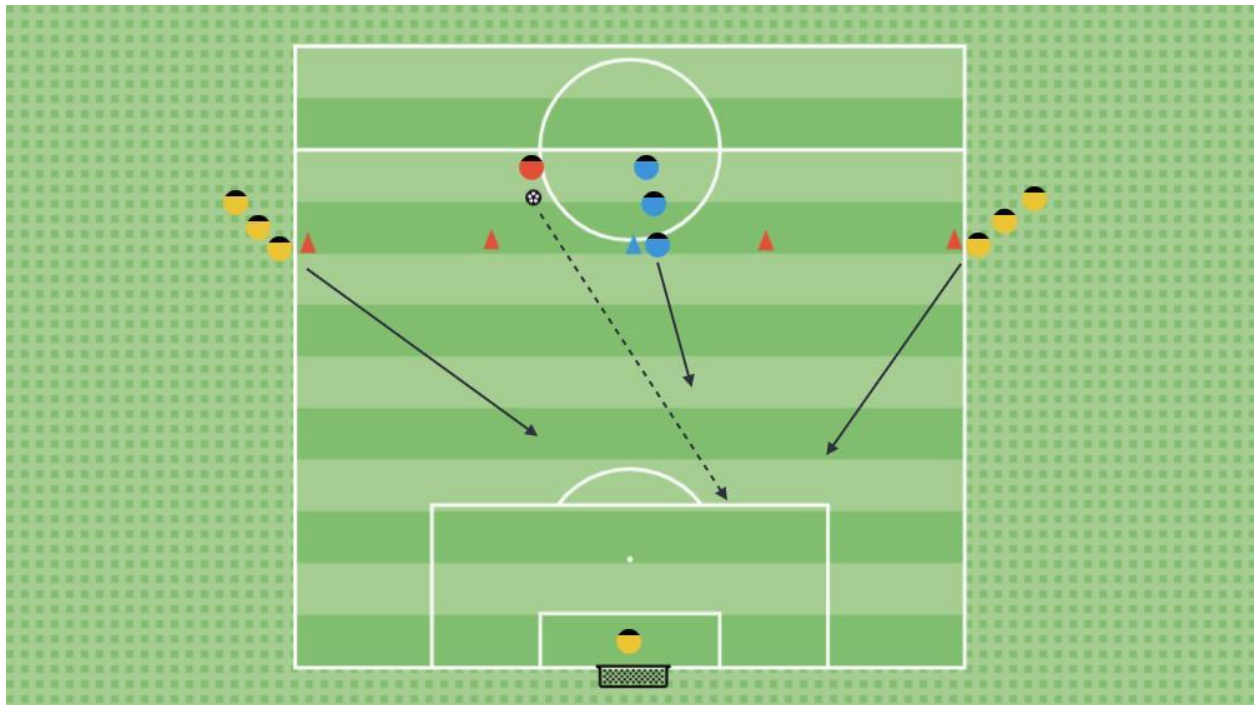
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Drills should only be 10 minutes long. Drink breaks in between each drill.



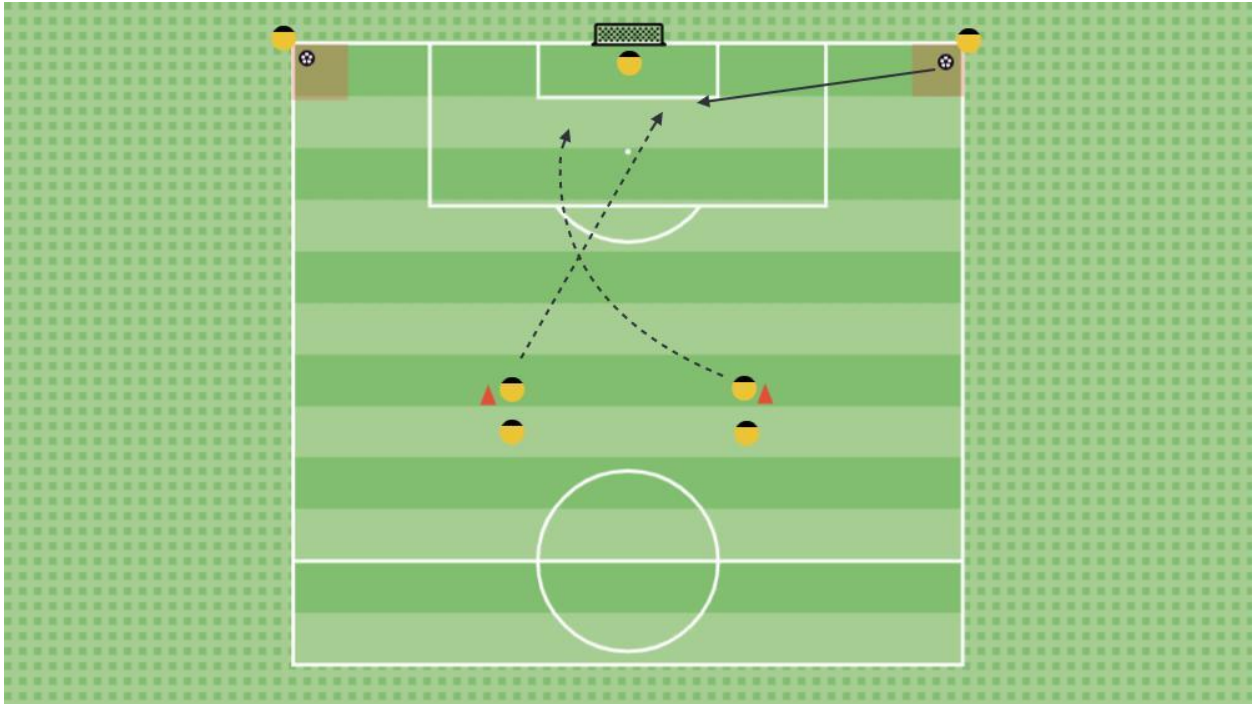
Crossing – Players will dribble down the sideline, into the wide square of cones, and cross the ball to the central square for a trailing teammate to shoot on goal.

- Dribbling player needs to look up before crossing the ball.
- Trailing player needs to start their run late and arrive in the square at the same time as the ball.
- Let the ball go across the body before shooting
- Run the drill down one sideline for 5 minutes before switching to the other side.



Recovery – Coach will serve a ball into the space between the players and the goalkeeper. The attacking player will try to win the ball and shoot on goal. The 2 defending players will try to win the ball and quickly work it up past the line of cones.

- Attacking player needs to try to get to the ball first.
- Defending players need to get to the ball first and find their teammate for a pass.
- Both defending players should move up together past the cone line.

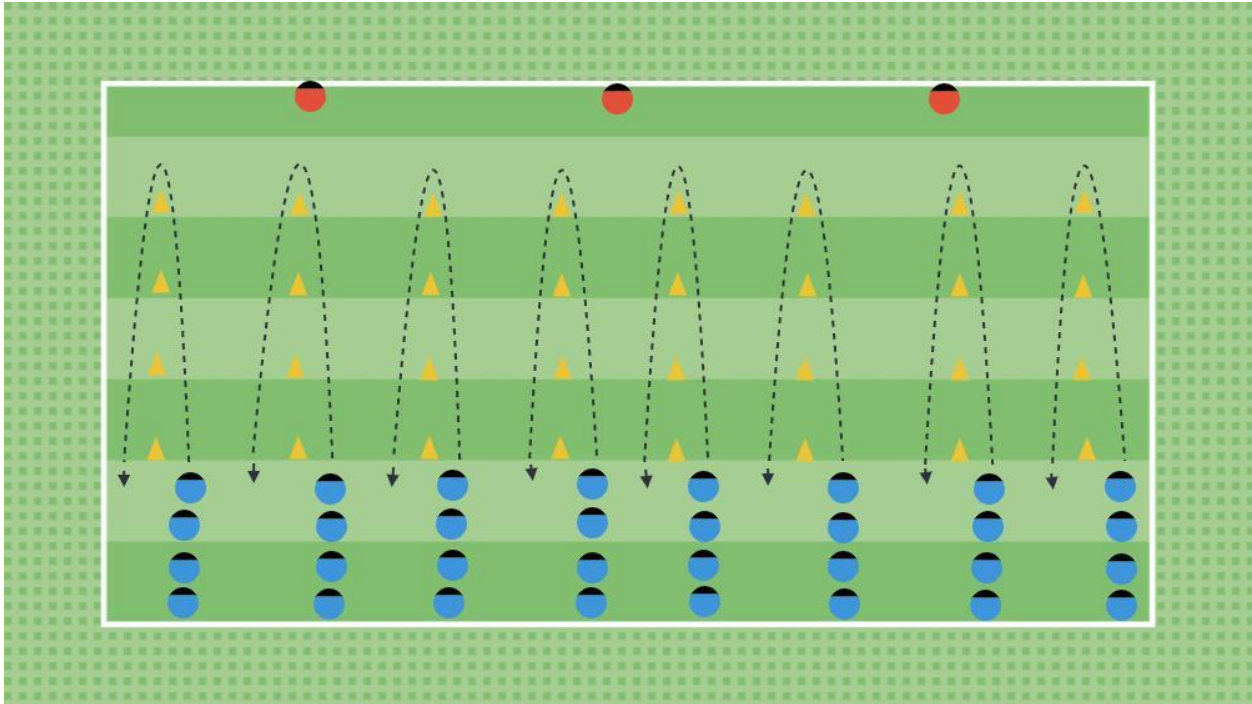


Corner Kick Basics – Players will work in pairs to finish off corner kicks sent into the middle.

