

BURLINGTON YOUTH SOCCER ASSOCIATION



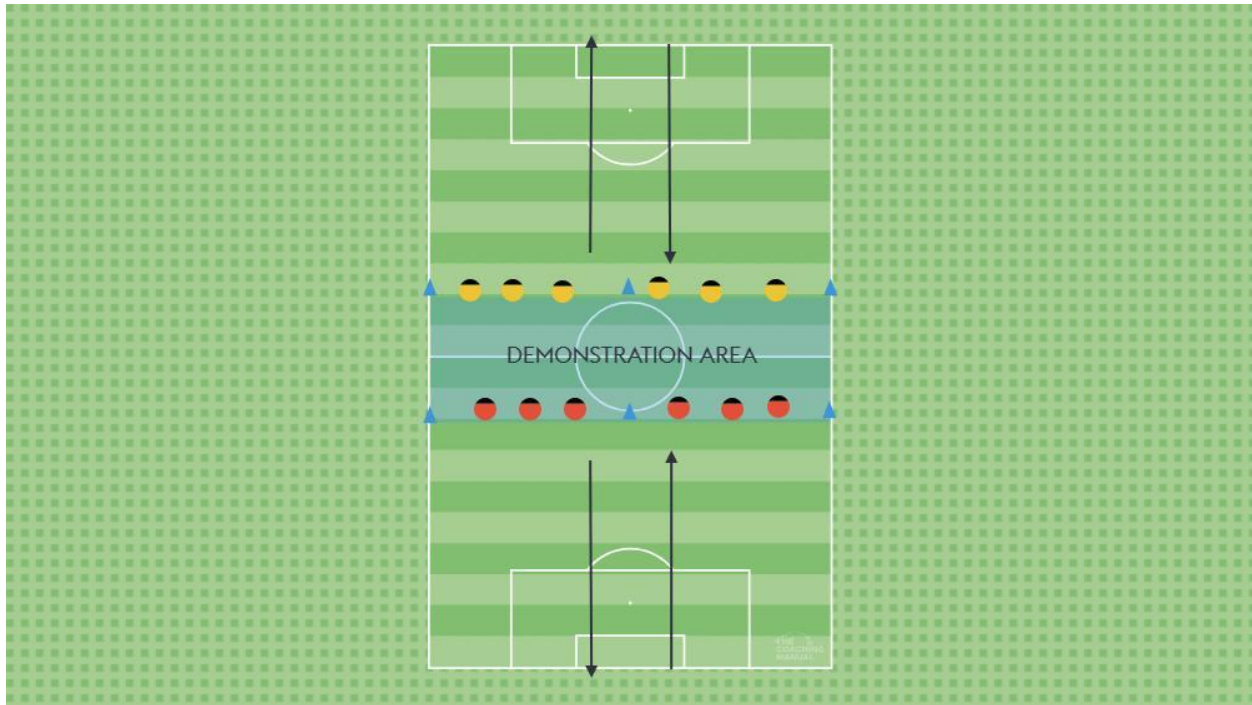
"PLAY LIKE A PRO" SPRING 2024

PLAYER AND COACH DEVELOPMENT CURRICULUM

ATTACKING - SUPPORT

Week 1

Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Dribbling – Each team will execute the chosen dribbling techniques across their own half of the field and back. Challenger coaches will use the demonstration area to show the next technique.

- Forward rolls
- Tick tocks
- Backwards sole drags
- Laces (L/R)
- Outside, inside (L/R)
- Outside foot (L/R)
- Inside foot (L/R)
- Roll overs (L/R)
- Full speed bigger touches (L/R)
- Jogging speed (L/R)
- Slow speed tiny touches (L/R)
- 2-person weave with a partner (L/R)
- 5-yard burst/change of pace (L/R)
- Pull back and dribble (L/R)
- Inside turn and dribble (L/R)
- Outside turn and dribble (L/R)

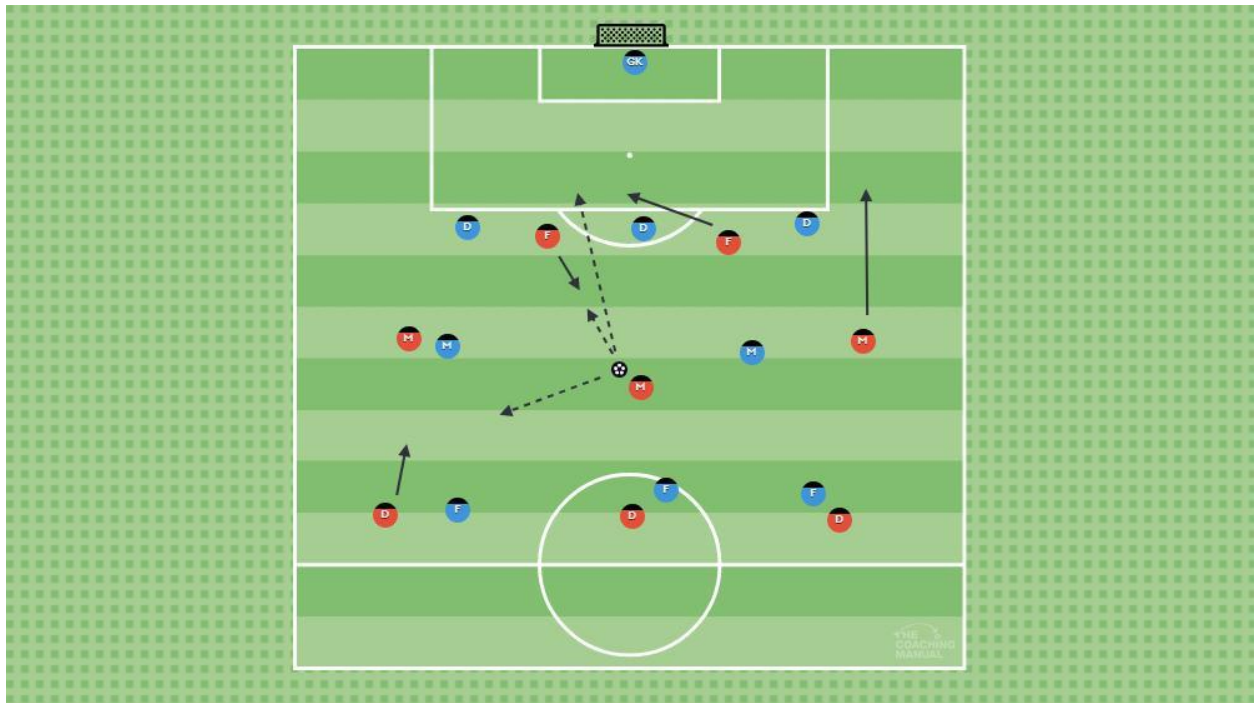
Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Passing – Each pair of players will take turns executing the chosen passing technique on both sides of the cone. Challenger coaches will use the demonstration area to show the next technique. On the L side of cone, use L foot. On the R side of cone, use R foot.

- Inside foot unlimited touches (L/R)
- Outside foot unlimited touches (L/R)
- 2 touch (L/R)
- 1 touch (L/R)
- Inside foot volley (L/R)
- Laces volley (L/R)
- Thigh trap and pass (L/R)
- Chest trap and pass (L/R)
- Roll across cone and pass (L/R)
- Headers (U14 only!!)

Situational drills should be 25-30 minutes long. Drink breaks in between rotations if needed.



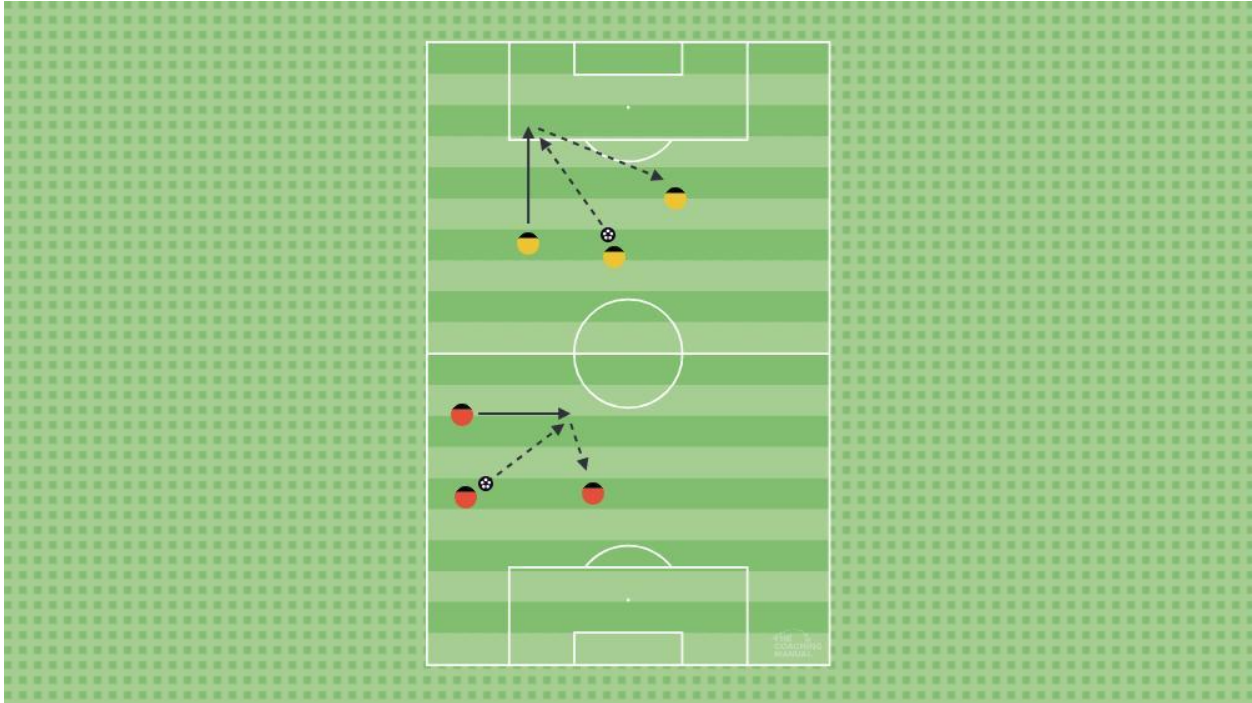
Attacking – Support: Open passing lanes to help the player on the ball in attack. Show to the ball, show to space, and call it out if you see another teammates' movement is a good option. Try to provide options for forward, sideways, and reverse ball movement. This requires us to pay attention to the position of the ball, ourselves, our teammates, and our opponents.

Each team will work in their own half amongst themselves. Use 7v6 for U10 and 9v8 for U12/U14.

