

BURLINGTON YOUTH SOCCER ASSOCIATION



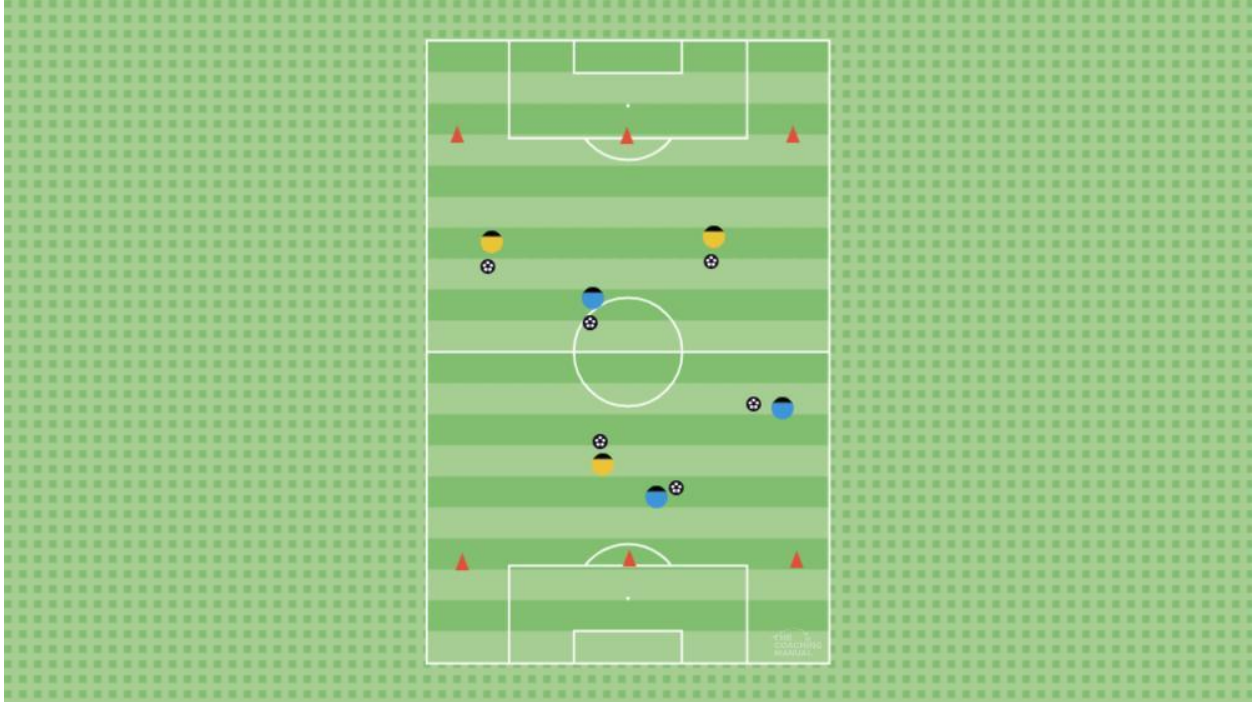
"PLAY LIKE A PRO" FALL 2023

PLAYER AND COACH DEVELOPMENT CURRICULUM

CREATIVITY

Week 1

Drills should be in order of 10-20-30 minutes long. Drink breaks in between each drill.

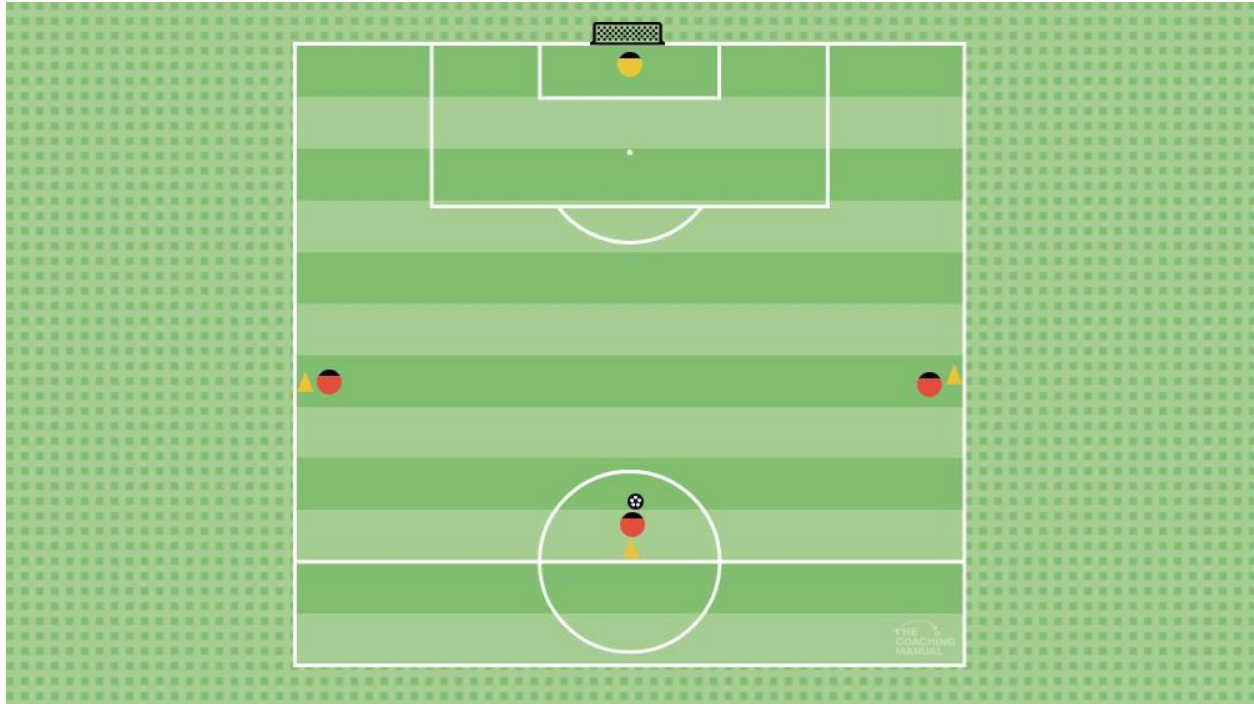


Balance, Coordination, Ball Control – Players are encouraged to spend this time moving at different speeds while working on dribbling and ball control.

- Use all surfaces of both feet
- Work on skill moves
- Twists and turns
- Drags and pushes
- Combinations

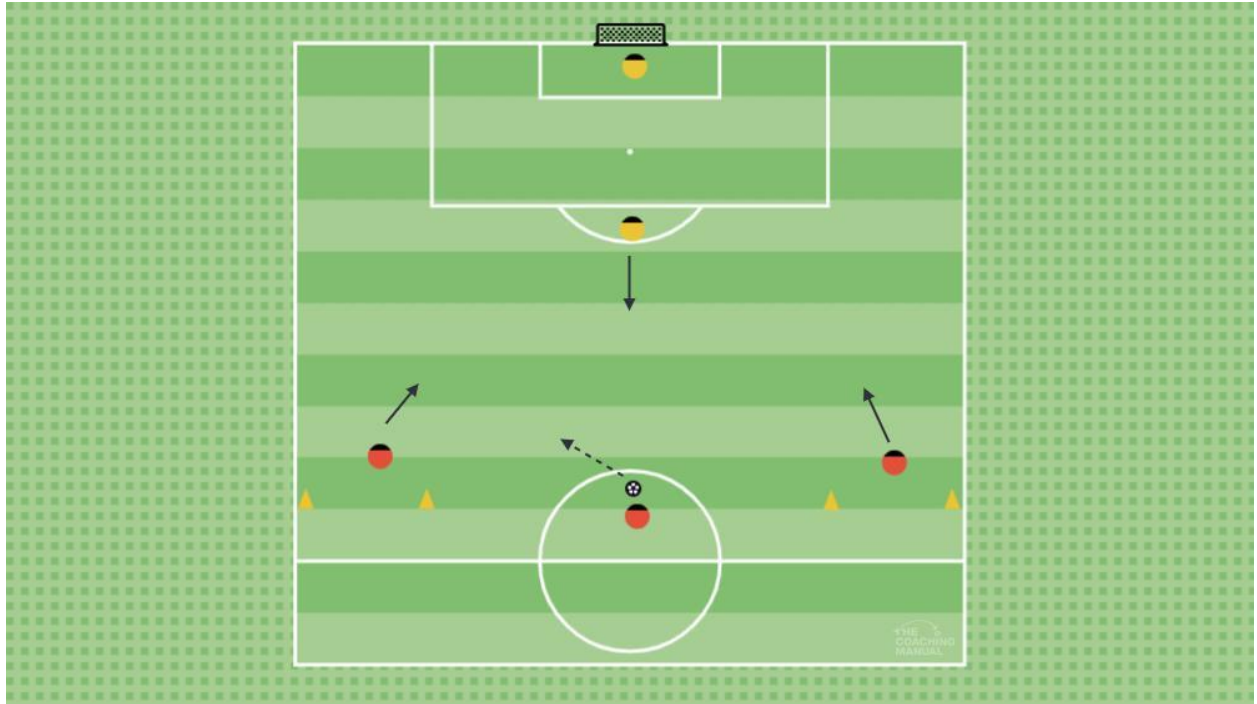
SESSION THEME – CREATIVITY

- Risk: Attacking 1/3 – low, Middle 1/3 – medium, Defensive 1/3 – high
- Players are encouraged to be creative, use flair, and take risks in the attacking third



Unopposed Attack – Three attackers will line up at a time and play off each other down the field until a scoring opportunity shows.