- Corner kick takers
 - Should aim to put the ball a few feet out in front of the goal.
 - Switch kick takers every few rounds.
- Attacking pair should be making runs to the front post and back post.
 - The player further from the kick taker will run to the **near post**.
 - The player closer to the kick taker will run to the **back post**.
 - Jog first and sprint to your post once the ball is kicked.
- Alternate the side the kicks are coming from.

Week 4

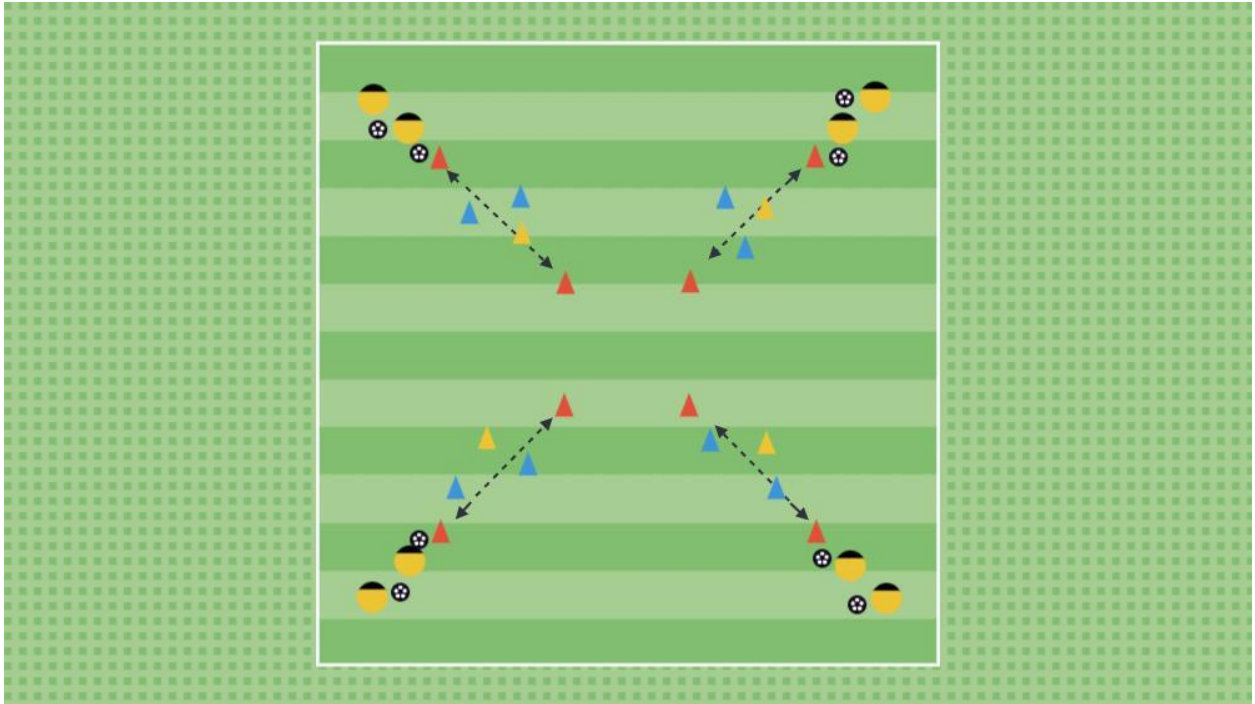
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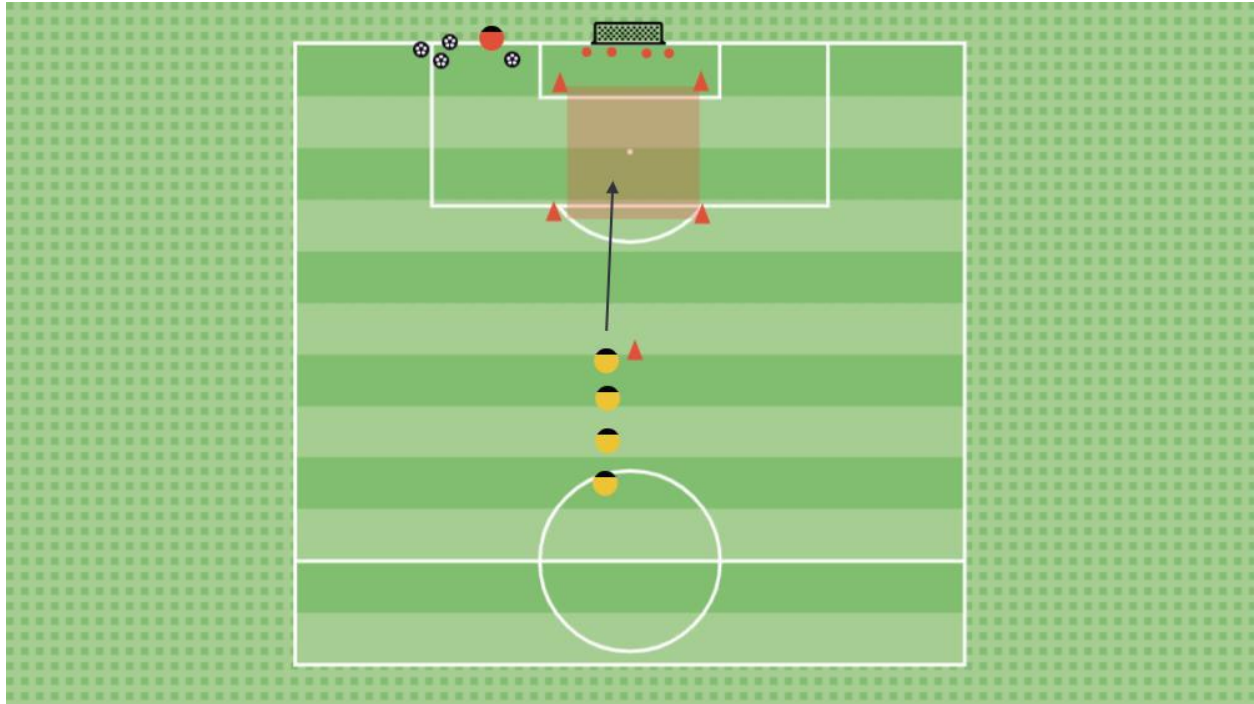
- Long steps
- High jumps
- Butt kicks

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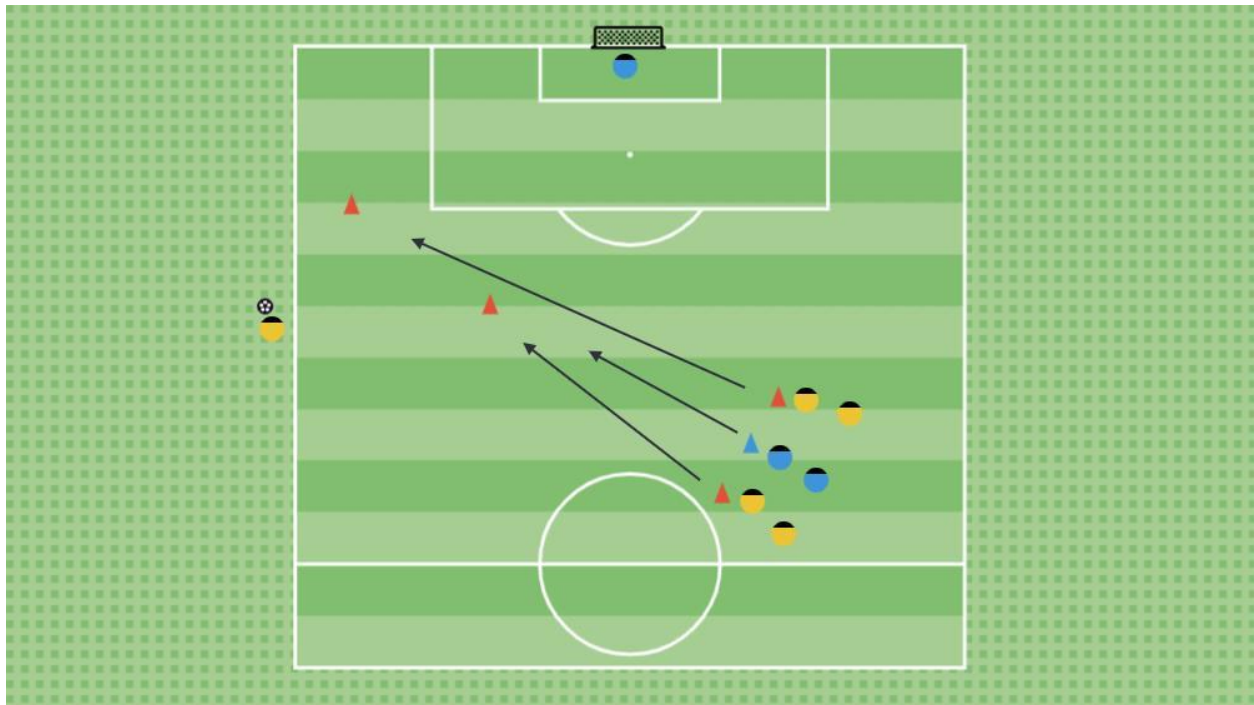
Fast Feet – Players will dribble using different surfaces of both feet to avoid the cones. Dribble to the end of the line after reaching the last cone. Players are free to use any combination of techniques, but they must move quickly.