DEFENSIVE TRANSITION - COMPACTNESS

Week 2

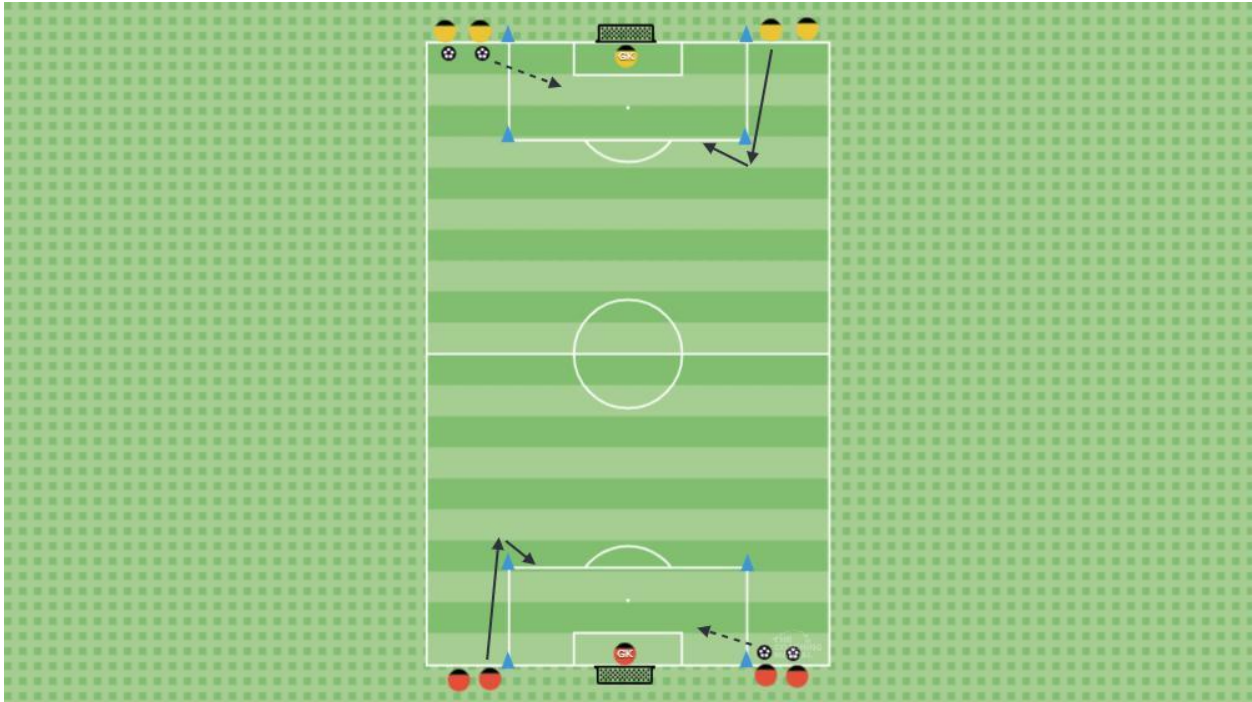
Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Ball Control – Each team will operate all around their own half. Players will work in groups of 3 and rotate jobs after each turn. All groups will be going at the same time, so check your shoulders and scan for space.

- Jobs
 - 1) Throw ball in air, bounce ball, pass into space, throw to teammate #2's chest or thighs
 - 2) Receive and control ball with appropriate body part before passing to teammate #3
 - 3) Receive pass and start over as teammate #1
- Communicate so #1 knows where to send the ball & #2 knows where to receive it
- #2 look where teammate #3 is before passing
- #3 create a passing lane for teammate #2

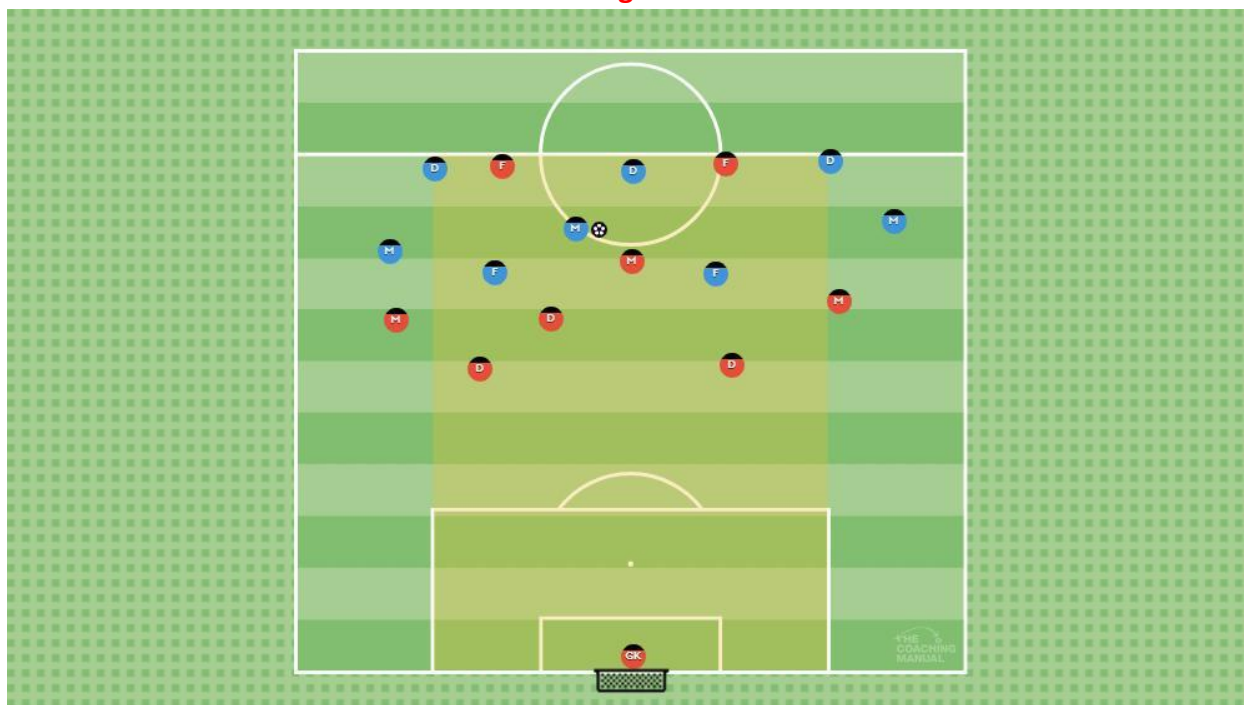
Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Shooting – Each team will operate on separate ends of the pitch. Line A will serve passes. Line B will run around the cone at the top of the GK box and receive a pass to shoot on goal.

- Passer and receiver need to pay attention and communicate where the ball should be sent.
- Focus on clean connection to ball for a 1-time shot and focus on a good first touch for 2-3 touches.
- Try to finish close range shots into the corners and under control.
- Shots from distance should be struck with power and aimed for the corners. Look at GK positioning to see if there's an advantage.
- Be ready to adapt if the pass isn't perfect!!!

Situational drills should be 25-30 minutes long. Drink breaks in between rotations if needed.



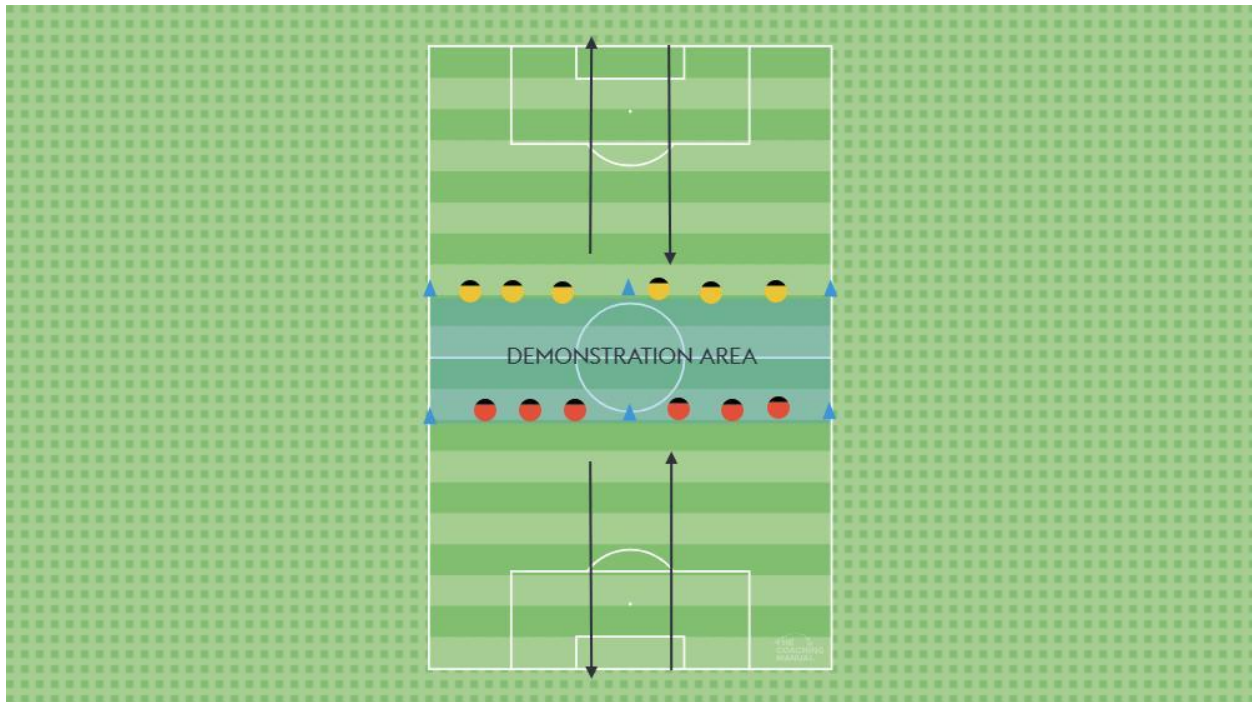
Defensive Transition – Compactness: After losing the ball, the now defending team should compress vertically and laterally. This will close the distances between teammates and lines (attacking, midfield, defensive). We want to retreat into the highlighted area which is the width of the GK box. This will limit dangerous space for the opposition to play into.

Each team will work in their own half amongst themselves. Use 7v6 for U10 and 9v8 for U12/U14.

DEFENDING - BALANCE

Week 3

Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Dribbling – Each team will execute the chosen dribbling techniques across their own half of the field and back. Challenger coaches will use the demonstration area to show the next technique.