- Try to work on chemistry and go with the flow
- Layoffs
- Underlaps
- Overlaps
- Diagonal runs
- Runs into space
- 1-2 (Give and Go)
- Diagonal passes
- Passes into space
- Low crosses
- Cut backs
- High crosses



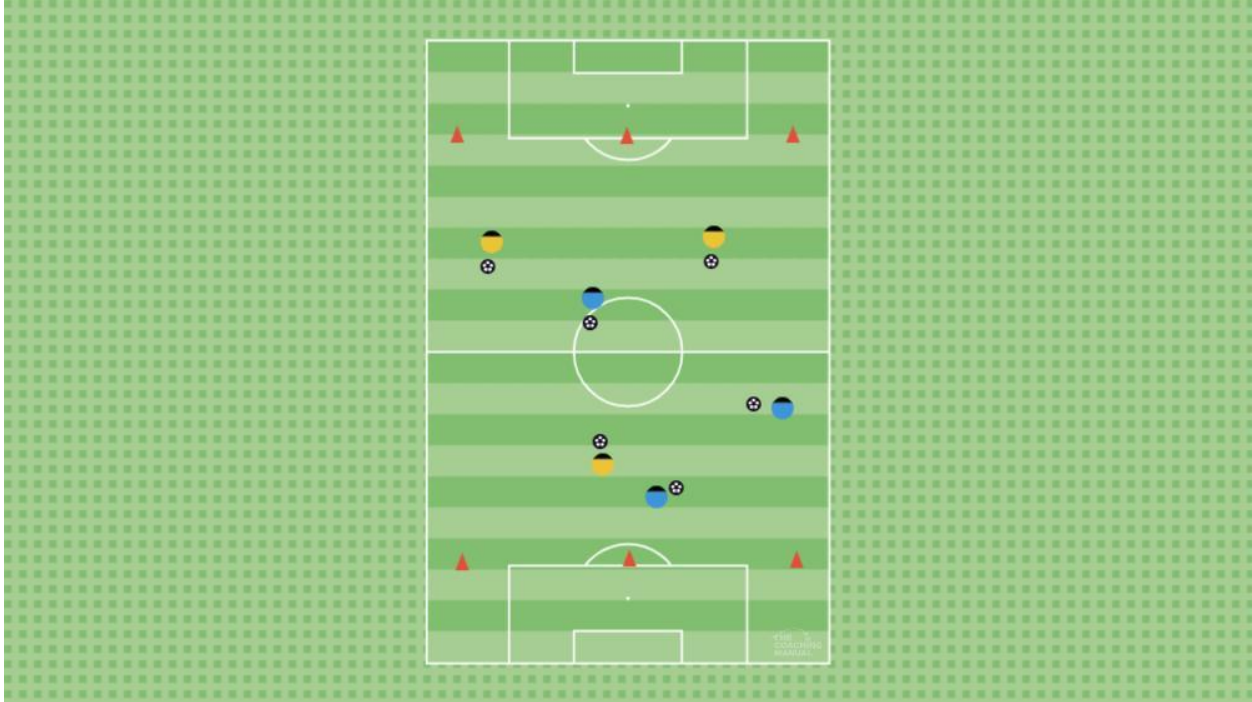
3v1 – Three attackers will work on maintaining creativity and chemistry against a single defender.

- Attackers score on net
- Defender scores on the 2 cone goals near halfway

COMPACTNESS

Week 2

Drills should be in order of 10-20-30 minutes long. Drink breaks in between each drill.

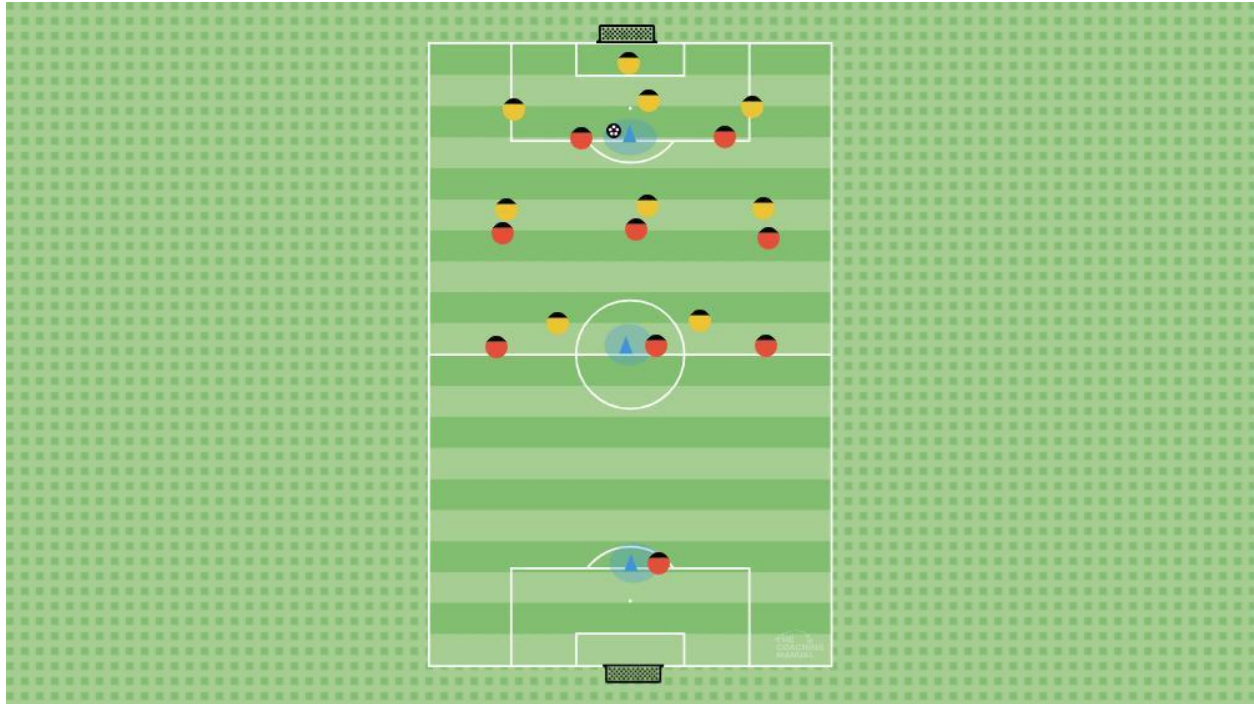


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SESSION THEME – COMPACTNESS

- Minimize space between goalkeeping, defensive, midfield, and attacking lines



Line Position Based On Ball – Set a cone at the top of each GK box and on the halfway line. Put a lineup out for each team just like a game. Select a cone for the teams to base their position off of.

- Ball at opponent GK box
 - Your GK near top of their own box
 - Defenders near the halfway line
 - Attackers near/in the opponent box
 - Midfielders between attackers and defenders
- Ball at your GK box
 - Your GK in net
 - Defenders in GK box
 - Attackers near halfway line
 - Midfielders between attackers and defenders
- Ball at halfway line
 - Your GK in box
 - Attackers near halfway line
 - Defenders near GK box
 - Midfielders between attackers and defenders



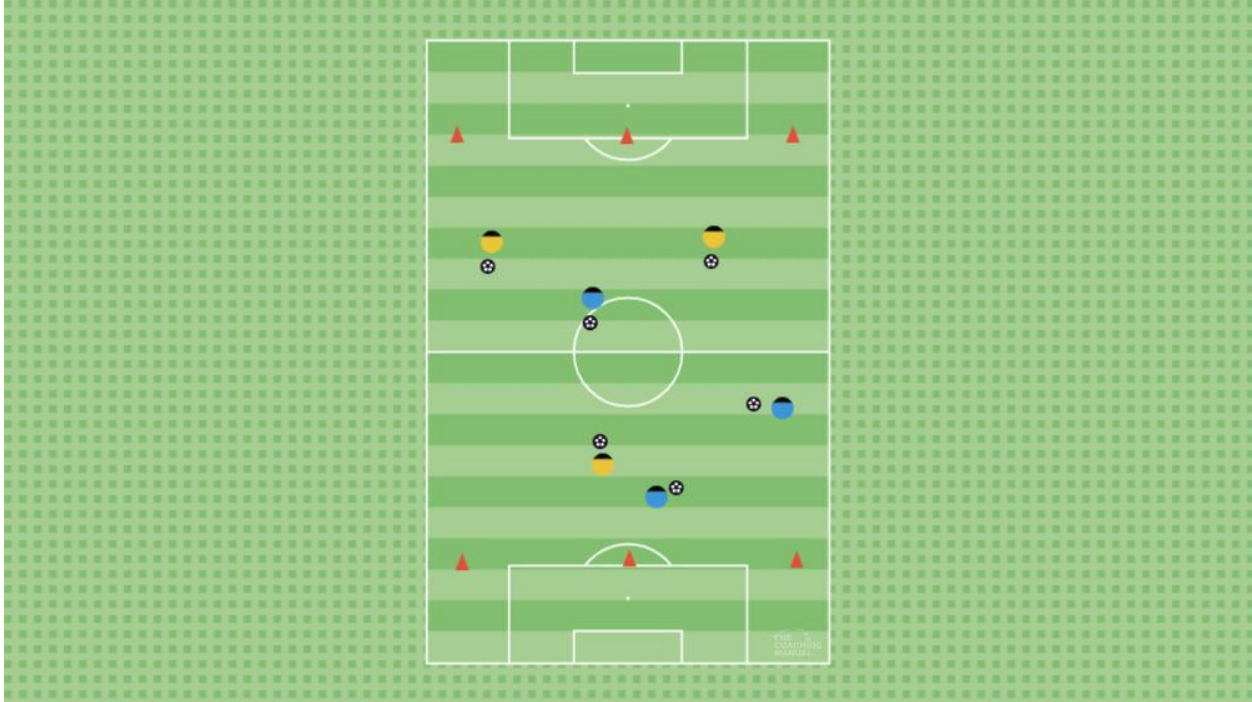
Scrimmage With Positional Reminders – Place different colored cones to show each line's main area of operation. It will be reverse order for the opposite team.

- Red zone - defenders
- Blue zone - midfielders
- Black zone – attackers

BALANCE

Week 3

Drills should be in order of 10-20-30 minutes long. Drink breaks in between each drill.