- **Laces** = Point toe down and push the ball with the top of the foot.
- **Sole roll** = Put foot on top of the ball and roll it forward.
- **Side rolls** = Stand on the side of the ball, bring foot across the top of ball and roll it sideways across body.
- **Inside foot**
- **Outside foot**



Power vs Placement – Coach will roll a ball into the cone square and direct player to use power or placement. Players will move into the cone square and shoot on goal using the directed method and no more than 2-3 touches.

- Power = Players should use the laces to deliver a powerful strike on goal.
- Placement = Players should use the inside of the foot to pass the ball into one of the corners of the goal.

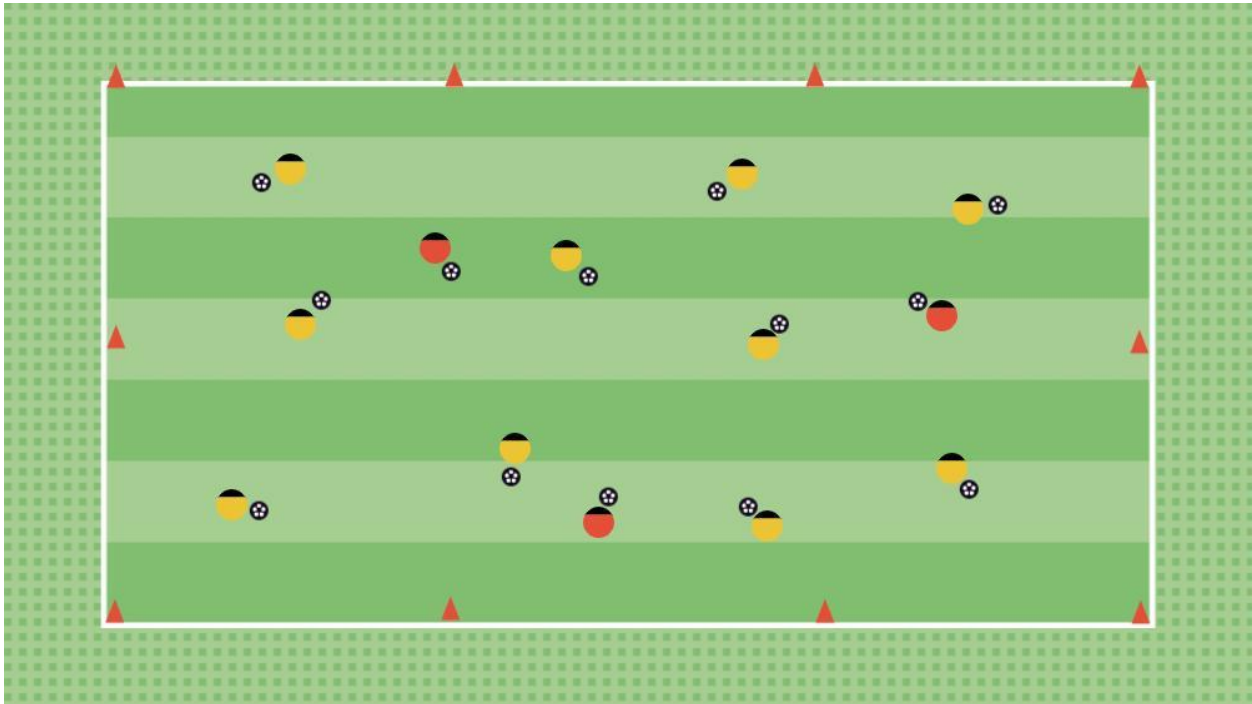


Throw Ins – Players will move to get open for the teammate doing a throw in. The defender will try to stop the attackers from getting a shot on goal.

- Attackers:
 - 1 go to the cone down the sideline to receive a pass.
 - 1 go to the central cone to receive a pass.
- Defender:
 - Mark up on one of the attackers and try to steal it away from the receiver.
- Switch the throw in taker every few rounds.
- Redo bad throw ins.

Week 5

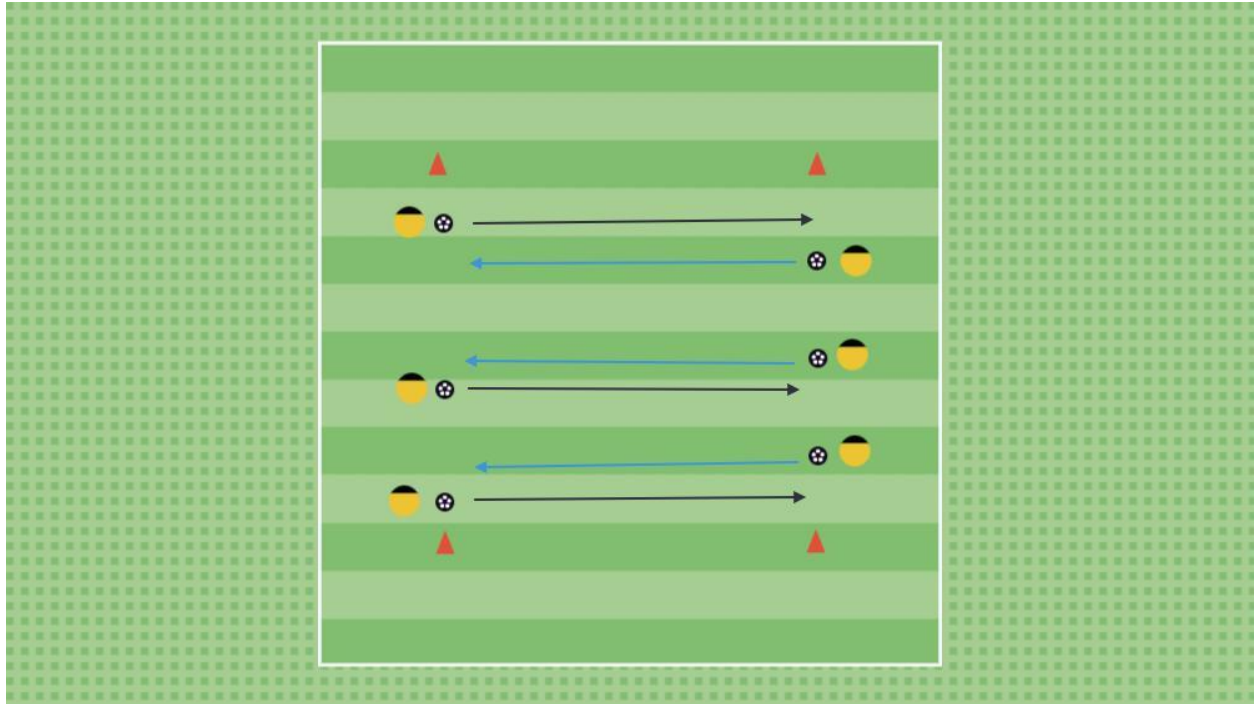
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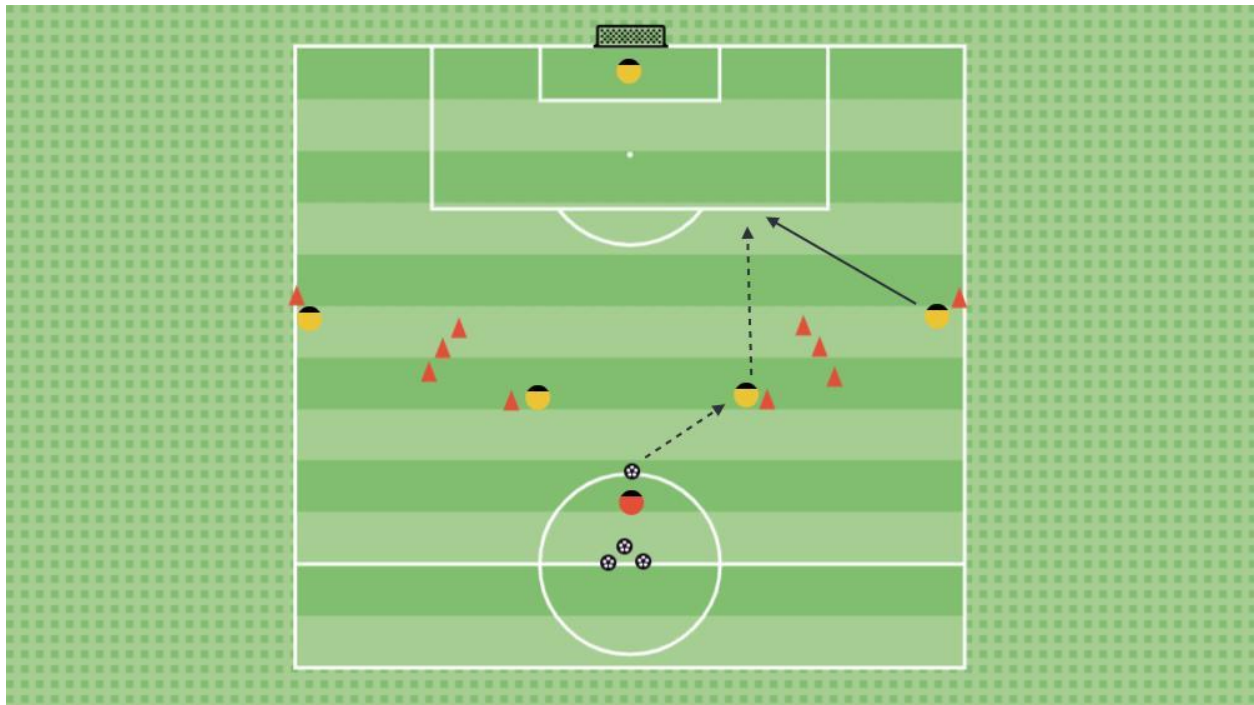
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Drills should only be 10 minutes long. Drink breaks in between each drill.