- Forward rolls
- Tick tocks
- Backwards sole drags
- Laces (L/R)
- Outside, inside (L/R)
- Outside foot (L/R)
- Inside foot (L/R)
- Roll overs (L/R)
- Full speed bigger touches (L/R)
- Jogging speed (L/R)
- Slow speed tiny touches (L/R)
- 2-person weave with a partner (L/R)
- 5-yard burst/change of pace (L/R)
- Pull back and dribble (L/R)
- Inside turn and dribble (L/R)
- Outside turn and dribble (L/R)

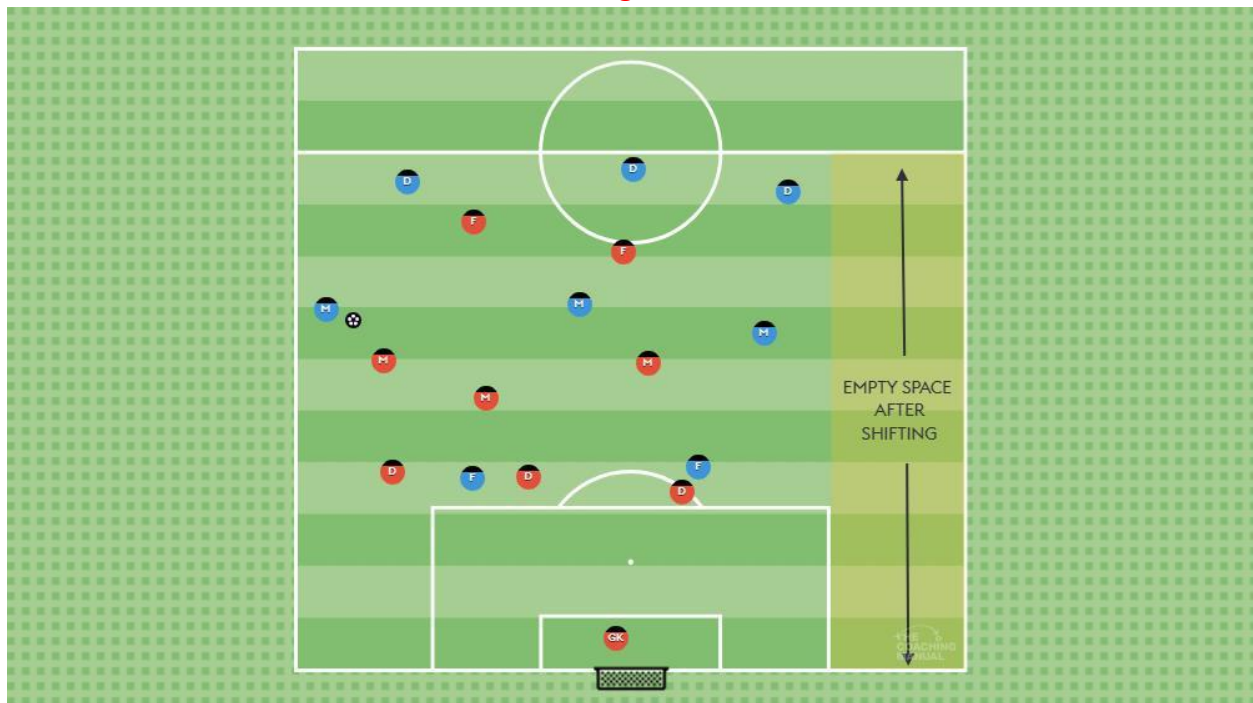
Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Passing – Each pair of players will take turns executing the chosen passing technique on both sides of the cone. Challenger coaches will use the demonstration area to show the next technique. On the L side of cone, use L foot. On the R side of cone, use R foot.

- Inside foot unlimited touches (L/R)
- Outside foot unlimited touches (L/R)
- 2 touch (L/R)
- 1 touch (L/R)
- Inside foot volley (L/R)
- Laces volley (L/R)
- Thigh trap and pass (L/R)
- Chest trap and pass (L/R)
- Roll across cone and pass (L/R)
- Headers (U14 only!!)

Situational drills should be 25-30 minutes long. Drink breaks in between rotations if needed.



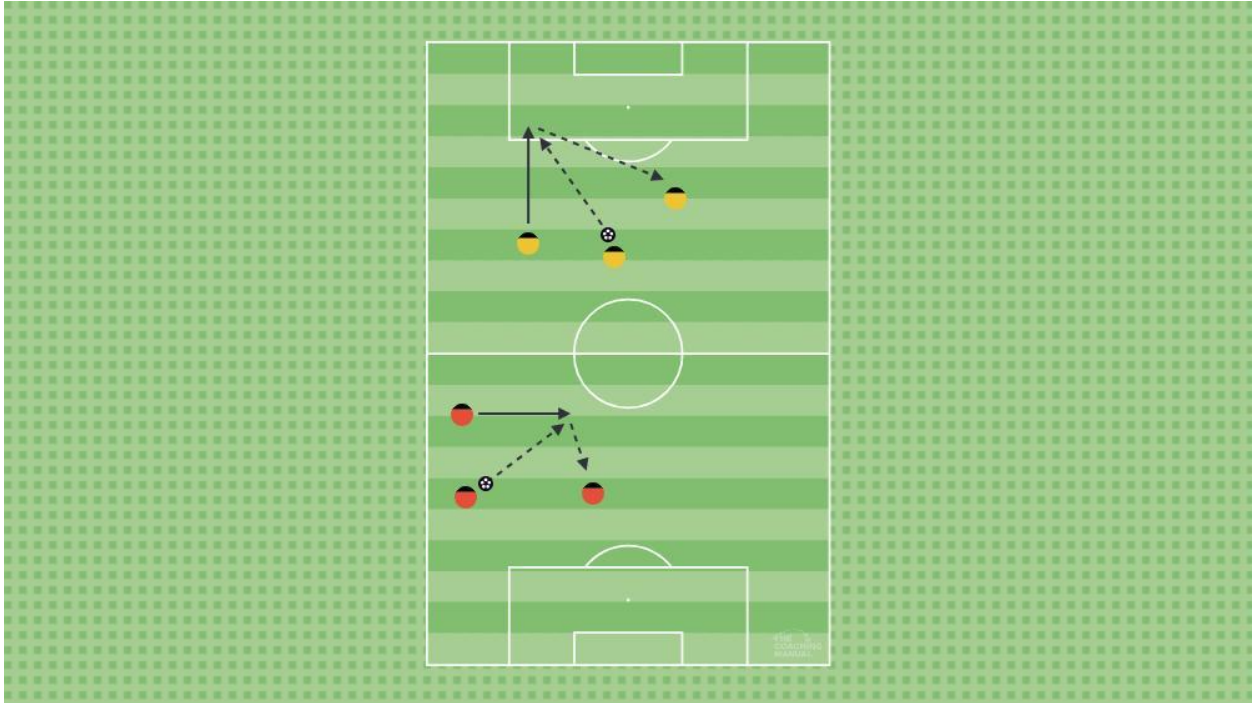
Defending – Balance: The defending team will shift to whichever side the ball is on in order to not get pulled apart and out of formation. Outside players only need to shift as far as the center of the GK box. Players that do not shift when the ball goes out wide will leave dangerous gaps between teammates in the formation.

Each team will work in their own half amongst themselves. Use 7v6 for U10 and 9v8 for U12/U14.

ATTACKING TRANSITION - MOBILITY

Week 4

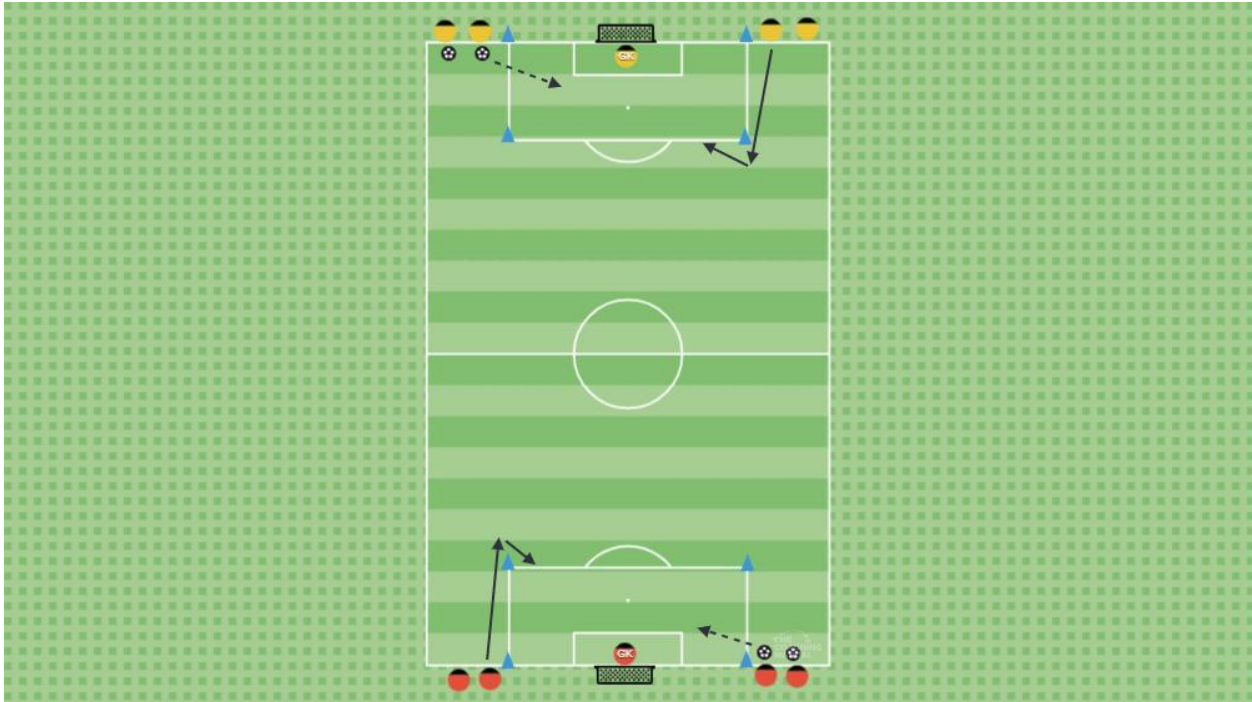
Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Ball Control – Each team will operate all around their own half. Players will work in groups of 3 and rotate jobs after each turn. All groups will be going at the same time, so check your shoulders and scan for space.

- Jobs
 - 1) Throw ball in air, bounce ball, pass into space, throw to teammate #2's chest or thighs
 - 2) Receive and control ball with appropriate body part before passing to teammate #3
 - 3) Receive pass and start over as teammate #1
- Communicate so #1 knows where to send the ball & #2 knows where to receive it
- #2 look where teammate #3 is before passing
- #3 create a passing lane for teammate #2

Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.