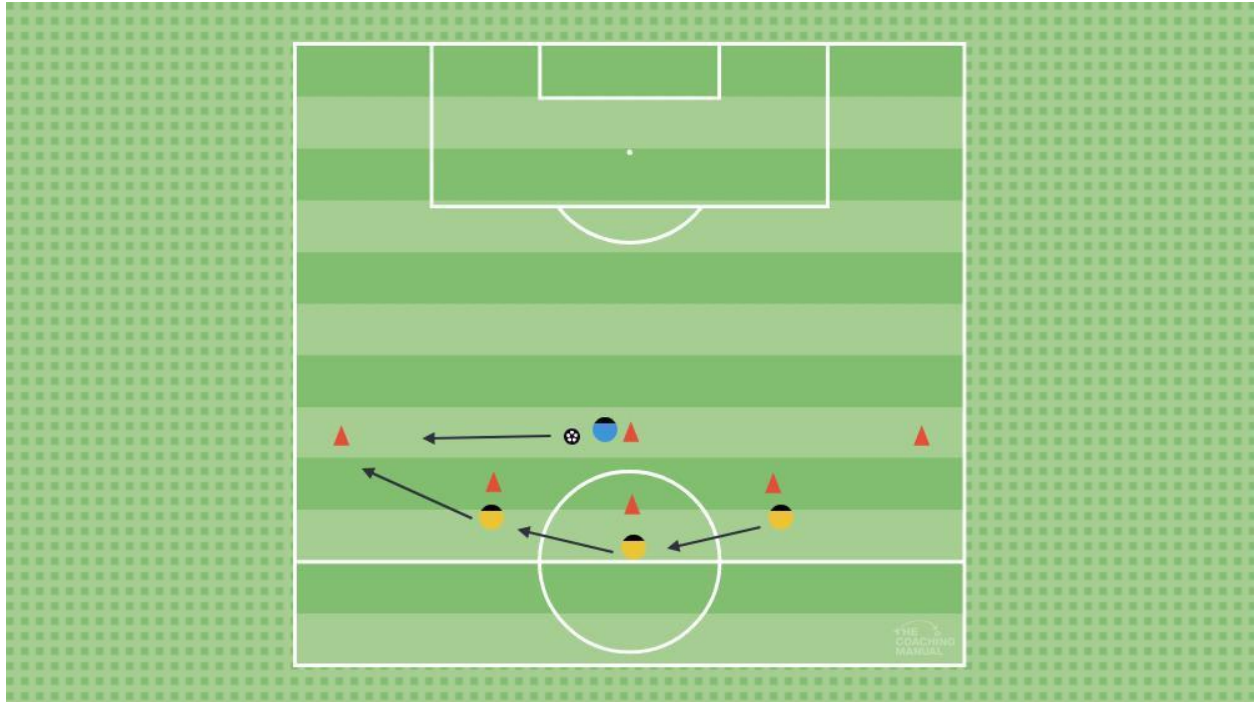


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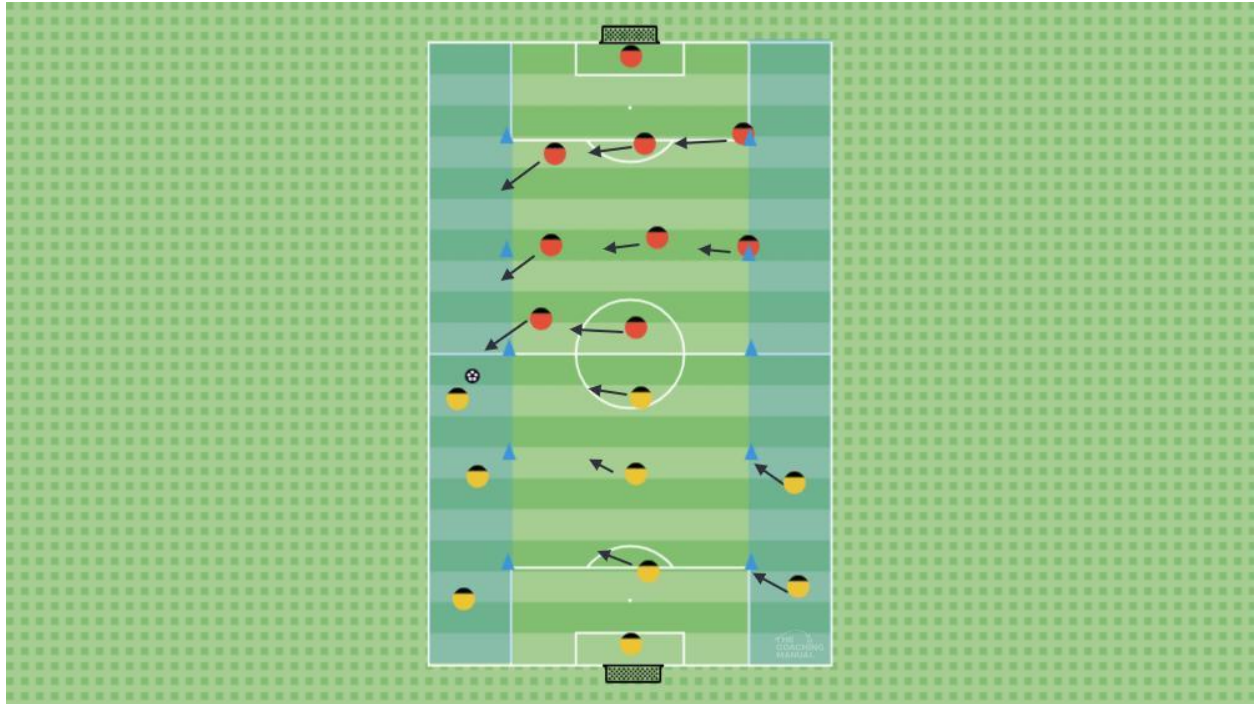
SESSION THEME – BALANCE

- Defense tucking in on the far side



Shifting – Set multiple grids with 1 dribbler and 3 defenders. The dribbler will move to the left or right cone. The defenders will shift across to adjust their positioning and tuck in.

- Dribbler goes left, left defender goes to press
- Dribbler goes right, right defender goes to press
- Dribbler moves middle, central defender goes to press
- This is a shadow movement, do not steal the ball from the dribbler



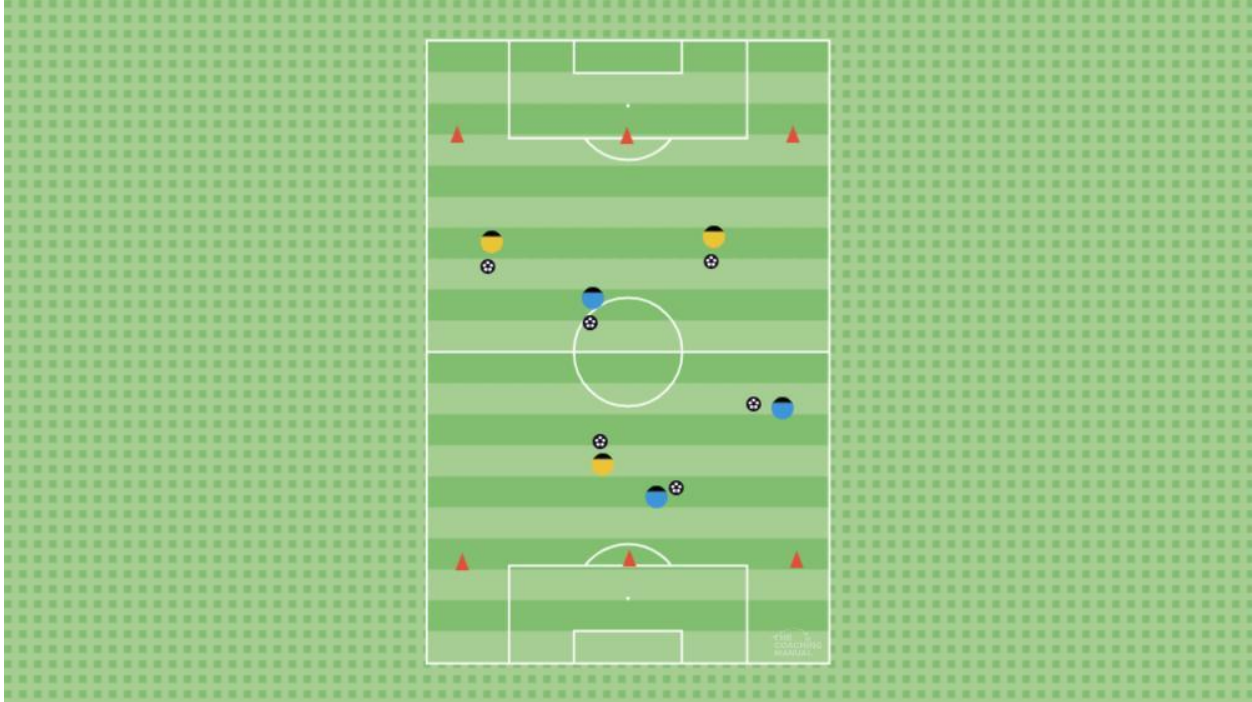
Scrimmage With Shifting Zones – When the ball goes to the other side of the field, everyone should be shifting out of the wide zone that it came from.

- Closest defending player should press
- Other defending players should base their position off of the pressing player

WIDTH

Week 4

Drills should be in order of 10-20-30 minutes long. Drink breaks in between each drill.