Ball Mastery – Split the team into 2 groups. Players will dribble from one side of the square to the other, while avoiding the oncoming group. Both groups will use the same technique.

- **Laces** = Point toe down and use the laces to dribble with speed.
- **Sole rolls** = Put foot on top of the ball and roll it forward. Now the other foot. Keep switching.
- **Inside outside** = Touch the ball with the inside of your foot, and then the outside. Repeat.



Running Off The Ball – Coach will play a ball to the player in the central left or right and say “Turn!”. The central player will turn and play through a pass to the attacker cutting in from the sideline.

- Central players
 - Stay on your toes.
 - Make an easy pass straight ahead.
- Wide players
 - Don’t start cutting in field until the central player has turned and picked their head up.
 - Use your first touch to softly knock the ball into the space in front of you.

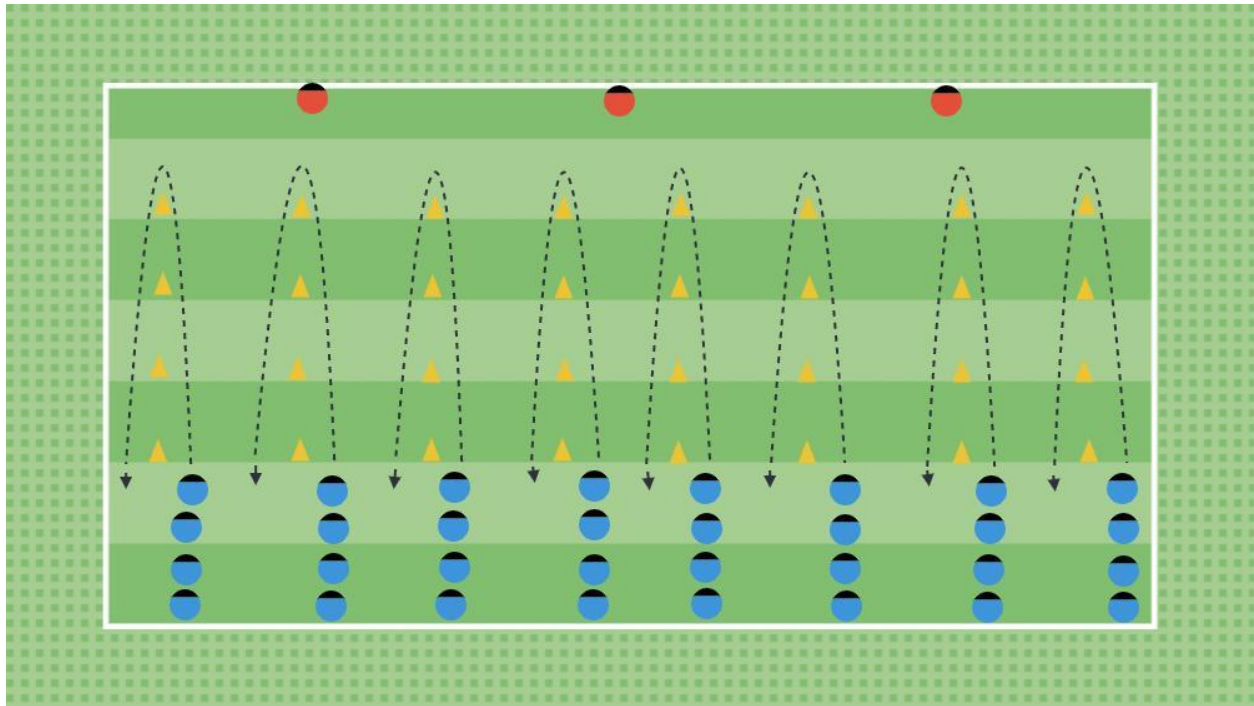


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Week 6

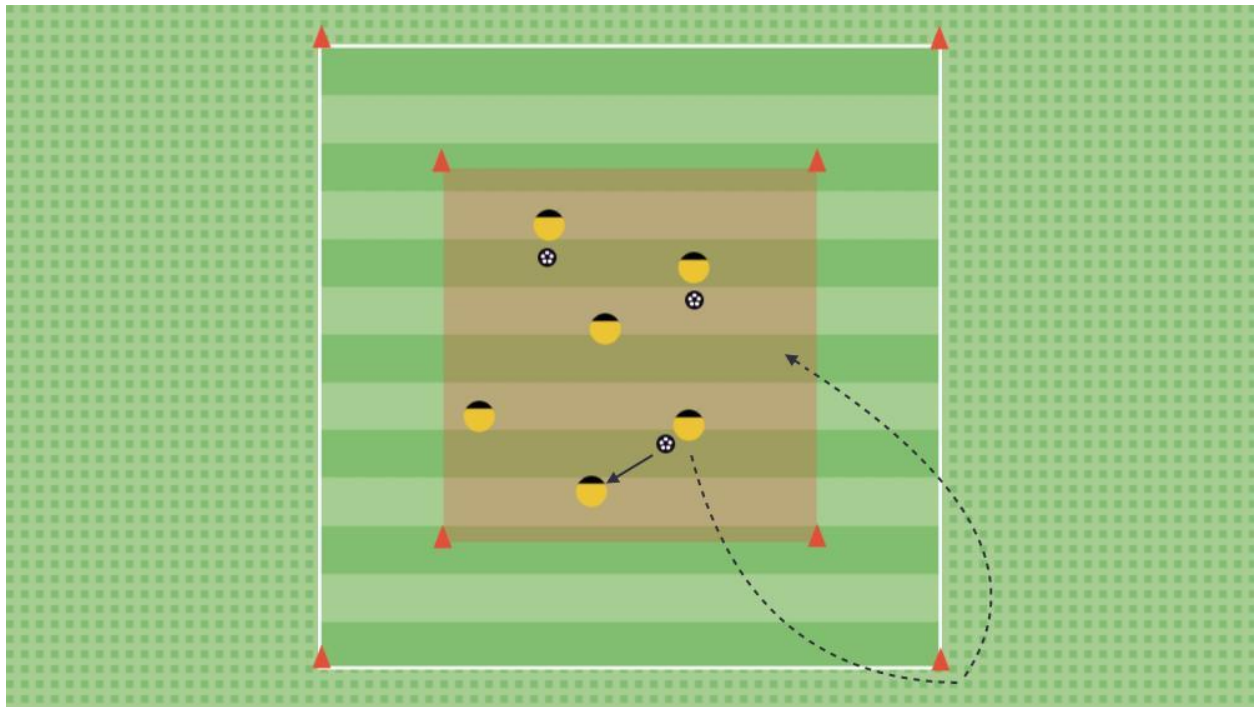
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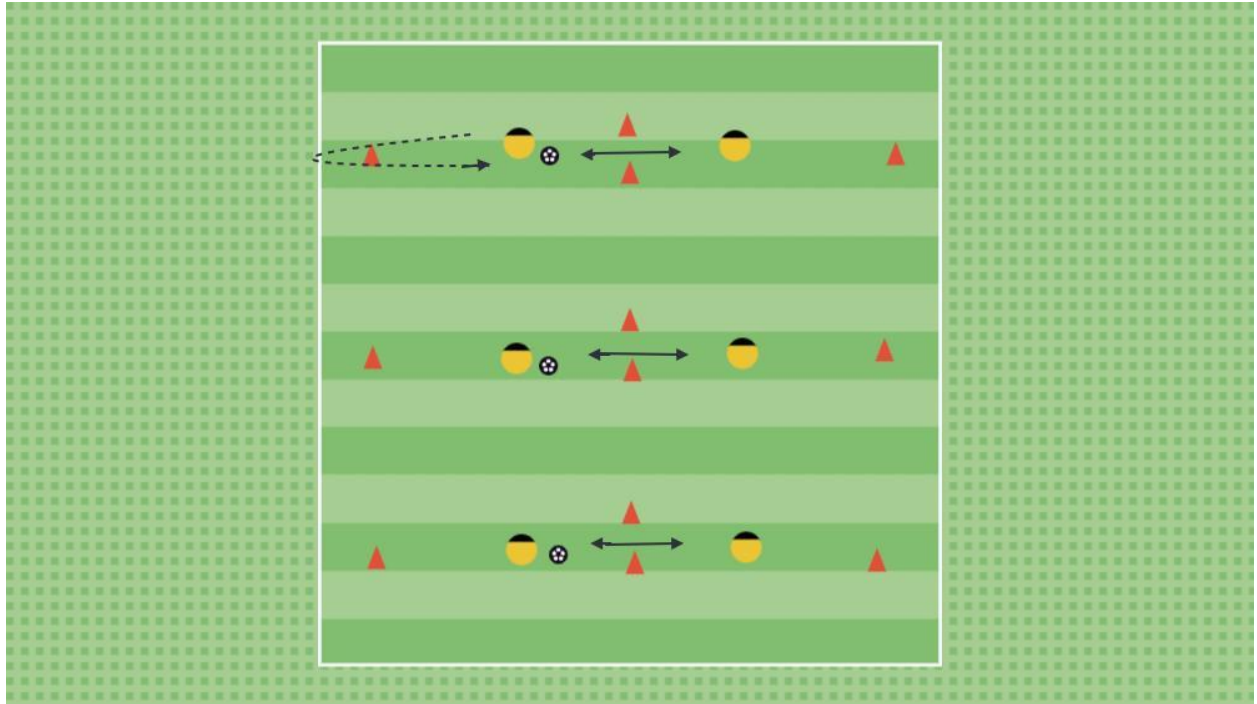
- Bunny hops
- Side shuffle facing right
- Side shuffle facing left
- Sprint