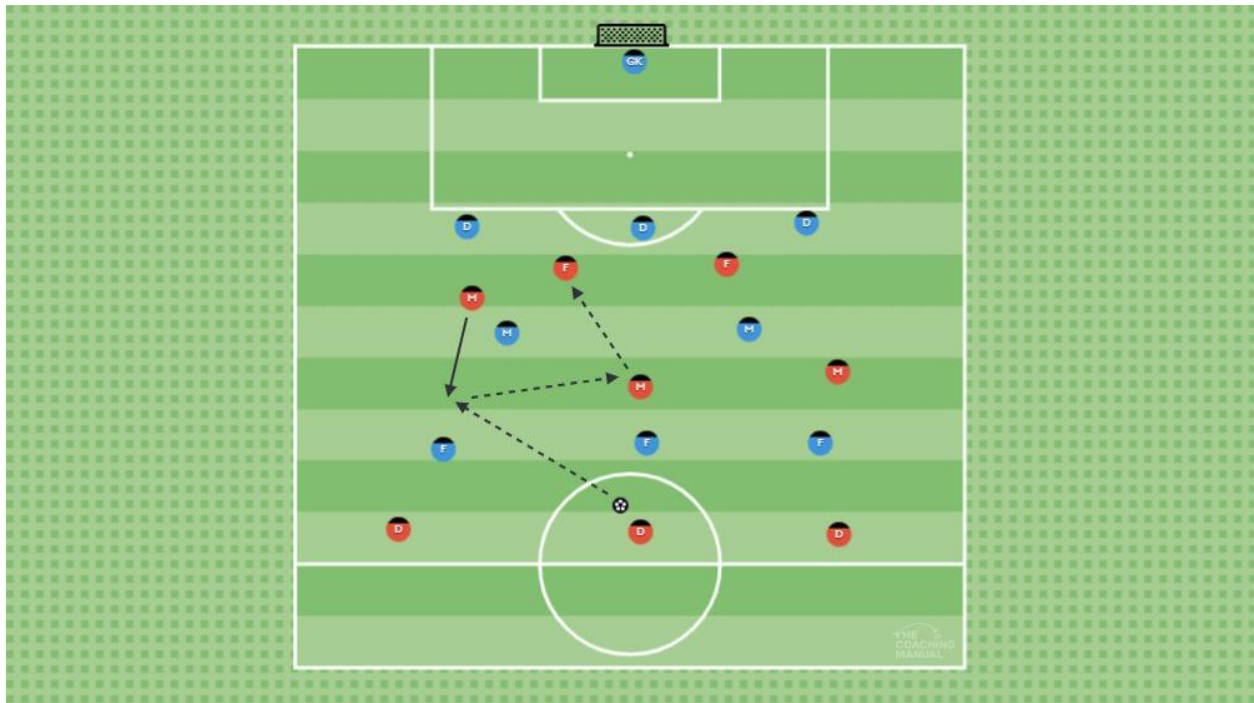


Shooting – Each team will operate on separate ends of the pitch. Line A will serve passes. Line B will run around the cone at the top of the GK box and receive a pass to shoot on goal.

- Passer and receiver need to pay attention and communicate where the ball should be sent.
- Focus on clean connection to ball for a 1-time shot and focus on a good first touch for 2-3 touches.
- Try to finish close range shots into the corners and under control. Maybe trick the GK!
- Shots from distance should be struck with power and aimed for the corners. Look at GK positioning to see if there's an advantage.

Be ready to adapt if the pass isn't perfect!!!

Situational drills should be 25-30 minutes long. Drink breaks in between rotations if needed.



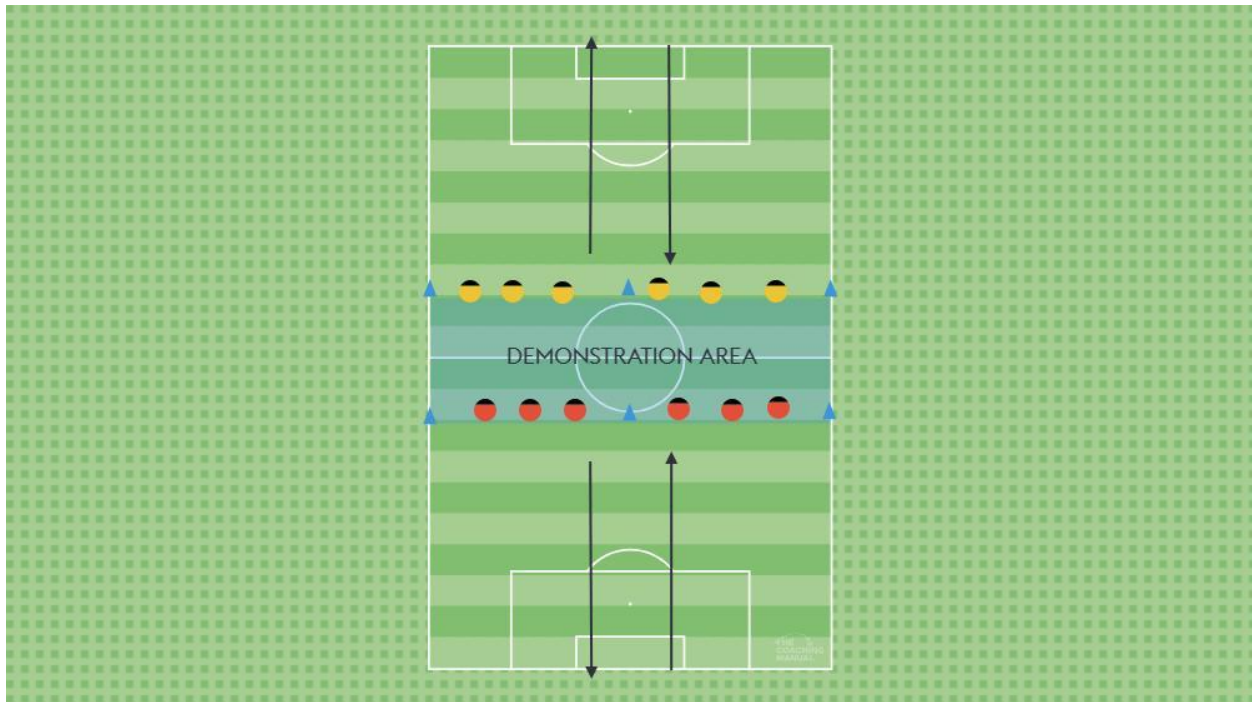
Attacking Transition – Mobility: Move to space between opposition lines (attacking, midfield, defensive) to create confusion and find space for ball reception.

Each team will work in their own half amongst themselves. Use 7v6 for U10 and 9v8 for U12/U14.

ATTACKING - WIDTH

Week 5

Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Dribbling – Each team will execute the chosen dribbling techniques across their own half of the field and back. Challenger coaches will use the demonstration area to show the next technique.

- Forward rolls
- Tick tocks
- Backwards sole drags
- Laces (L/R)
- Outside, inside (L/R)
- Outside foot (L/R)
- Inside foot (L/R)
- Roll overs (L/R)
- Full speed bigger touches (L/R)
- Jogging speed (L/R)
- Slow speed tiny touches (L/R)
- 2-person weave with a partner (L/R)
- 5-yard burst/change of pace (L/R)
- Pull back and dribble (L/R)
- Inside turn and dribble (L/R)
- Outside turn and dribble (L/R)

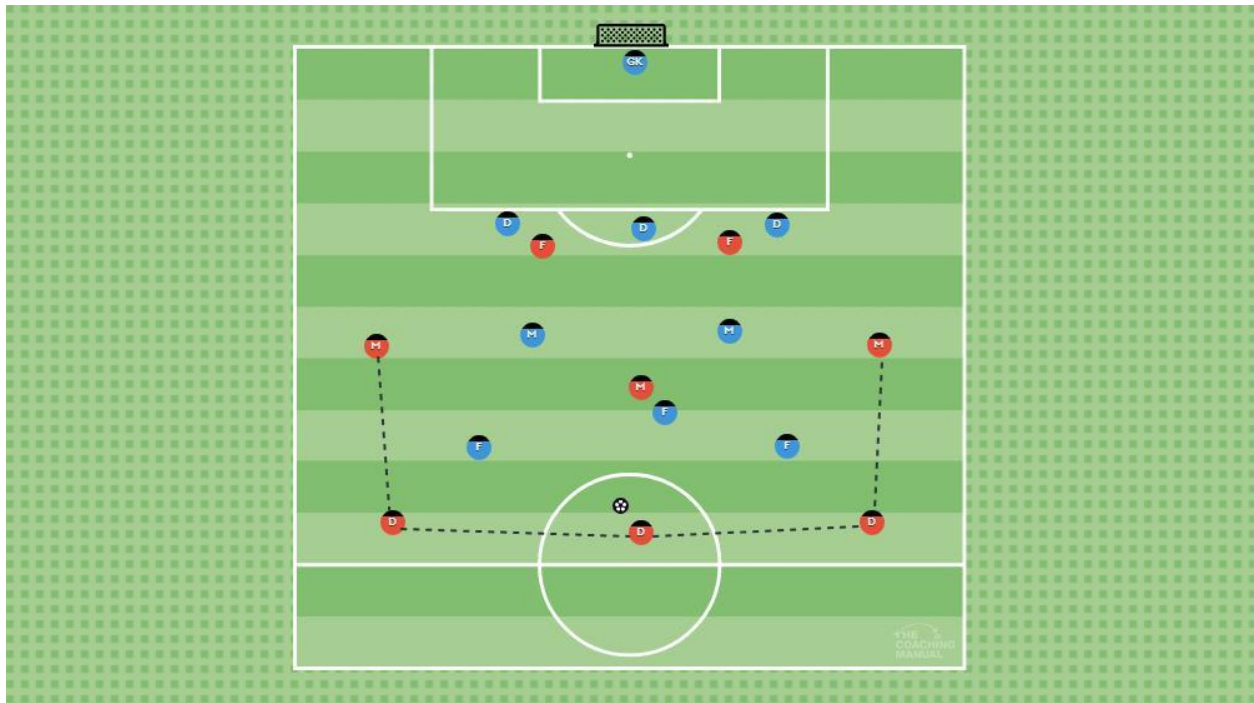
Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Passing – Each pair of players will take turns executing the chosen passing technique on both sides of the cone. Challenger coaches will use the demonstration area to show the next technique. On the L side of cone, use L foot. On the R side of cone, use R foot.

- Inside foot unlimited touches (L/R)
- Outside foot unlimited touches (L/R)
- 2 touch (L/R)
- 1 touch (L/R)
- Inside foot volley (L/R)
- Laces volley (L/R)
- Thigh trap and pass (L/R)
- Chest trap and pass (L/R)
- Roll across cone and pass (L/R)
- Headers (U14 only!!)

Situational drills should be 25-30 minutes long. Drink breaks in between rotations if needed.