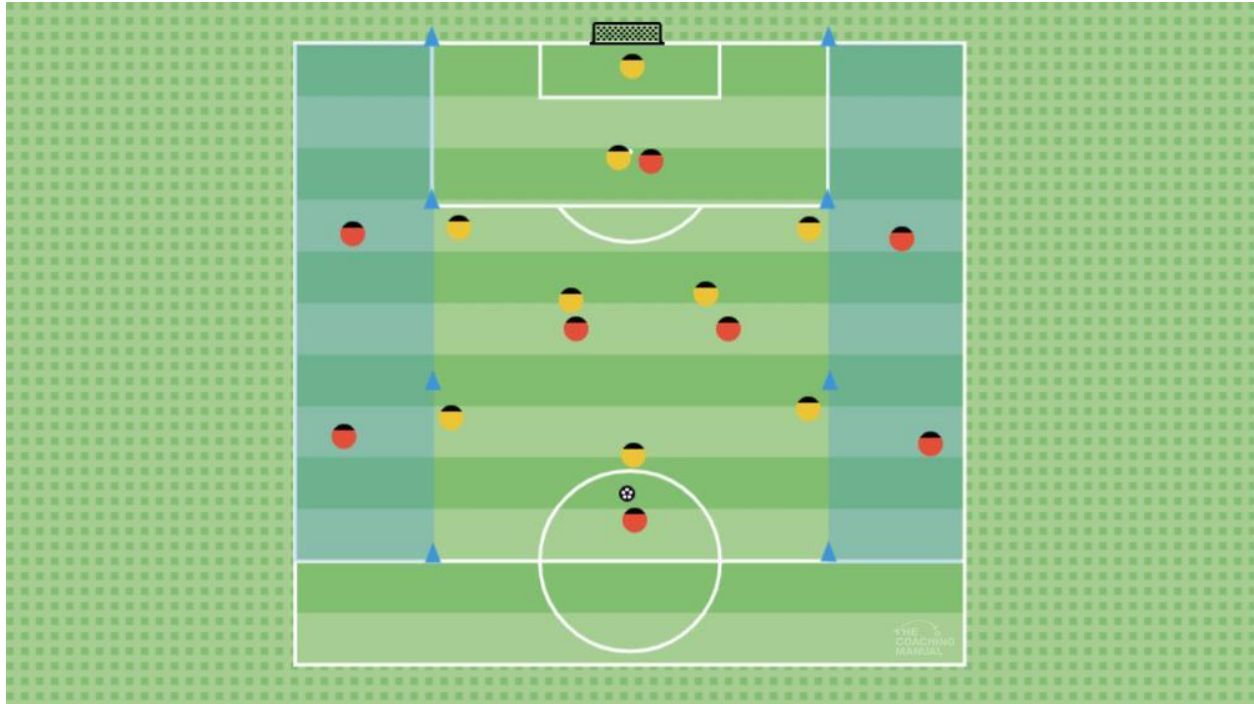


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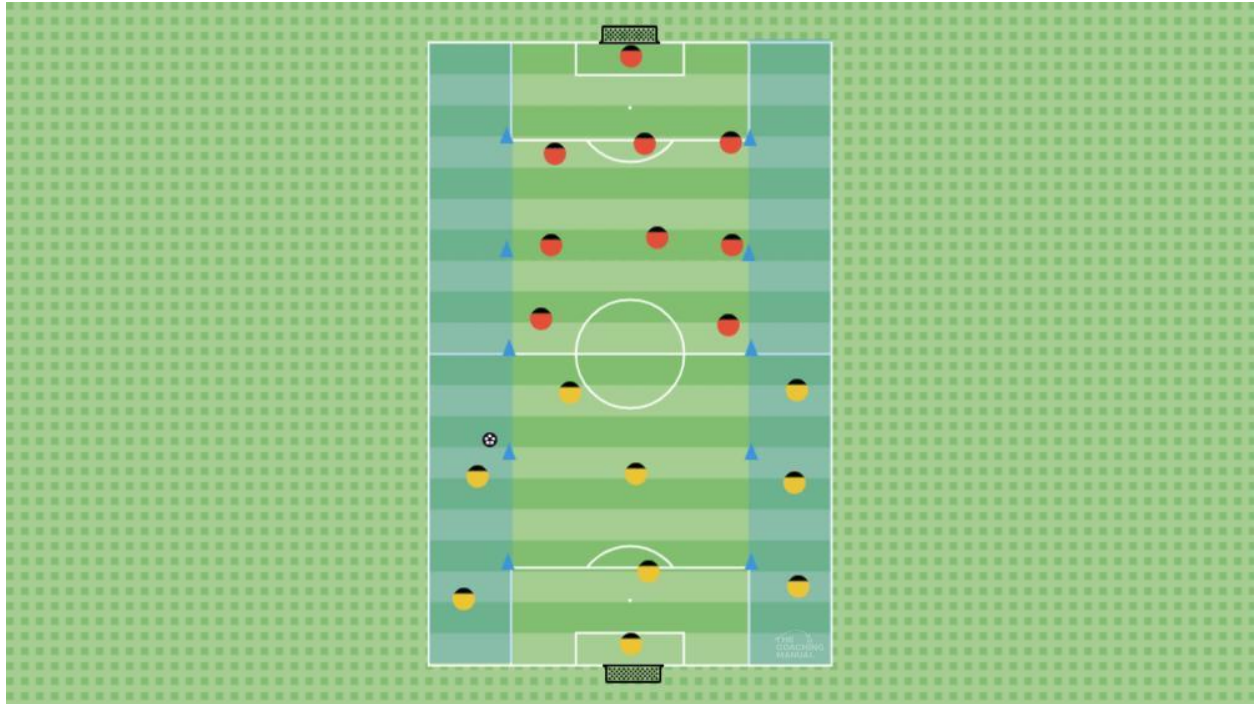
SESSION THEME – WIDTH

- Out of possession: cover the width of the goalkeeper box out of possession
- In possession: stretch into the wide channels



Position Based On Possession – Each team will use half of the field for a small scrimmage with themselves. Cone off the wide areas for players to move in and out of based on possession.

- If your team has the ball, the players on the right and left should stretch out toward the wide channels to create space for ball movement
- If your team does not have the ball, the players on the right and left should tuck in from the wide channels to take away space for ball movement



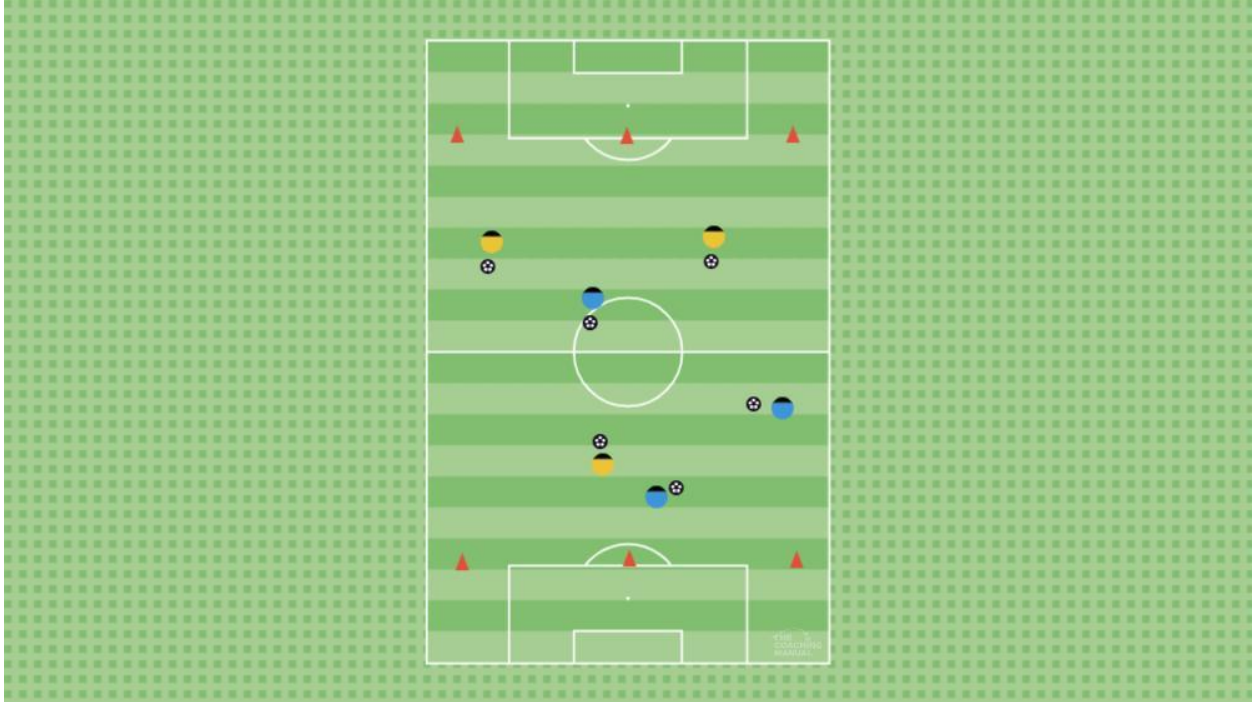
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DELAY

Week 5

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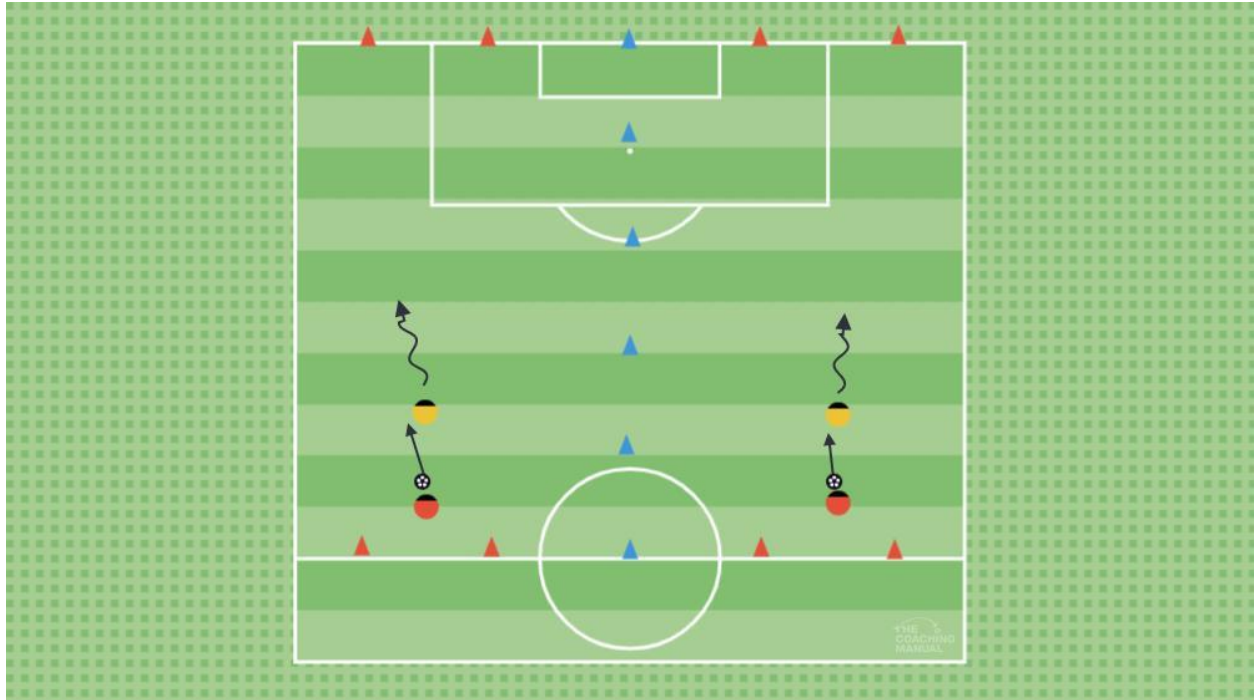