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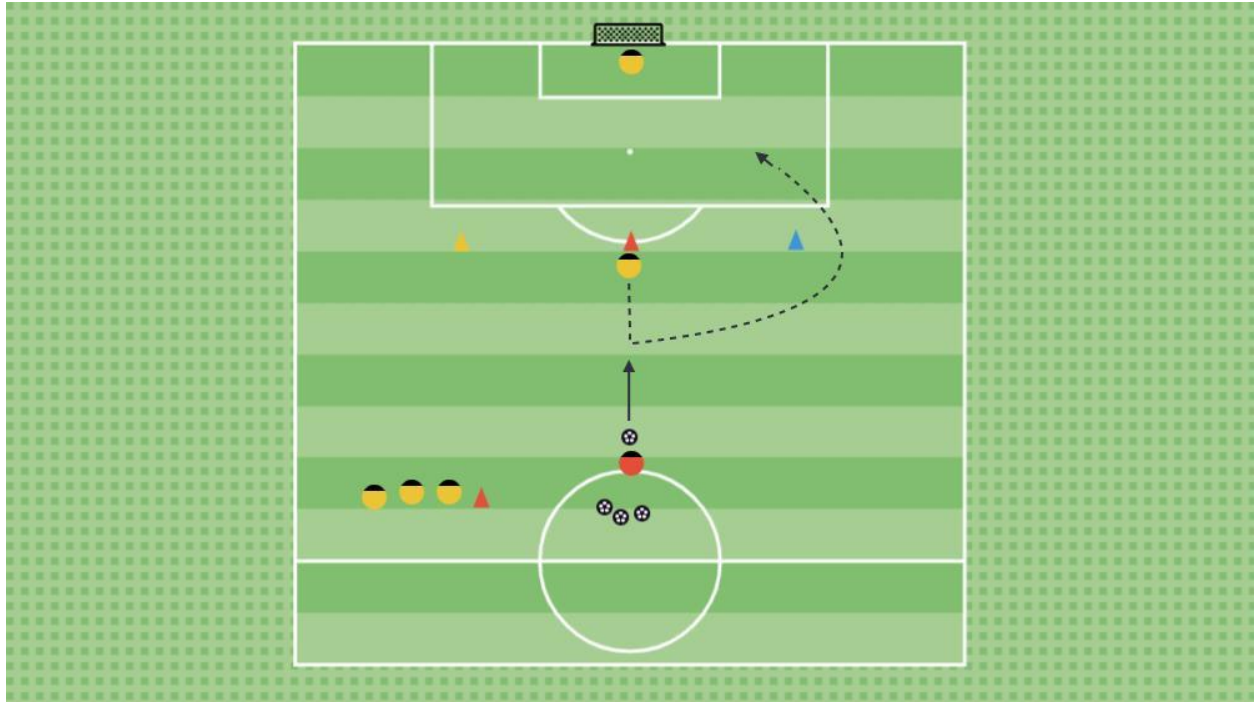
Pass & Move – Half of the players will be without soccer balls. Players will dribble around the smaller cone square and look to pass to a teammate without a ball. After passing, the player must now run around one of the far outside cones before rejoining the group.

- Communicate so that multiple players aren't passing to the same person.
- Focus on good passes on the ground with the inside or outside of the foot.
- After rejoining the group: Find a player with a ball and call for a pass.
- Work quickly!



Passing – Players will stand on the opposite side of the cone gate as their partner and work on short passes. After making a pass, the player must quickly run around the cone behind them and back into position to receive the next pass.

- 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.

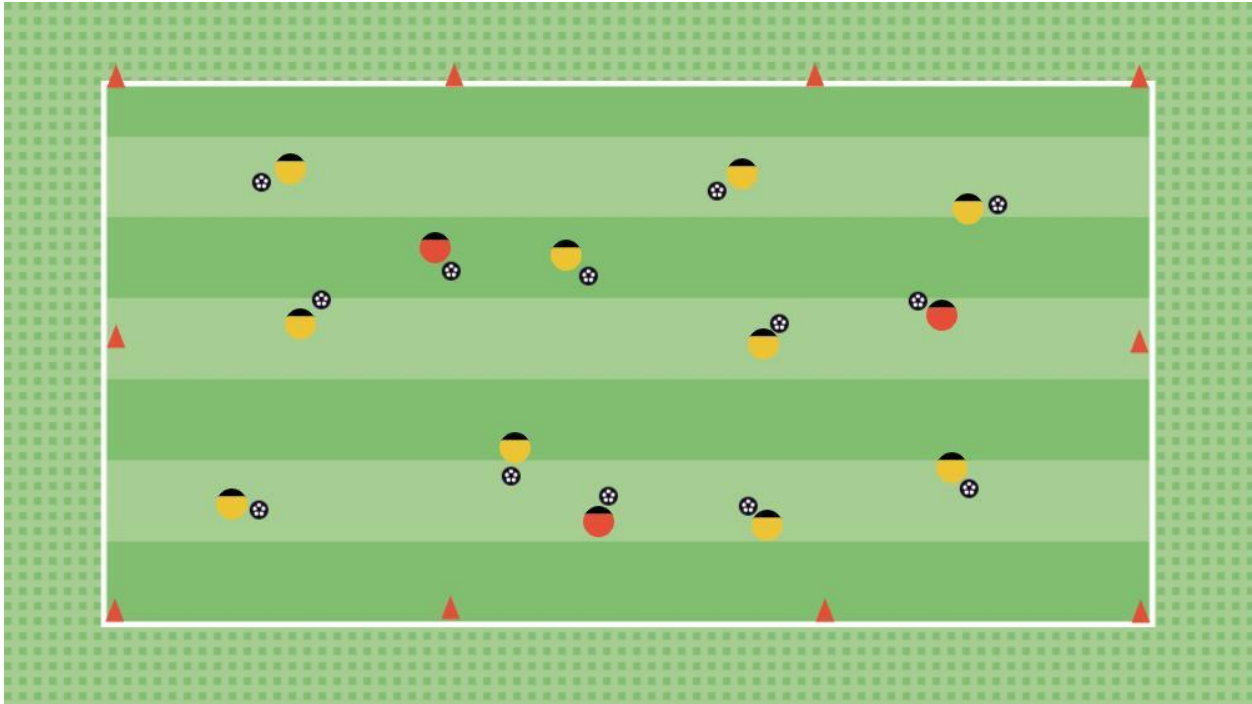


Ball Mastery – Players will start at the central cone and look over their shoulders as they check to the coach. Coach will make a pass and say the color of the cone on the left or right. The receiving player must turn and dribble around that cone before going to score.