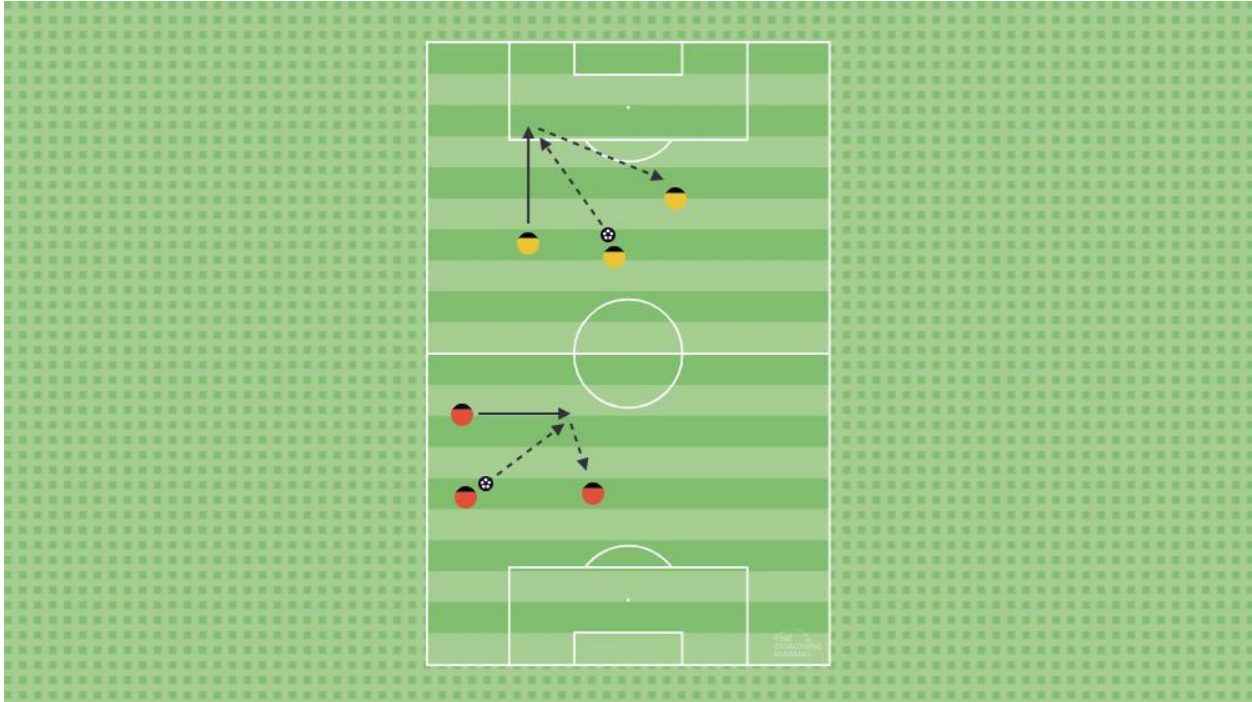
Attacking – Width: Stretch and use the space of the field to make it difficult for opposition to stay compact and mark up. Stretching/opening up gives us more chances to use safe passing lanes and maintain possession while moving the ball.

Each team will work in their own half amongst themselves. Use 7v6 for U10 and 9v8 for U12/U14.

DEFENSIVE TRANSITION - DELAY

Week 6

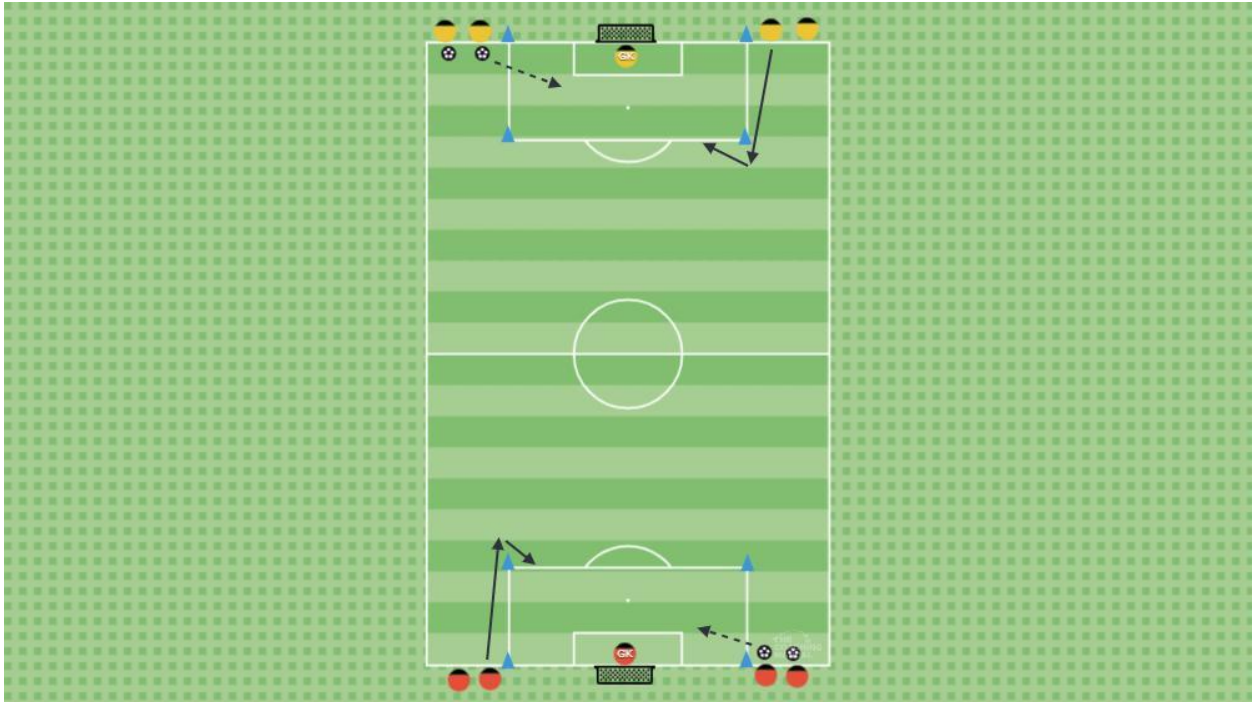
Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Ball Control – Each team will operate all around their own half. Players will work in groups of 3 and rotate jobs after each turn. All groups will be going at the same time, so check your shoulders and scan for space.

- Jobs
 - 1) Throw ball in air, bounce ball, pass into space, throw to teammate #2's chest or thighs
 - 2) Receive and control ball with appropriate body part before passing to teammate #3
 - 3) Receive pass and start over as teammate #1
- Communicate so #1 knows where to send the ball & #2 knows where to receive it
- #2 look where teammate #3 is before passing
- #3 create a passing lane for teammate #2

Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.

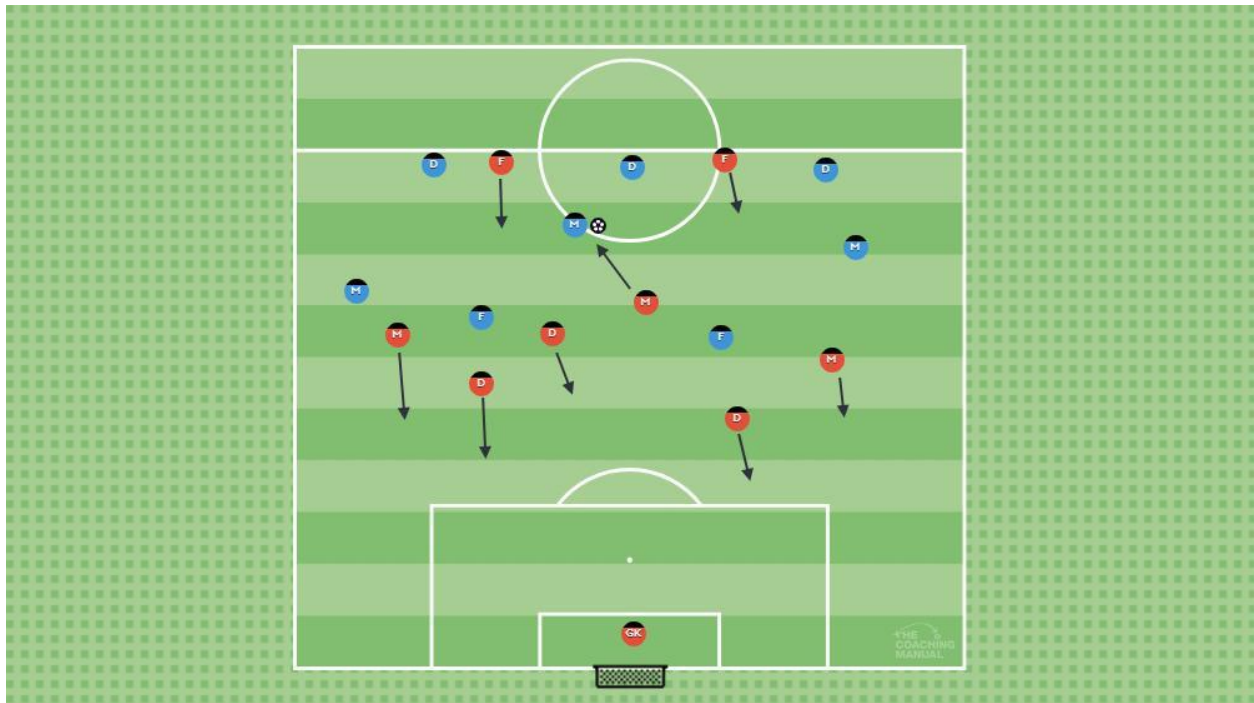


Shooting – Each team will operate on separate ends of the pitch. Line A will serve passes. Line B will run around the cone at the top of the GK box and receive a pass to shoot on goal.

- Passer and receiver need to pay attention and communicate where the ball should be sent.
- Focus on clean connection to ball for a 1-time shot and focus on a good first touch for 2-3 touches.
- Try to finish close range shots into the corners and under control. Maybe trick the GK!
- Shots from distance should be struck with power and aimed for the corners. Look at GK positioning to see if there's an advantage.

Be ready to adapt if the pass isn't perfect!!!

Situational drills should be 25-30 minutes long. Drink breaks in between rotations if needed.



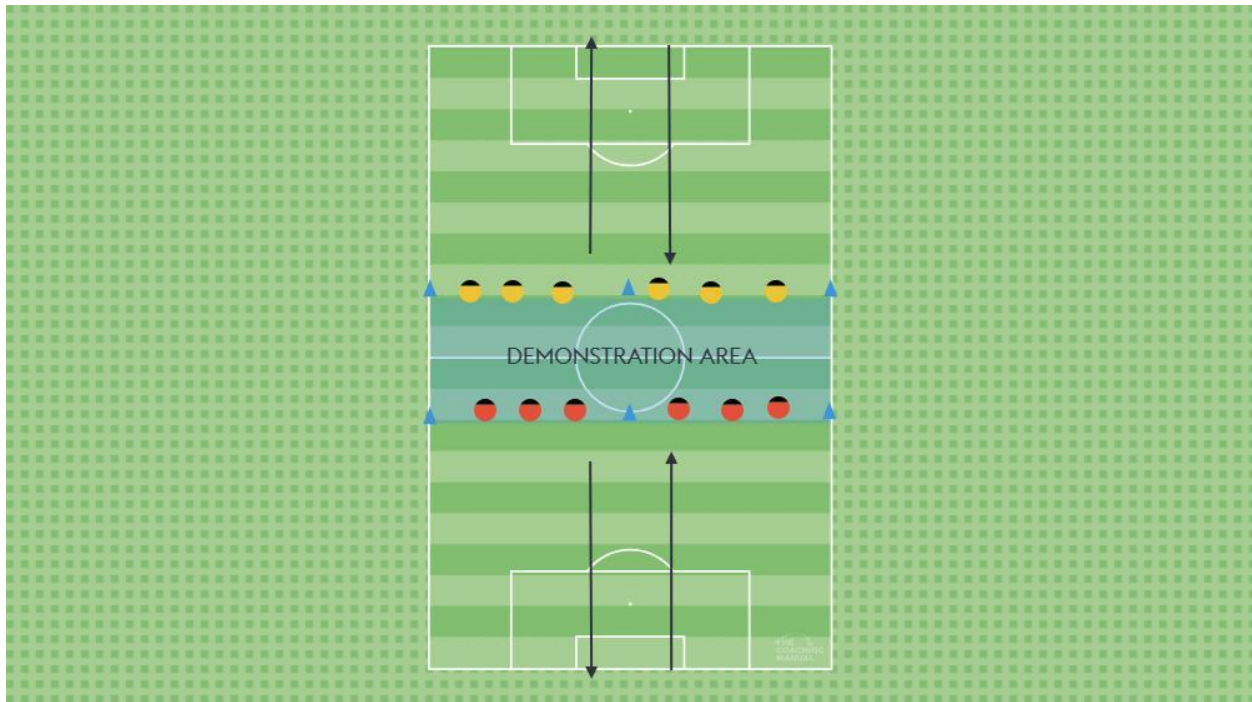
Defensive Transition – Delay: When losing the ball, it's important the nearest player to the ball presses or jockeys/contains while the rest of the team drops back to protect the goal/center of the pitch.