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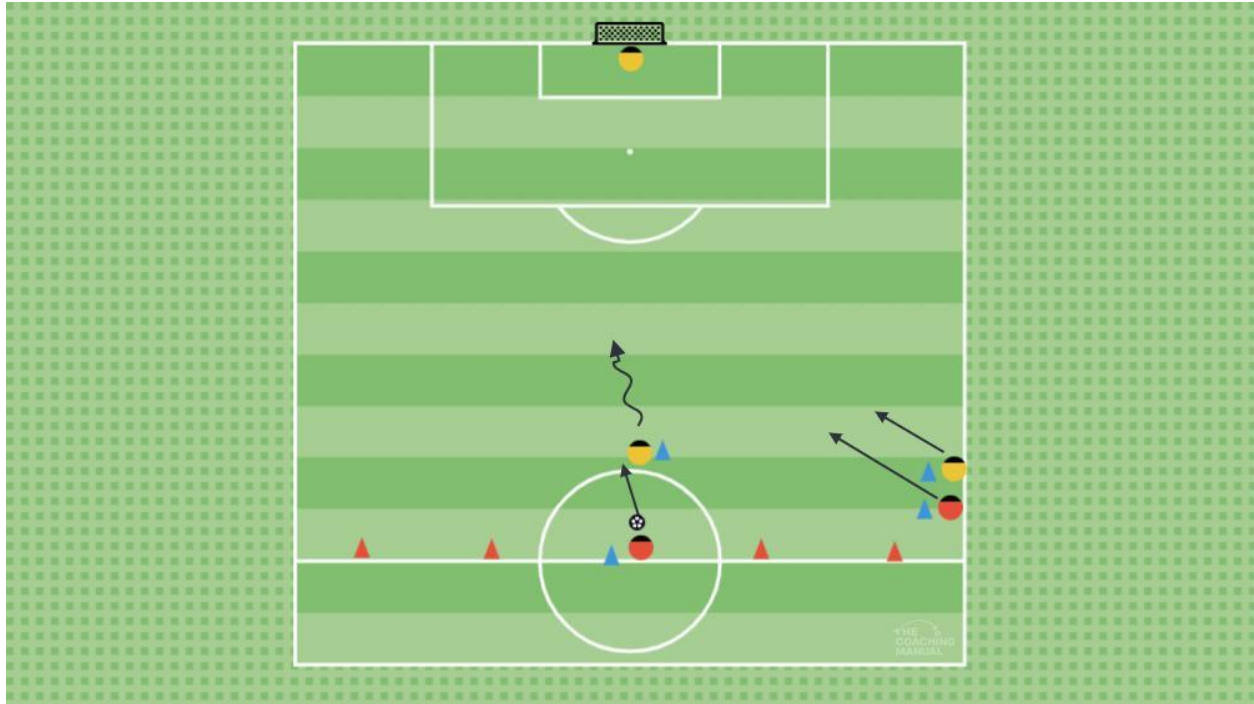
SESSION THEME – DELAY

- Pressing or jockeying the opponent in defensive transition while teammates mark outlets
- Tactical fouls are part of the game



Jockeying/Containing For Opportunity – Players will go against each other 1v1. Defender should work to stay in front of the ball and slow it down. Defender can try to score on the attacker's goal if they win the ball.

- Jockey positioning requires bent knees and a staggered foot stance
- Slow down the attacker and wait for the right moment to attempt to win the ball
- Attacker should use changes of direction and speed to make it difficult to contain



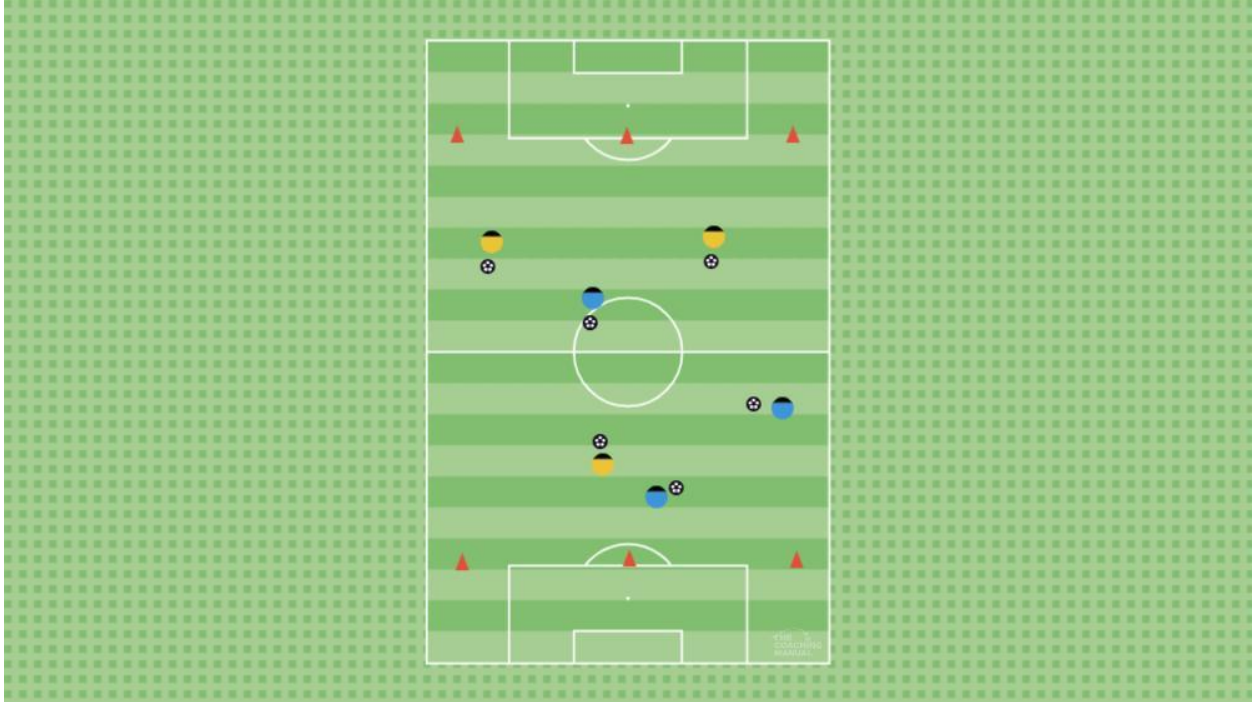
Jockeying/Containing & Marking Outlets – Players will go against each other 2v2. Defenders can try to score on the attacker’s goal if they win the ball.

- Defender A should work to stay in front of the ball and slow it down
- Defender B should stay with the open player to prevent a pass
- Attacker A should change direction and speed to create passing or shooting options
- Attacker B should try to lose the defender and create an open passing lane

DEPTH

Week 6

Drills should be in order of 10-20-30 minutes long. Drink breaks in between each drill.