- Players are looking over their shoulders to see which color each cone is.
- Focus on the first touch and the turn. Work quickly after receiving the ball.
- Train both R & L foot.

Week 7

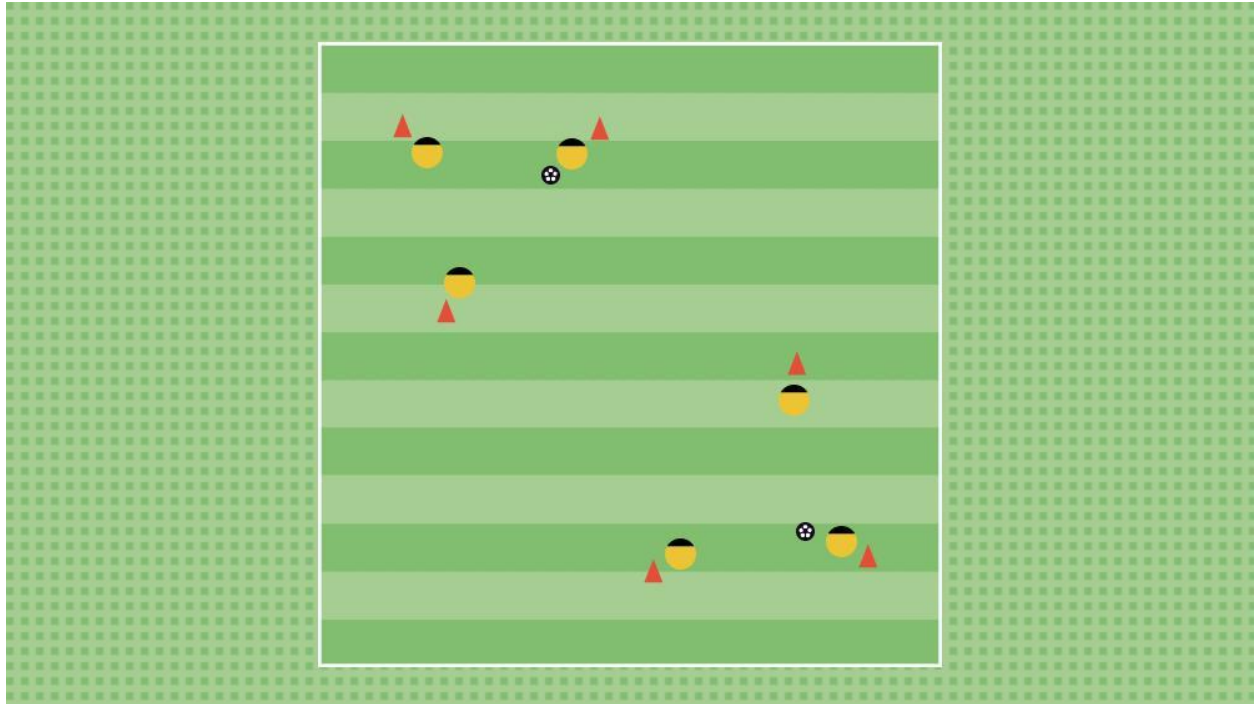
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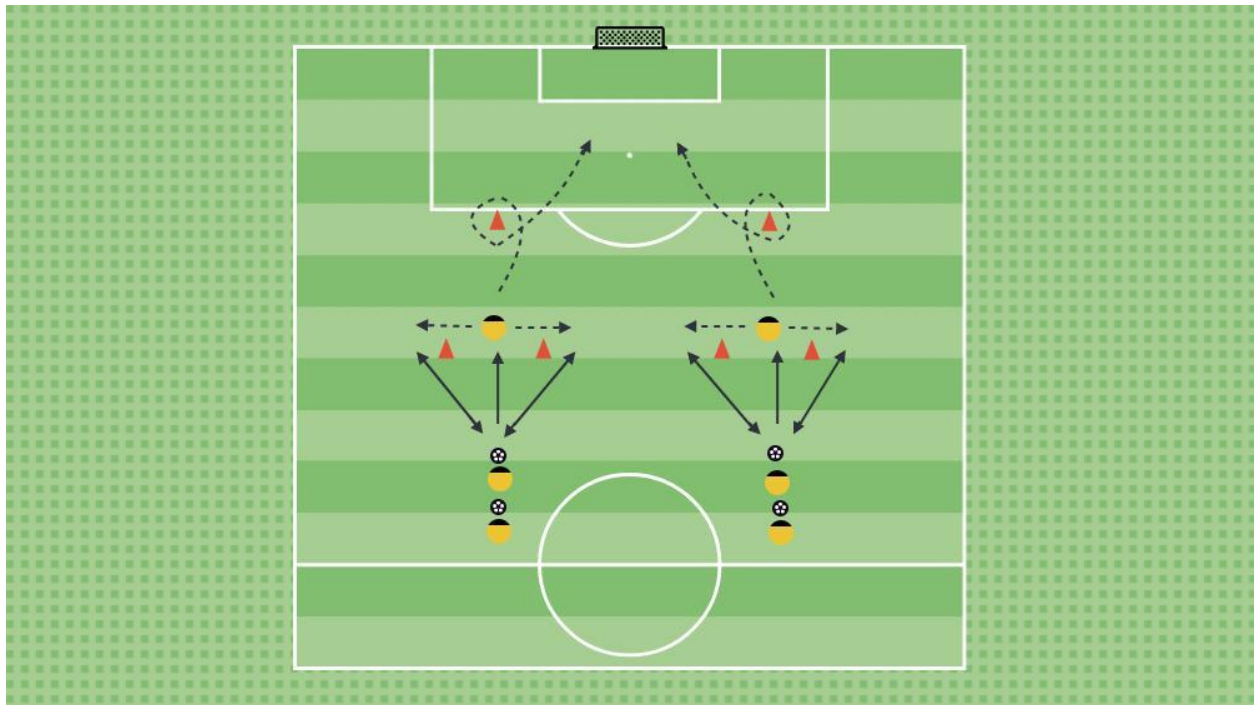
Drills should only be 10 minutes long. Drink breaks in between each drill.



Passing Triangle – Players will be split into groups of 3 to form triangles. They will have 15 second rounds to complete as many passes as they can.

- How to get a higher score:
 - Focus on good passing technique with the inside of the foot.
 - Settle the ball before trying to make the next pass.
 - Talk to each other so everyone knows where the ball is going.
- Players don't need to pass to the same person each time they get the ball. Mix it up.
- Coaches can increase difficulty by instructing players to only use their nondominant foot.

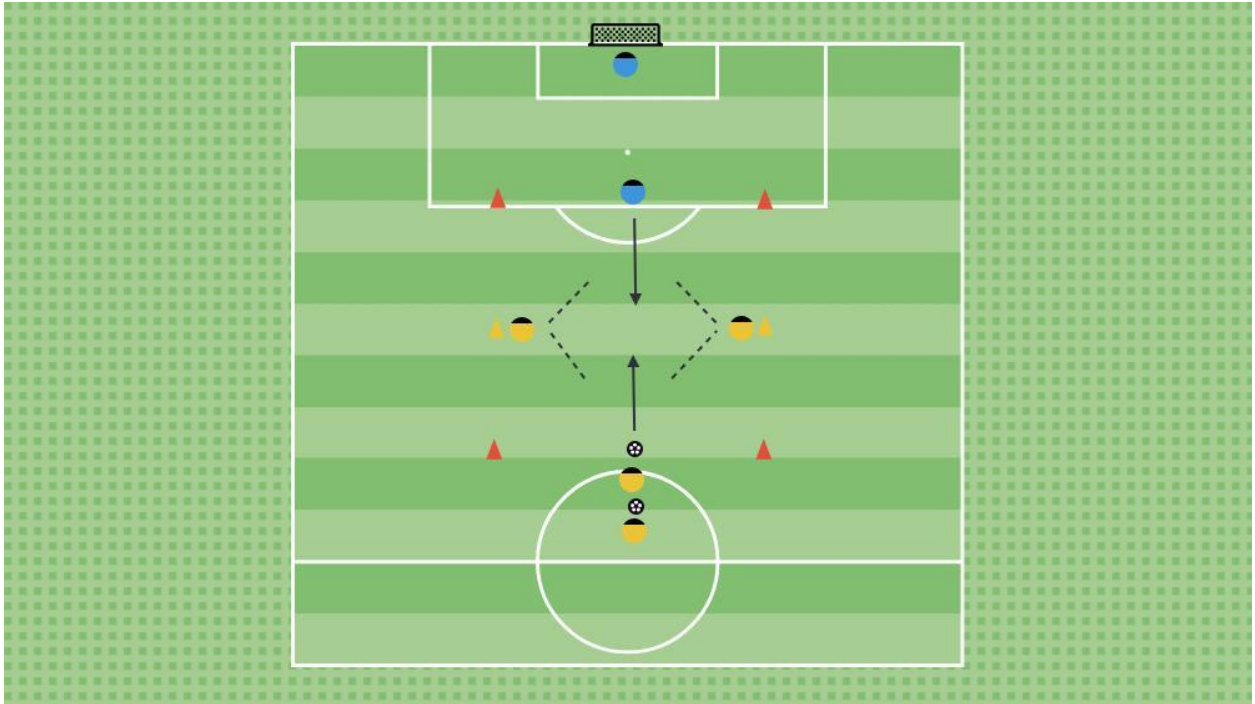
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Pass, Spin, Finish – Players will receive and give back a pass on the left side and right side of the cones. They will then receive the ball back through the middle of the cones, dribble around the final cone before goal, and finish on net.