Each team will work in their own half amongst themselves. Use 7v6 for U10 and 9v8 for U12/U14.

DEFENDING - DEPTH

Week 7

Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Dribbling – Each team will execute the chosen dribbling techniques across their own half of the field and back. Challenger coaches will use the demonstration area to show the next technique.

- Forward rolls
- Tick tocks
- Backwards sole drags
- Laces (L/R)
- Outside, inside (L/R)
- Outside foot (L/R)
- Inside foot (L/R)
- Roll overs (L/R)
- Full speed bigger touches (L/R)
- Jogging speed (L/R)
- Slow speed tiny touches (L/R)
- 2-person weave with a partner (L/R)
- 5-yard burst/change of pace (L/R)
- Pull back and dribble (L/R)
- Inside turn and dribble (L/R)
- Outside turn and dribble (L/R)

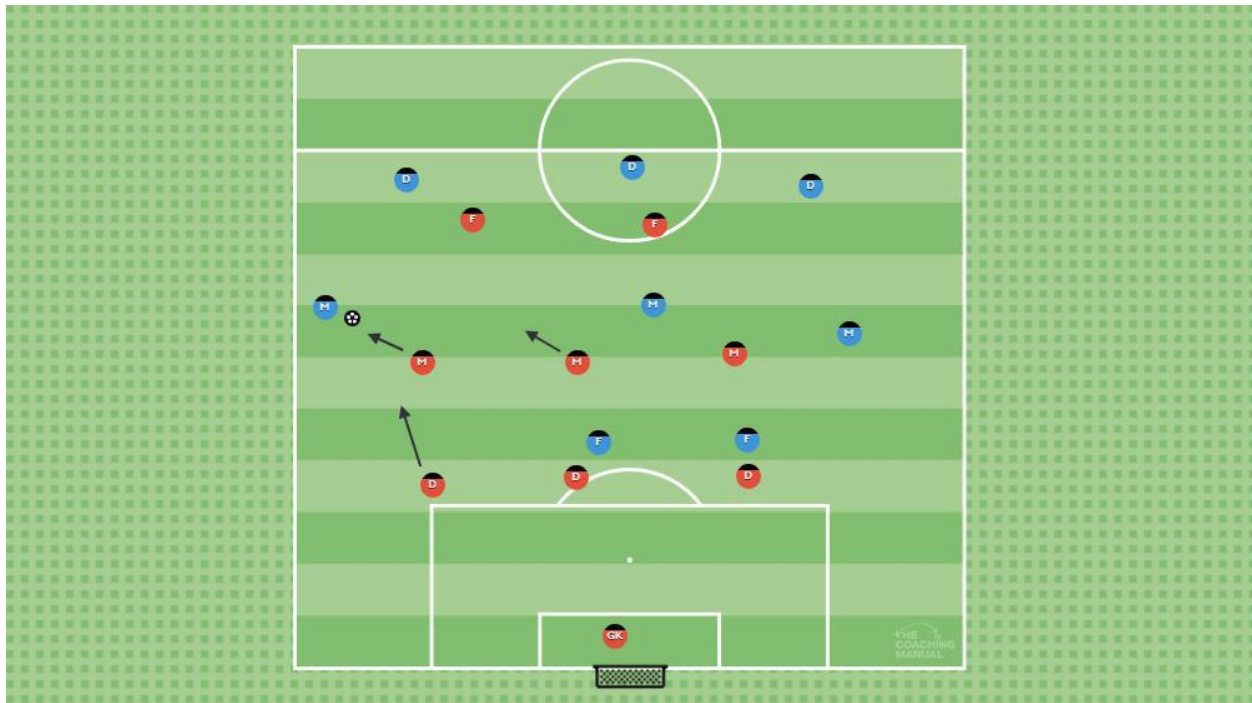
Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Passing – Each pair of players will take turns executing the chosen passing technique on both sides of the cone. Challenger coaches will use the demonstration area to show the next technique. On the L side of cone, use L foot. On the R side of cone, use R foot.

- Inside foot unlimited touches (L/R)
- Outside foot unlimited touches (L/R)
- 2 touch (L/R)
- 1 touch (L/R)
- Inside foot volley (L/R)
- Laces volley (L/R)
- Thigh trap and pass (L/R)
- Chest trap and pass (L/R)
- Roll across cone and pass (L/R)
- Headers (U14 only!!)

Situational drills should be 25-30 minutes long. Drink breaks in between rotations if needed.



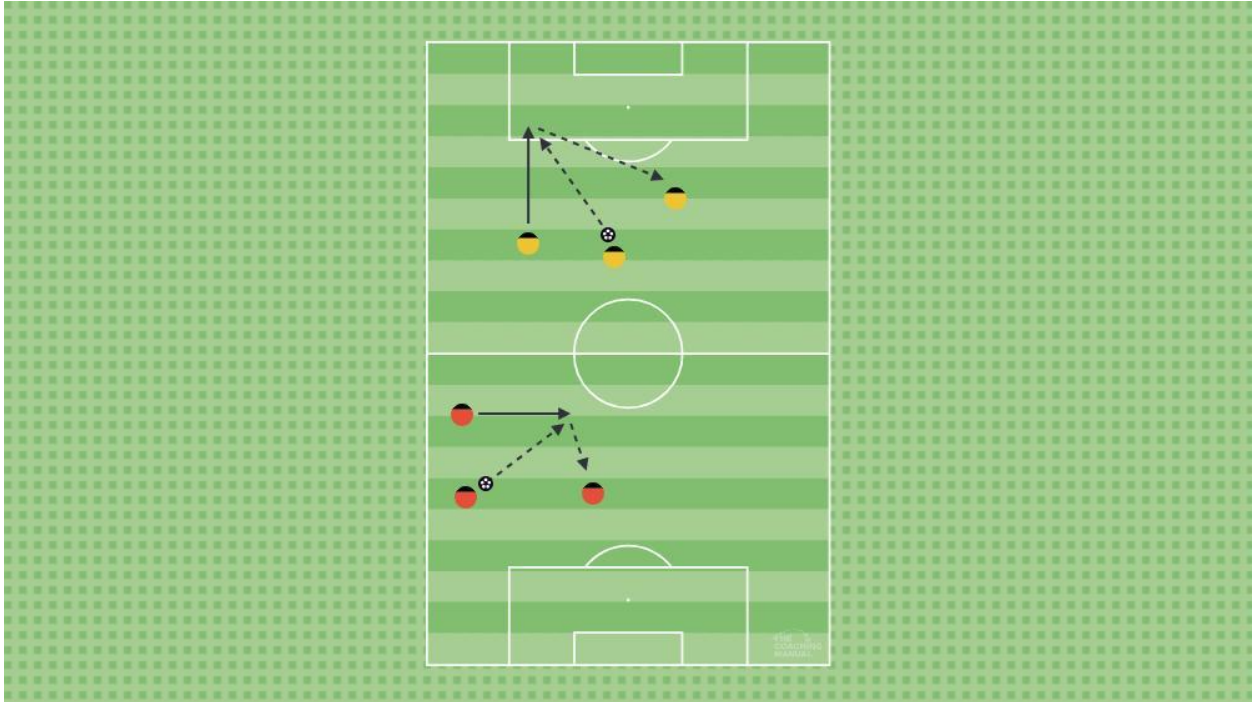
Defending – Depth: When one teammate on the defending team goes to close down the ball, the nearest player(s) to them should fill the space behind them to either assist with winning the ball back or block an escape route if the first defender gets beat.

Each team will work in their own half amongst themselves. Use 7v6 for U10 and 9v8 for U12/U14.

ATTACKING TRANSITION - PENETRATION

Week 8

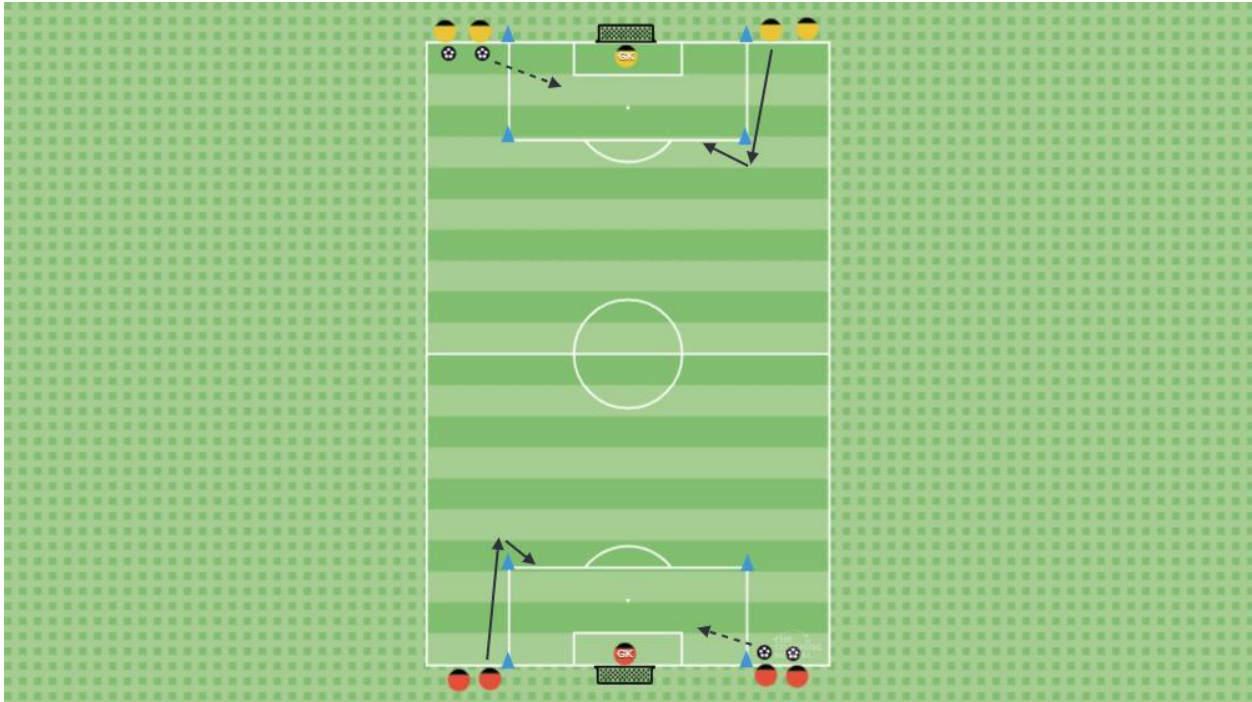
Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Ball Control – Each team will operate all around their own half. Players will work in groups of 3 and rotate jobs after each turn. All groups will be going at the same time, so check your shoulders and scan for space.