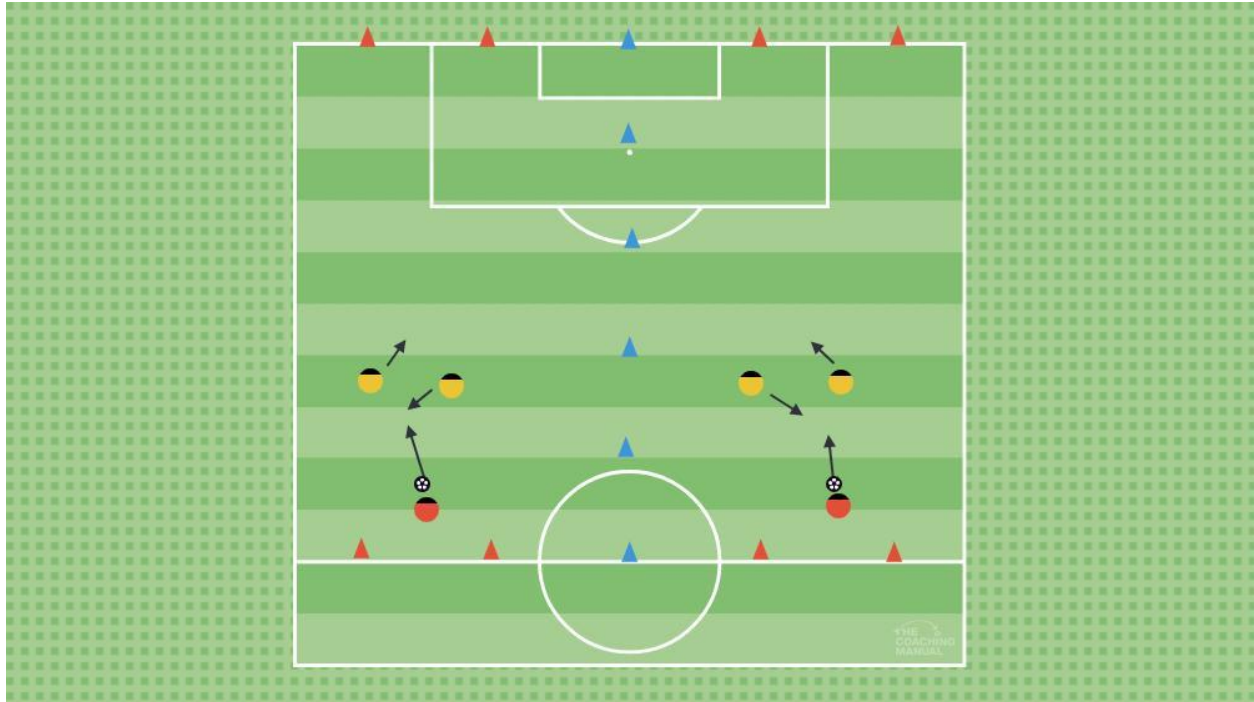


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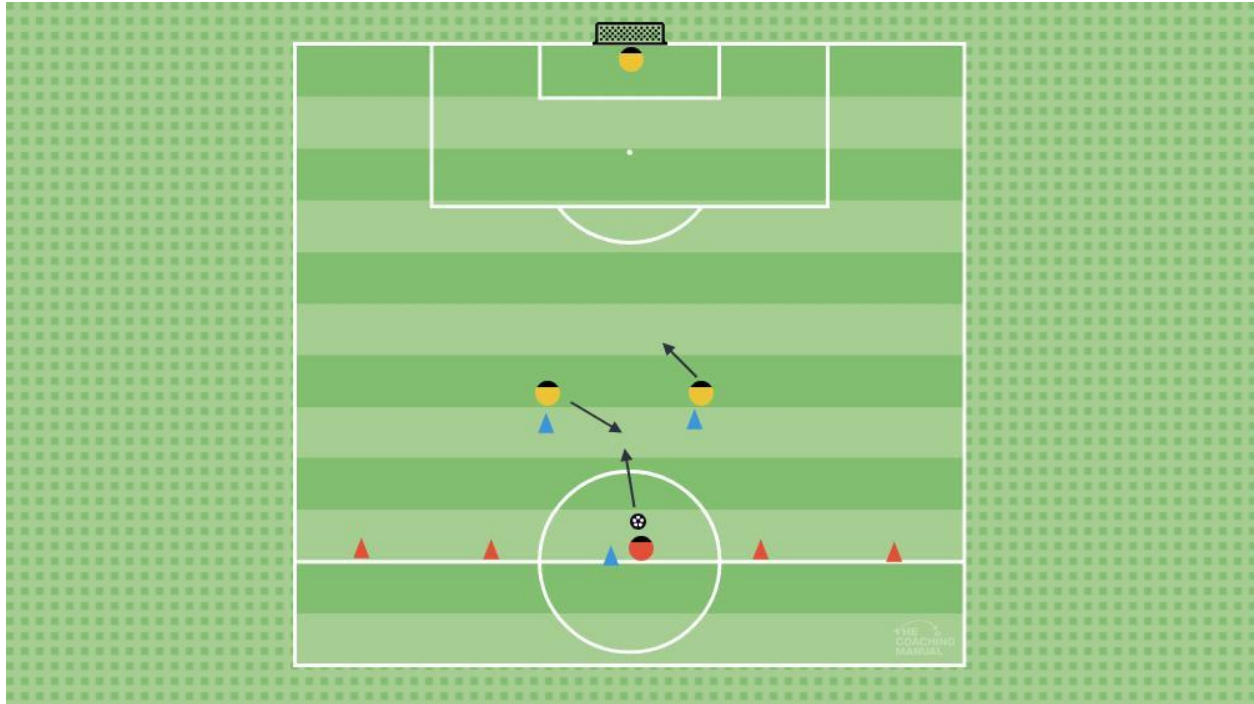
SESSION THEME – DEPTH

- Defensive player positioning is tight and staggered to cover 1st defender



Staggering Defenders – Players will go against each other 2v1. One defender should work to stay in front of the ball and slow it down. The other defender should drop behind into the dangerous space if the teammate gets beat.

- If the defender gets beat by the attacker they should repeat the staggering when the next teammate goes to the ball
- Each team has a cone goal to score on



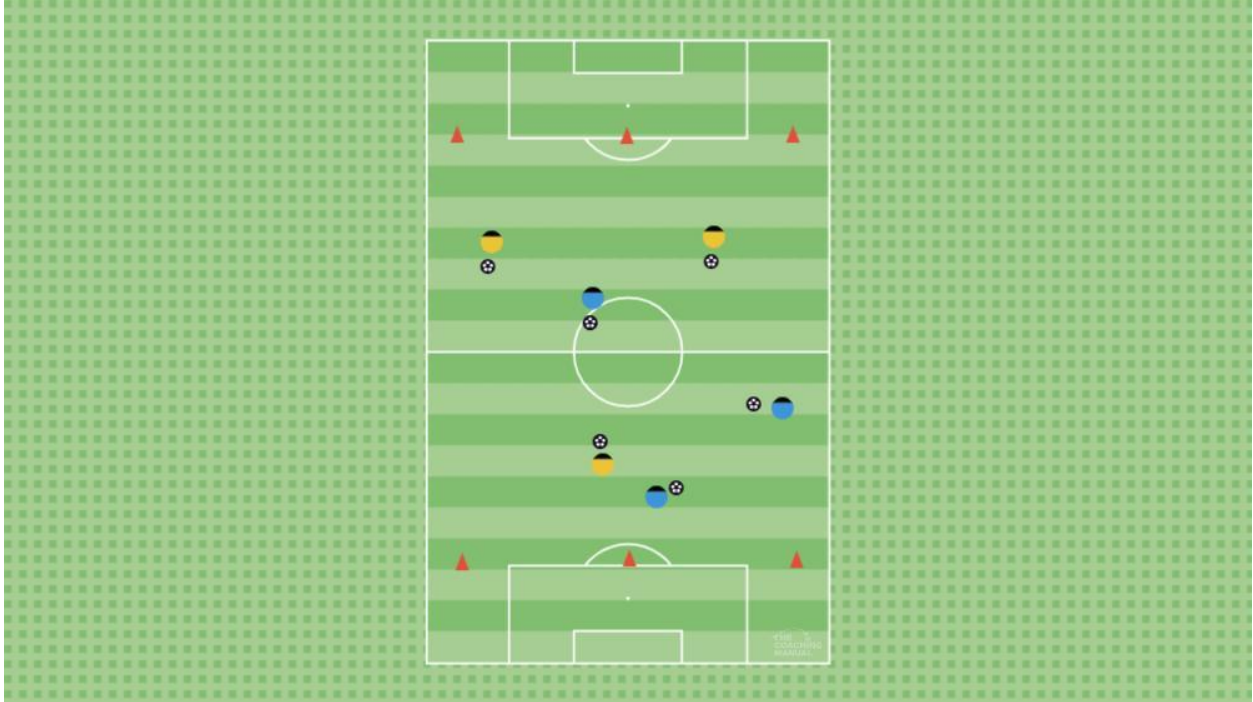
Staggering Defenders Open Play – Players will go against each other 2v1. One defender should work to stay in front of the ball and slow it down. The other defender should drop behind into the dangerous space if the teammate gets beat.

- If the defender gets beat by the attacker they should repeat the staggering when the next teammate goes to the ball
- Attacker scores on net
- Defenders score on 2 cone goals

SUPPORT

Week 7

Drills should be in order of 10-20-30 minutes long. Drink breaks in between each drill.