- Move out wide of the cone to receive the ball as if it's an opponent.
- Settle the ball before giving passes.
- Use multiple touches to make a tight turn around the last cone.
- Pick your head up when finishing the spin and look where the goal is before taking the shot.

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

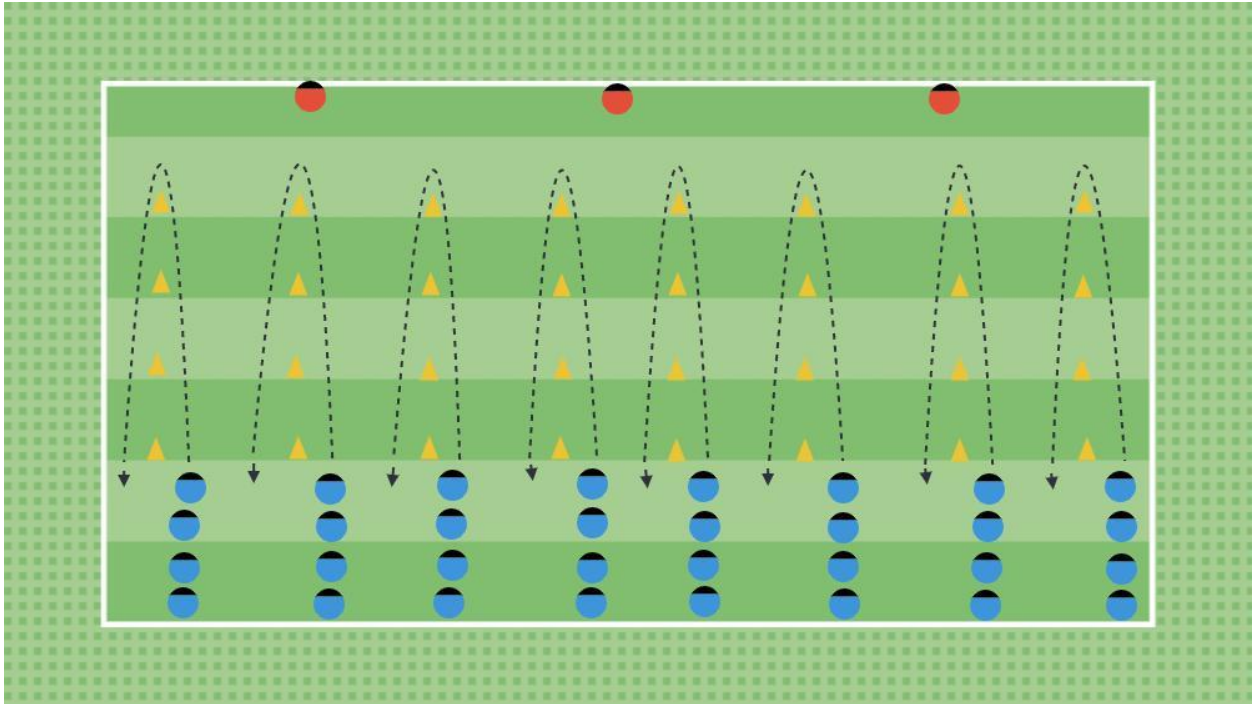


1v1 Double Bumper – Players will take on the defender while 2 teammates are stationed in a wide position to receive and pass the ball back. Wide teammates will stay at their cone and are only there to facilitate ball movement.

- Offensive player can:
 - Take on the defender alone.
 - Pass to wide teammates, moving into space, and receive the ball back.
- Wide players:
 - Should be on the balls of the feet and ready to help.
 - Make the pass ahead of the teammate and into the space they're running into.
- Everyone should be communicating!

Week 8

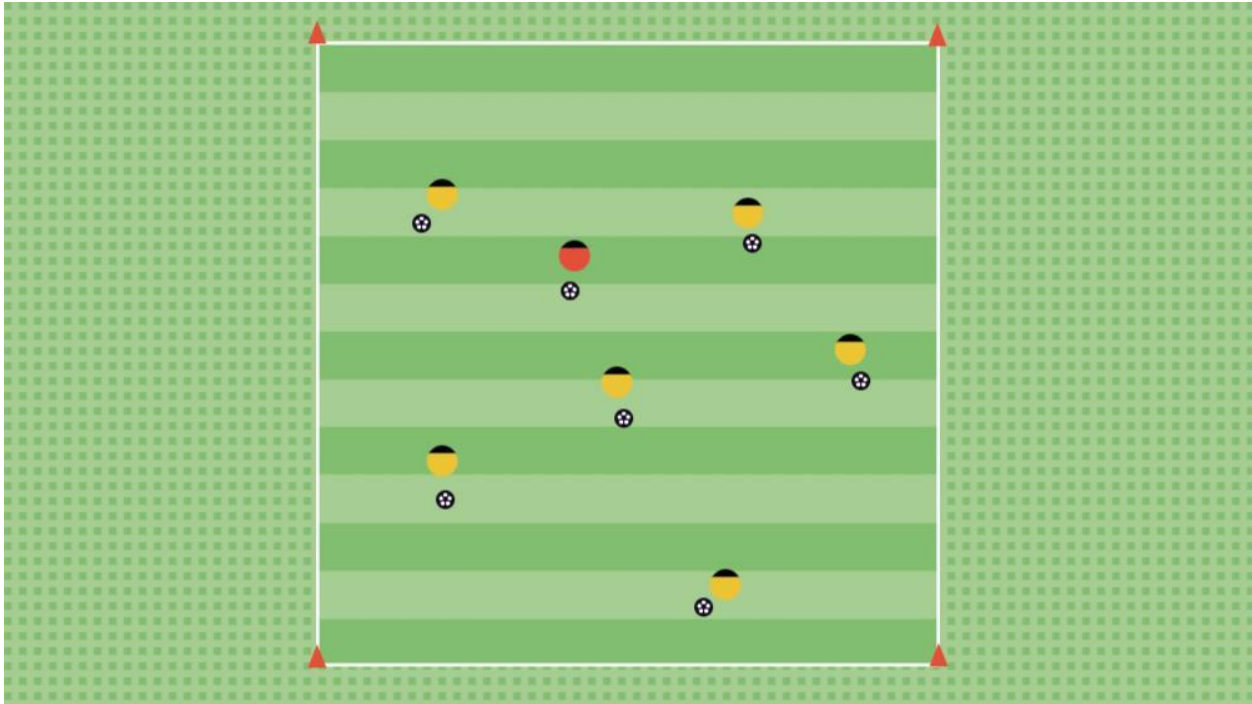
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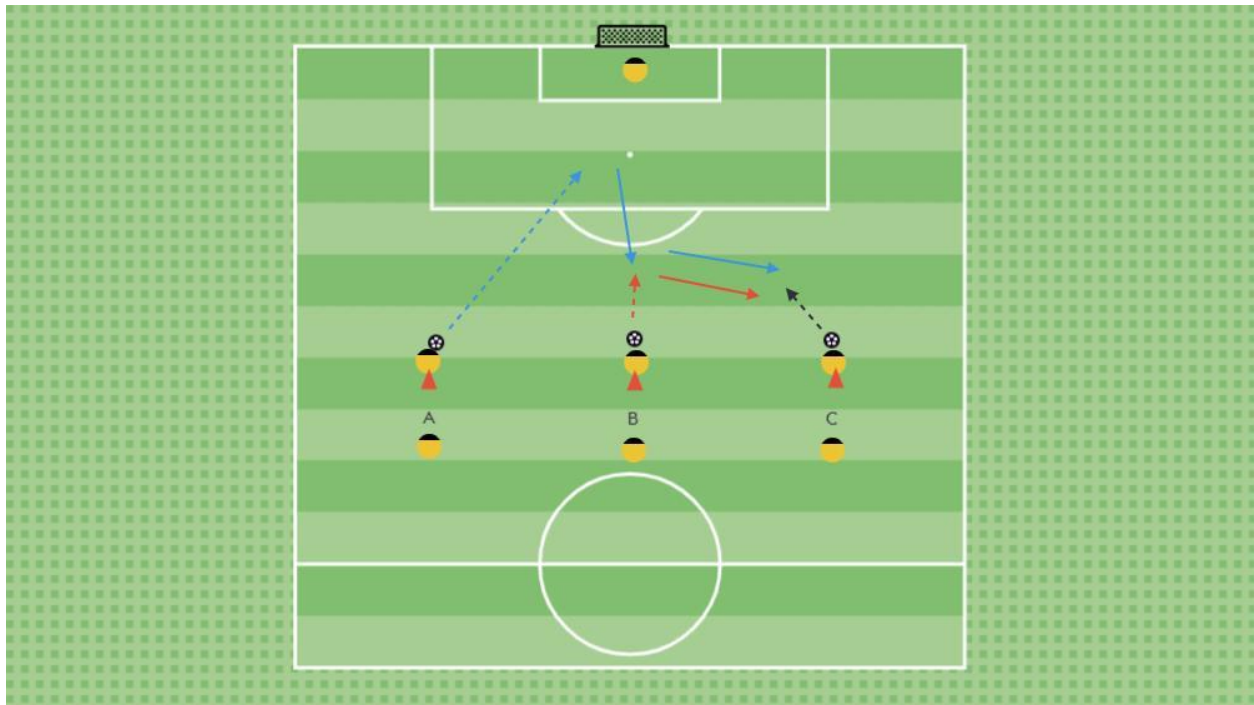
- High knees
- Frog jumps
- Run backwards