- Jobs
 - 1) Throw ball in air, bounce ball, pass into space, throw to teammate #2's chest or thighs
 - 2) Receive and control ball with appropriate body part before passing to teammate #3
 - 3) Receive pass and start over as teammate #1
- Communicate so #1 knows where to send the ball & #2 knows where to receive it
- #2 look where teammate #3 is before passing
- #3 create a passing lane for teammate #2

Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.

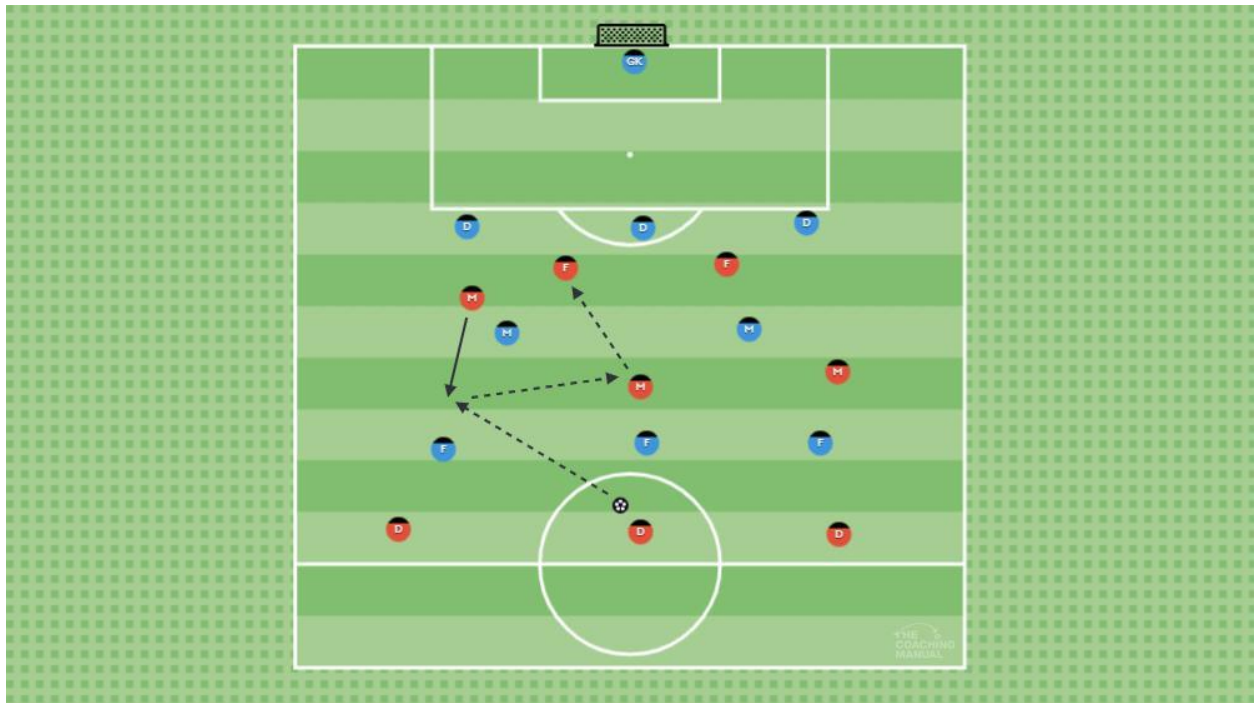


Shooting – Each team will operate on separate ends of the pitch. Line A will serve passes. Line B will run around the cone at the top of the GK box and receive a pass to shoot on goal.

- Passer and receiver need to pay attention and communicate where the ball should be sent.
- Focus on clean connection to ball for a 1-time shot and focus on a good first touch for 2-3 touches.
- Try to finish close range shots into the corners and under control. Maybe trick the GK!
- Shots from distance should be struck with power and aimed for the corners. Look at GK positioning to see if there's an advantage.

Be ready to adapt if the pass isn't perfect!!!

Situational drills should be 25-30 minutes long. Drink breaks in between rotations if needed.



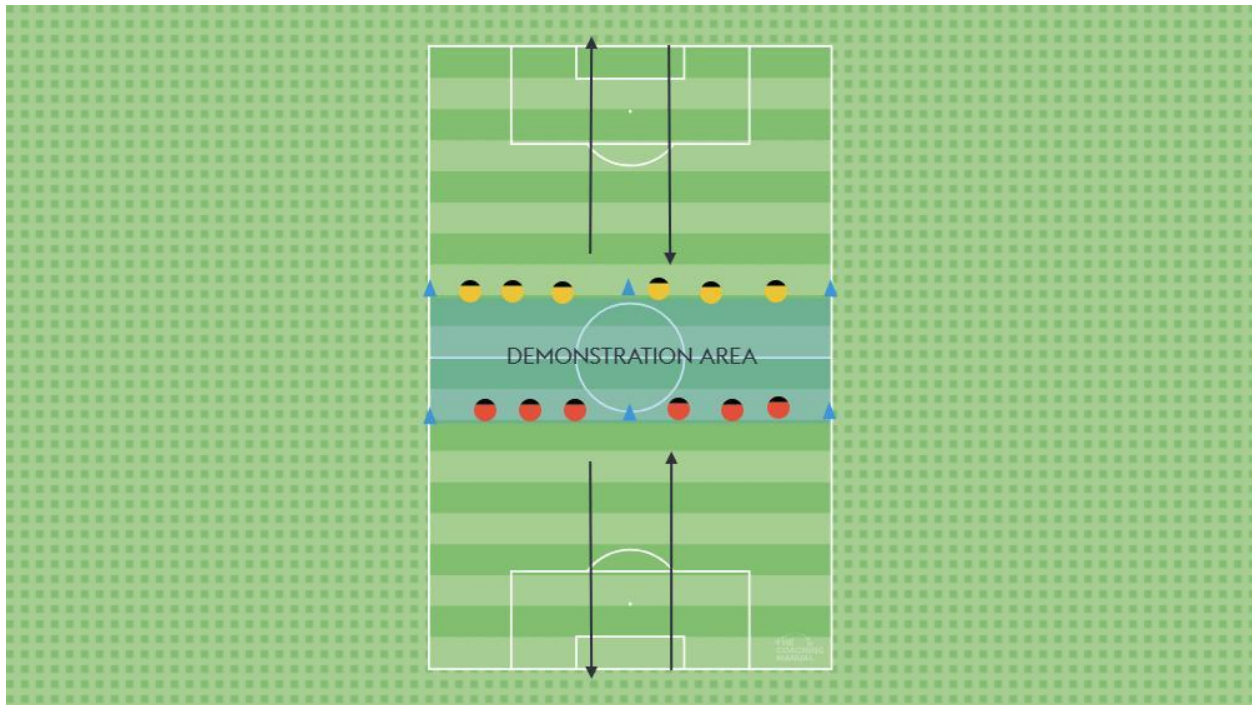
Attacking Transition – Penetration: When winning the ball back in transition, we want to first try to play forward and quickly before the opponents can recover into defensive position. We can play to space, play to a teammate's feet, dribble out, or switch the ball to a less congested side of the pitch.

Each team will work in their own half amongst themselves. Use 7v6 for U10 and 9v8 for U12/U14.

ATTACKING - CREATIVITY

Week 9

Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Dribbling – Each team will execute the chosen dribbling techniques across their own half of the field and back. Challenger coaches will use the demonstration area to show the next technique.

- Forward rolls
- Tick tocks
- Backwards sole drags
- Laces (L/R)
- Outside, inside (L/R)
- Outside foot (L/R)
- Inside foot (L/R)
- Roll overs (L/R)
- Full speed bigger touches (L/R)
- Jogging speed (L/R)
- Slow speed tiny touches (L/R)
- 2-person weave with a partner (L/R)
- 5-yard burst/change of pace (L/R)
- Pull back and dribble (L/R)
- Inside turn and dribble (L/R)
- Outside turn and dribble (L/R)

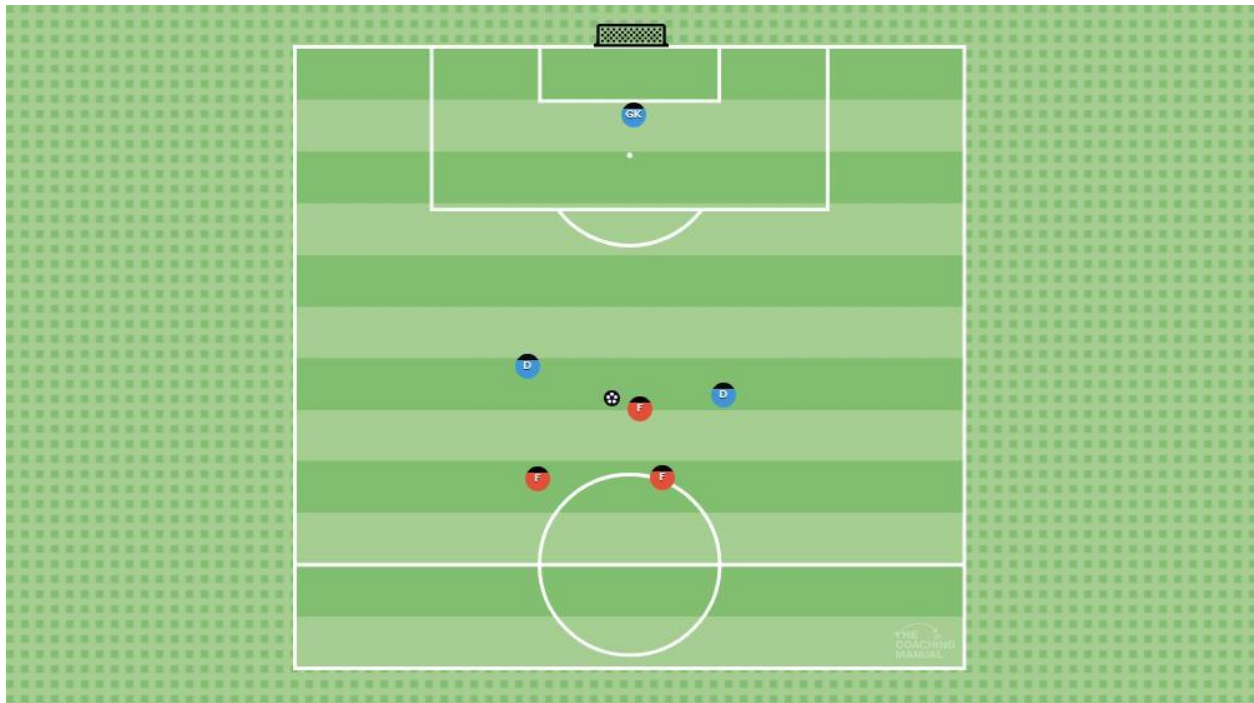
Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Passing – Each pair of players will take turns executing the chosen passing technique on both sides of the cone. Challenger coaches will use the demonstration area to show the next technique. On the L side of cone, use L foot. On the R side of cone, use R foot.