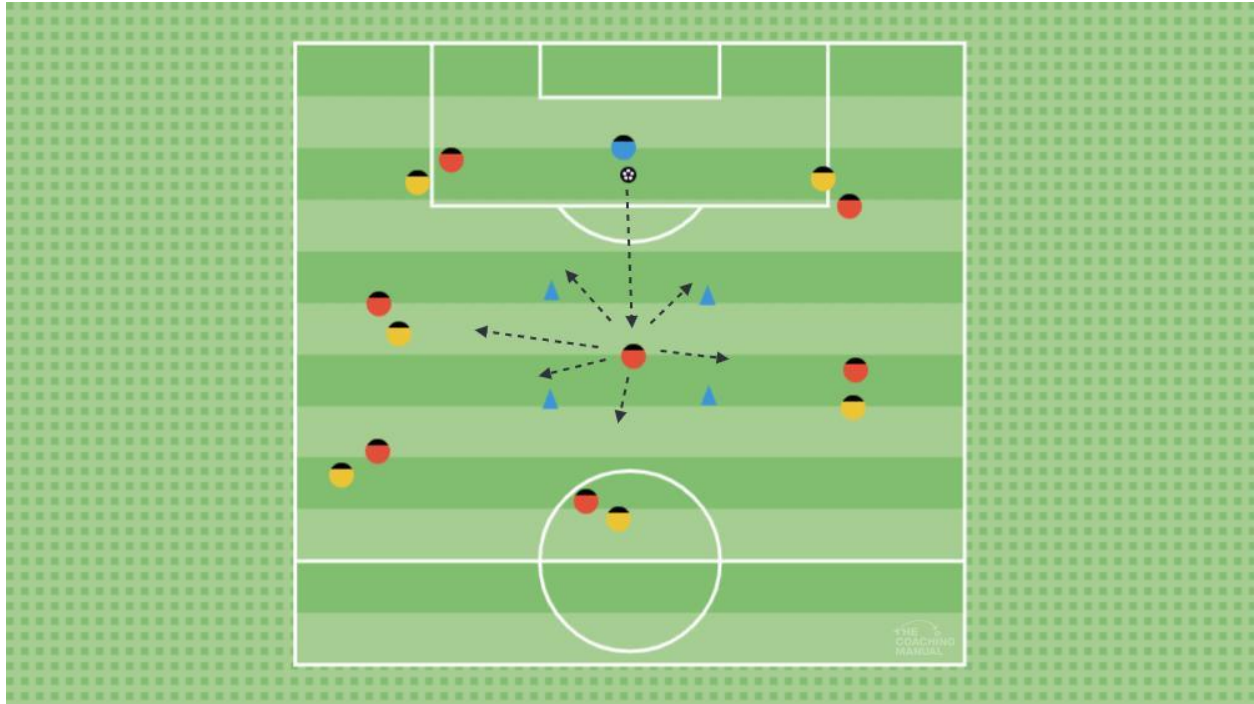


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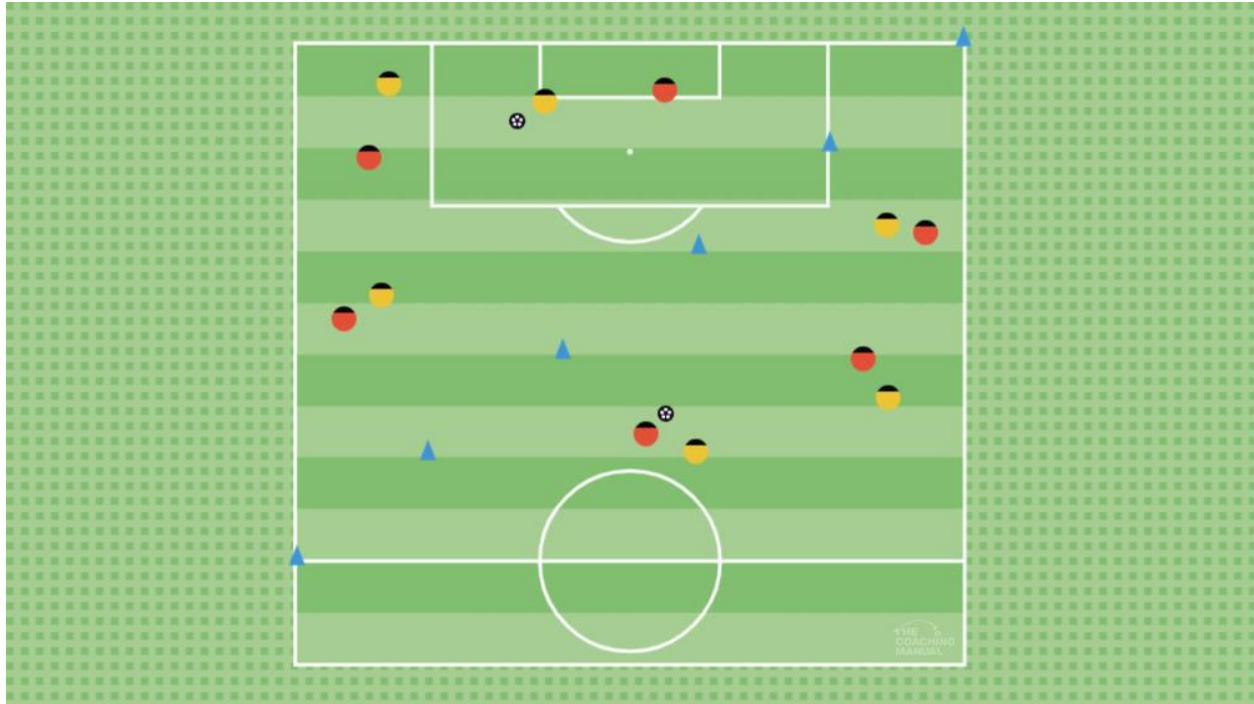
SESSION THEME – SUPPORT

- Support the teammate with the ball forward, backward, and from the sides



Creating Passing Lanes – Each team will split in half and play inside their half of the field. Coach will play the ball into a cone square for a player to receive. The player needs to find an opening passing lane to a teammate that has gotten open.

- Offense/Defense depends on which player is in the cone square
- Defense should be marking up and staying with their player
- Attackers should be changing speed and direction to create space and passing lanes
- Defenders cannot steal the ball from inside the cone square
- Attacking team should look to complete 2 passes after the ball leaves the cone square



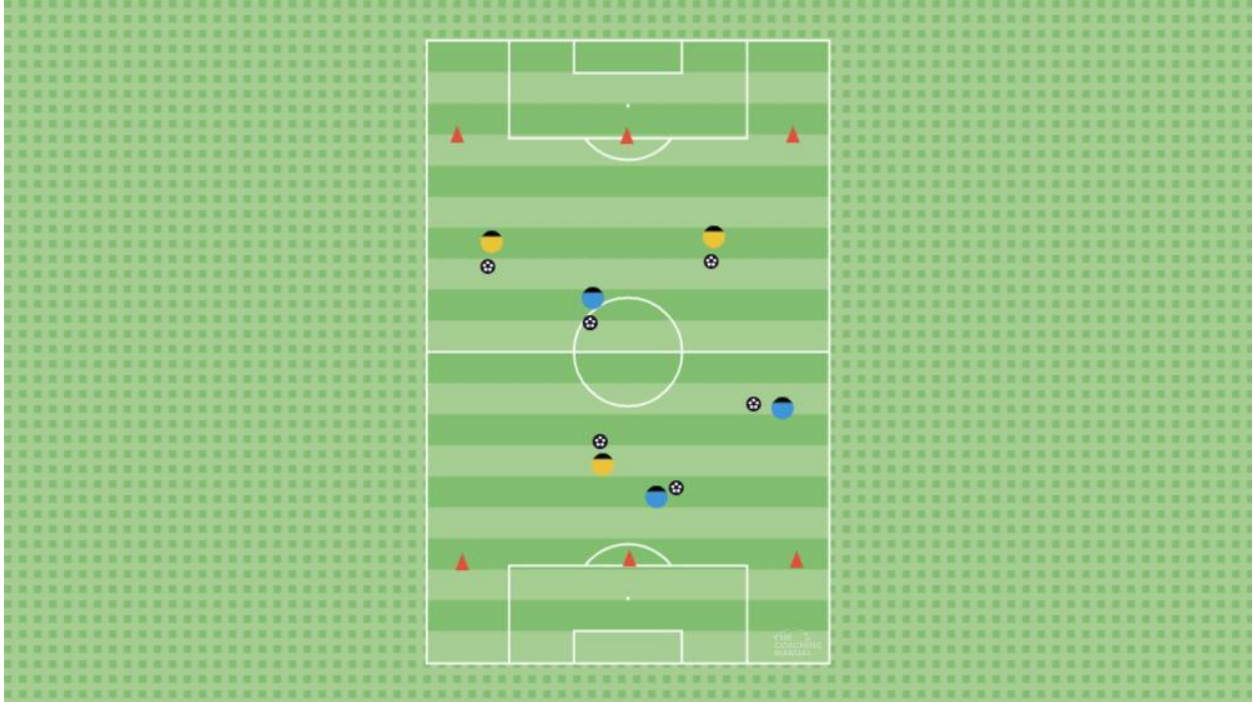
Triangle Possession – Split each team into 4 and split their half diagonally. The teams will rotate playing multiple rounds of possession against each other. The team that strings the highest number of successful of passes together wins each round.

- Count passes out loud
- Attackers
 - Move to create space for ball movement
 - Keep the ball moving to avoid getting cornered
- Defenders
 - Choose a player to mark and stay with them
 - Try to trap players in corners

CONTROL

Week 8

Drills should be in order of 10-20-30 minutes long. Drink breaks in between each drill.