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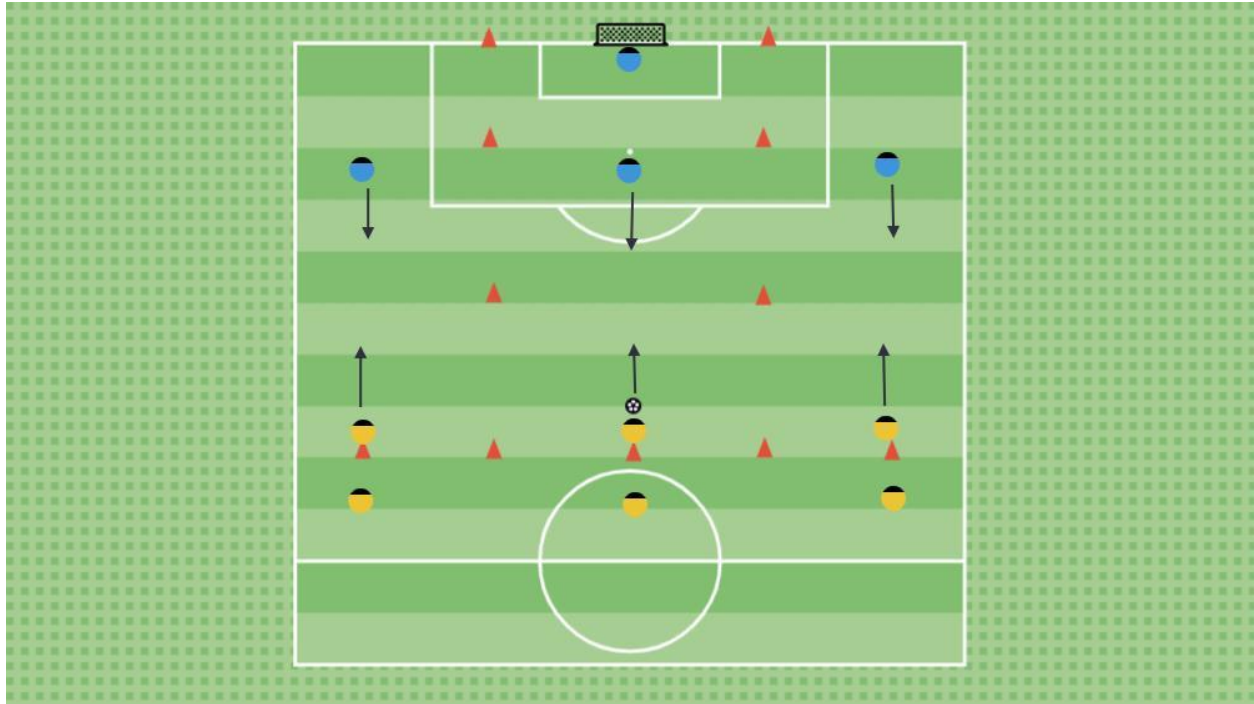
Ball Mastery – Players will dribble around the area while executing different skill moves. Choose a few from below and demonstrate each one before calling it out to the players.

- 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 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.
- 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 toward 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.
- 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.



Double Transition – Each line will have a turn to score on goal. Sequence below:

- **Line A** = quickly dribble at goal and have a shot.
(after shot, instantly becomes defender)
- **Line B** = instant 1v1 against Line A.
(end of play, instantly becomes 2nd defender)
- **Line C** = instant 1v2 against Line A + Line B.
(end of play, all 3 players rotate to the back of different lines)

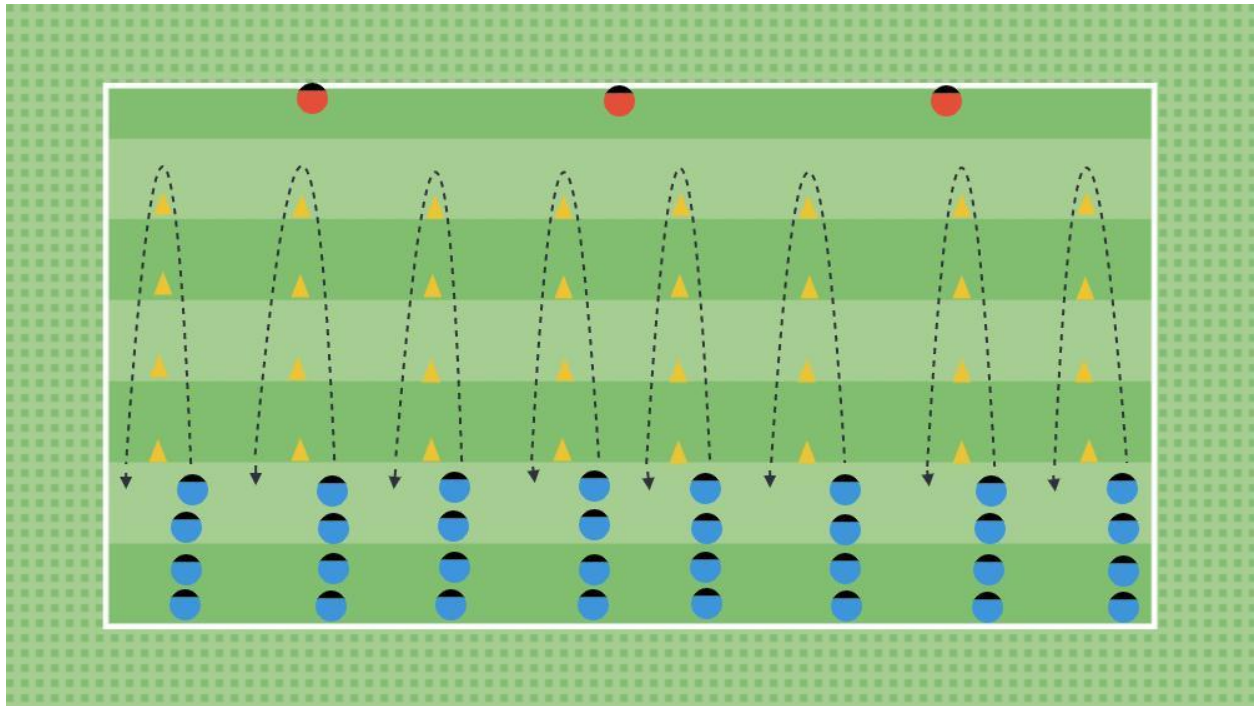


3v3 – Offense will try to score on goal. Defense will try to knock the ball out of play. If defense steals it, they can dribble past the cones at halfway.

- All 6 players must stay in their lane.
- Let the defense stay together multiple rounds before switching out.
- Offensive players should be moving to get open for their teammate with the ball.
- Defensive players should be marking up on open players, and going to the player with the ball if it's in their lane.
- Use the whole lane! You can go all the way up to the cone line for your teammate, but not across it.

Week 9

Volunteer Coach Warm Up



RELAY RACE – Coaches try to even out the lines before starting. Players will sprint through to the last cone and back to the end of the line. The next player can go after a fist bump or high five from the teammate that has just gone.

- 1st Round – Warm Up. Have the players jog through to get the understanding of the way the race will work.
- 2nd Round – Competition.
- 3rd Round – If time allows, players can be put through another round.

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.