- Inside foot unlimited touches (L/R)
- Outside foot unlimited touches (L/R)
- 2 touch (L/R)
- 1 touch (L/R)
- Inside foot volley (L/R)
- Laces volley (L/R)
- Thigh trap and pass (L/R)
- Chest trap and pass (L/R)
- Roll across cone and pass (L/R)
- Headers (U14 only!!)

Situational drills should be 25-30 minutes long. Drink breaks in between rotations if needed.



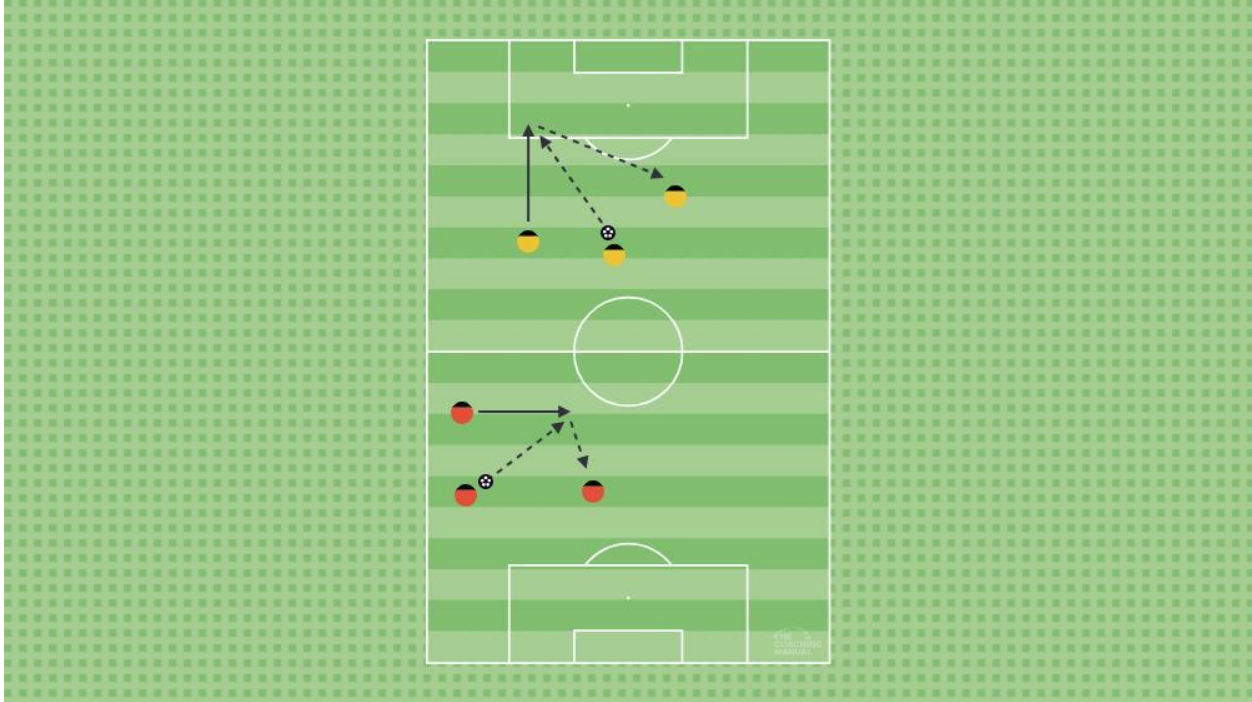
Attacking – Creativity: 3v2 followed by a progression of 4v3. Be creative, use flair, and take risks in the attacking third of the pitch.

- Try to work on chemistry and go with the flow
- Dribble with changes of direction
- Skill moves
- Layoffs
- Underlaps
- Overlaps
- Diagonal runs
- Runs into space
- 1-2 (Give and Go)
- Diagonal passes
- Passes into space
- High/low crosses
- Cut backs

SCRIMMAGE/3v3

Week 10

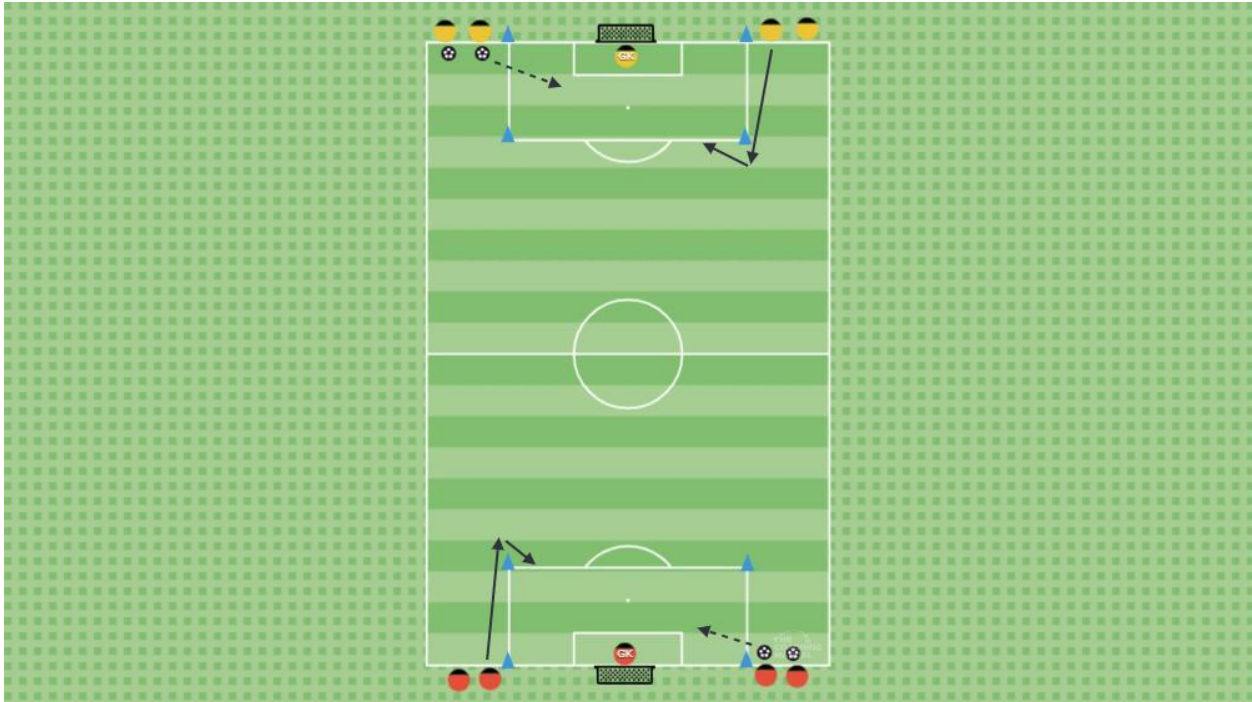
Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.



Ball Control – Each team will operate all around their own half. Players will work in groups of 3 and rotate jobs after each turn. All groups will be going at the same time, so check your shoulders and scan for space.

- Jobs
 - 1) Throw ball in air, bounce ball, pass into space, throw to teammate #2's chest or thighs
 - 2) Receive and control ball with appropriate body part before passing to teammate #3
 - 3) Receive pass and start over as teammate #1
- Communicate so #1 knows where to send the ball & #2 knows where to receive it
- #2 look where teammate #3 is before passing
- #3 create a passing lane for teammate #2

Technical drills should be 10-15 minutes long. Drink breaks in between each drill if needed.

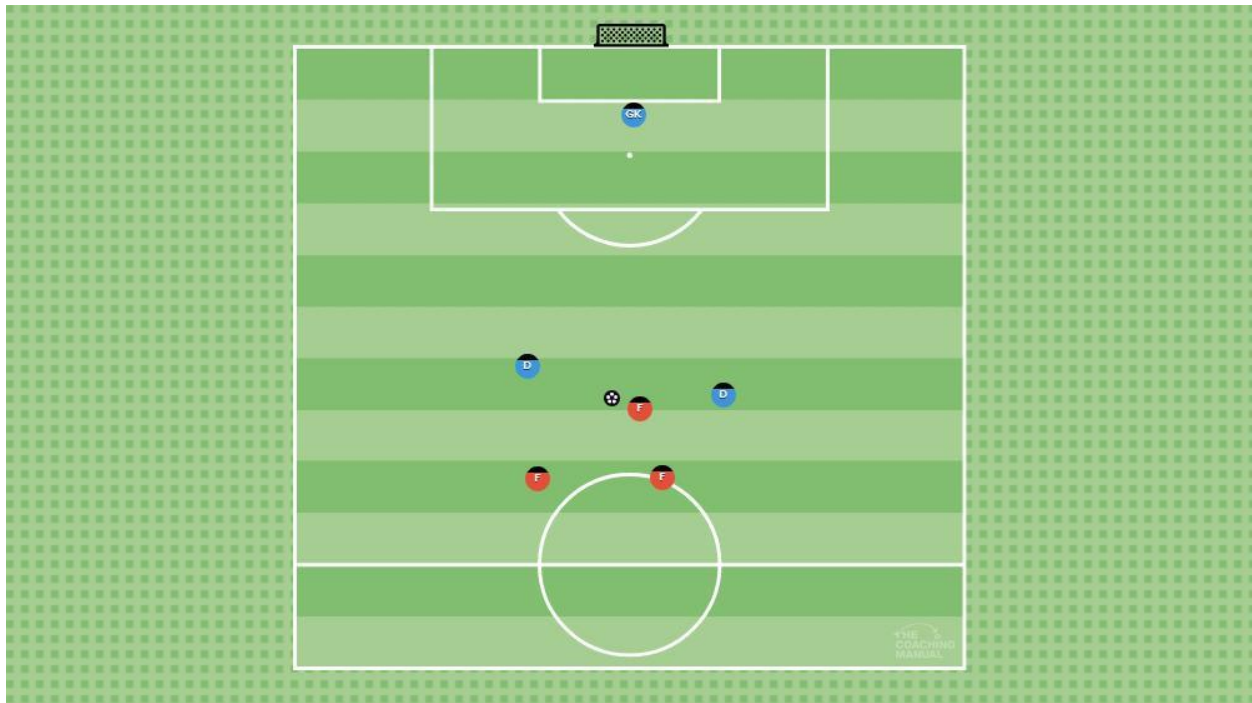


Shooting – Each team will operate on separate ends of the pitch. Line A will serve passes. Line B will run around the cone at the top of the GK box and receive a pass to shoot on goal.

- Passer and receiver need to pay attention and communicate where the ball should be sent.
- Focus on clean connection to ball for a 1-time shot and focus on a good first touch for 2-3 touches.
- Try to finish close range shots into the corners and under control. Maybe trick the GK!
- Shots from distance should be struck with power and aimed for the corners. Look at GK positioning to see if there's an advantage.

Be ready to adapt if the pass isn't perfect!!!

Situational drills should be 25-30 minutes long. Drink breaks in between rotations if needed.



Scrimmage or 3v3: Depending on numbers, play full field scrimmage with a few subs or divide up the field and play small sided 3v3.