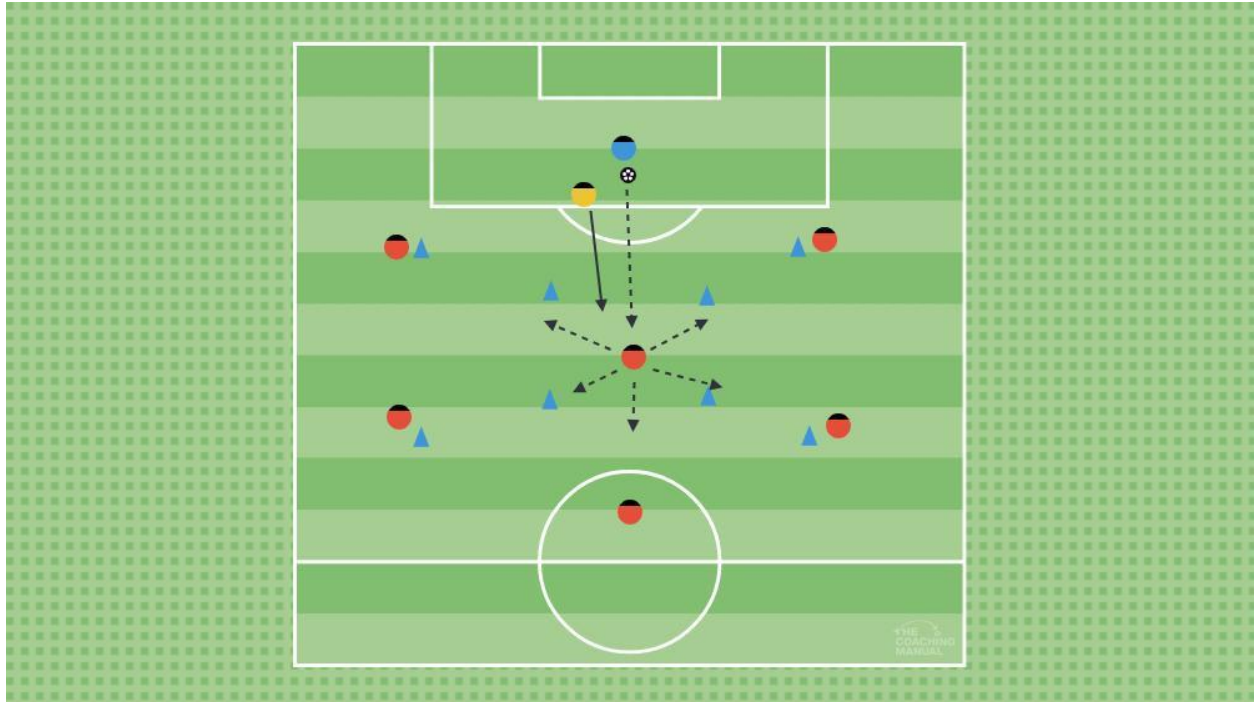


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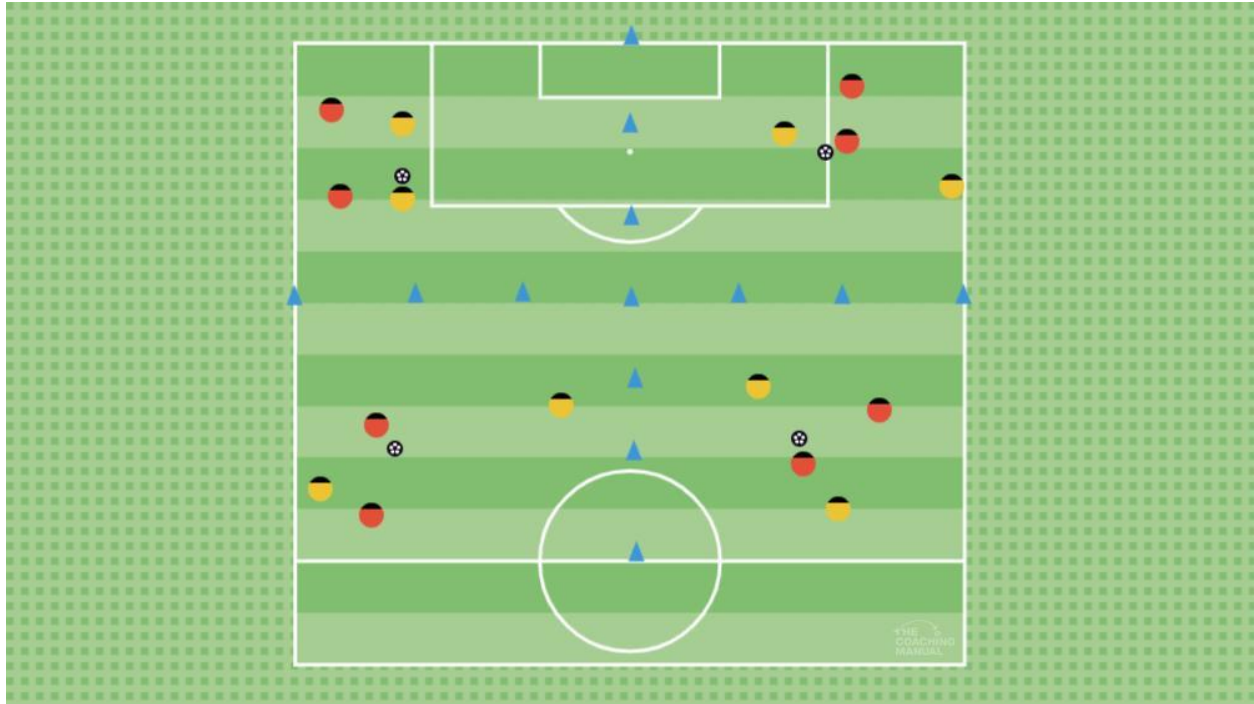
SESSION THEME – CONTROL

- Avoid off balance tackles and stay on your feet if possible
- Don't just boot it, but look to keep possession



Keep Calm & Don't Boot It – Players will take turns receiving a pass in the center cone square. After the pass is made, a defender will press the receiver. The receiver needs to make a pass to the feet of a teammate around them.

- Try to pass the ball away from the direction the pressure is coming from
- Use body positioning to speed up the time it takes to pass
- Focus on making a good 1st touch under pressure



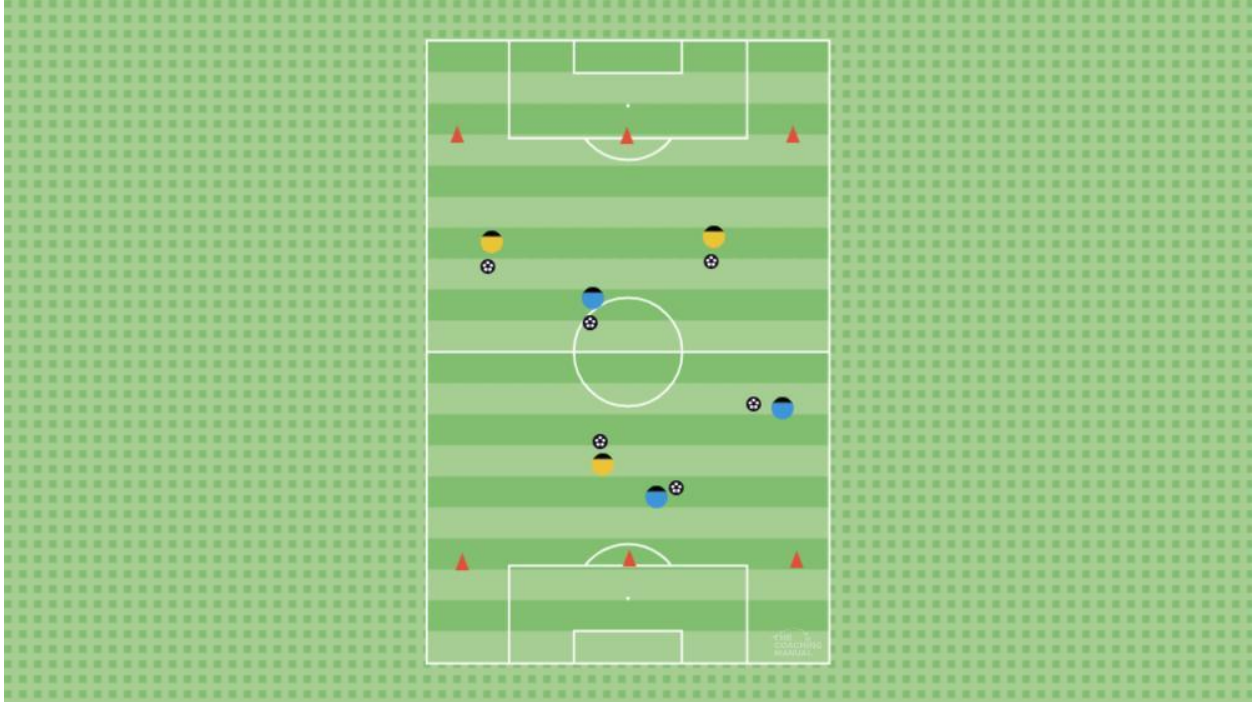
4 Grid Possession – Split each half into 4 grids and each team into 8. The teams will rotate playing multiple rounds of possession against each other. The team that strings the highest number of successful of passes together wins each round.

- Use body positioning to speed up the time it takes to pass
- Focus on making a good 1st touch under pressure
- Team with the ball should constantly be moving to link up
- Team without the ball should constantly be moving to block passing lanes or force the ball out of play

MOBILITY

Week 9

Drills should be in order of 10-20-30 minutes long. Drink breaks in between each drill.

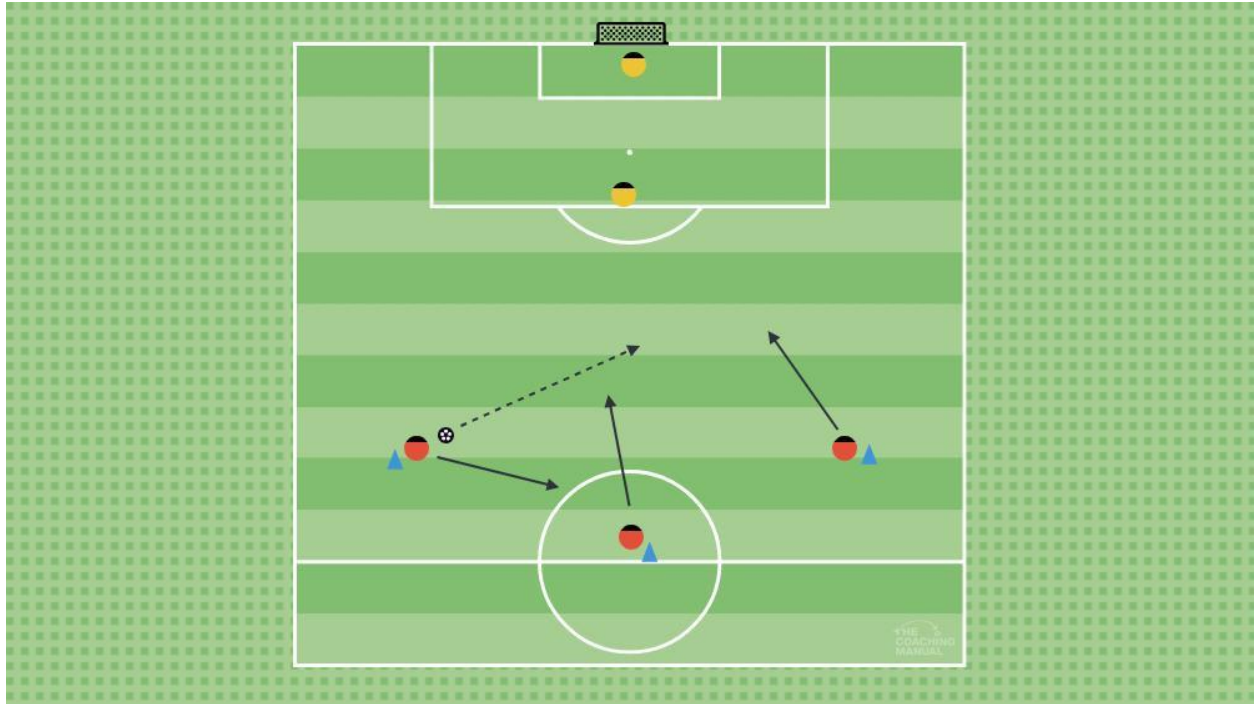


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SESSION THEME – MOBILITY

- Covering for teammates when they move out of position/Interchanging positions for fluidity



Covering Positions For Teammates – Attacking team will start with 2 forwards and 1 defender. Defending team will have 1 defender and 1 goalkeeper.

- 1 attacker will pass to the other and the defender will drive forward into space
- Passing attacker will drop back into the defender's position as the anchor for the triangle



Positional Fluidity Scrimmage – Teams will play a scrimmage against each other. Players will be encouraged to move with the ball out of position and have teammates fill in for them.

- Covering for teammates means
 - Communicating that you're going up or back
 - Communicating that they can go because you have them covered
 - Coming back to your correct position once the play has ended

3 TEAM TOURNAMENT

Week 10



SESSION THEME – PENETRATION

- Look if there is an option to play forward first even if that isn't what you decide to do
- Play out from the back the majority of the time

Round Robin Tournament – Divide the players into 3 teams and rotate them through. First team to score stays on. Team that is out should pass in groups of 2 or 3 while waiting to get on the field.

- If no winner after 5 minutes, the team that has been on the longest will go out.
- Try to look for quick short passes when playing goal kicks, free kicks, or throw ins