

Easton Youth Soccer Player Development Curriculum Introduction



Welcome to the Easton Youth Soccer League Curriculum!

Thank you for your commitment to developing Easton’s youth through soccer. As parents and coaches, we are charged with creating a positive and fun learning environment for our players. Building, maintaining, and growing a program for our youth is no small task as a successful program calls for the effective management of players, parents, coaches, referees, and opponents. Preparation for training sessions and games is imperative if positive player development is the goal.

The decisions that you make as a youth coach may not always be popular decisions, but, if they are player-development-centered, they will be the right decisions. With that in mind, I have prepared this player and coach development curriculum to standardize “best practice” soccer training for the Easton Youth Soccer League (EYSL). This curriculum provides age-appropriate player and coach development information for all EYSL coaches, players and parents. These documents deal with player and coach development as they relate to the components of the game: technical, tactical, physical and psychological. The curriculum is also based on the human development domains: cognitive, psychomotor and psychosocial domains.

These curriculum components and best practices are available to you as coaches through our shared Google Drive. I’ve laid out separate documents for our U8, U10, U12, U14 and U18 teams – complete with the age-appropriate details mentioned above as well as sample training plans, rules updates, and tactical considerations. I’ve also included our complete Curriculum document that includes all age groups as well as detailed information on parent and team communication, injury prevention and care management, details on the training environment, coaching points on technical and tactical elements including soccer’s attacking and defending principles, and recommended systems of play and formation options to consider. I’ll be reviewing and updating these documents each year as rules changes and new best practices emerge.

This curriculum is the compilation of youth soccer training information from 19 years of youth coaching and training experience. In addition, these resources rely heavily on the coaching experience of Tom Goodman, who brings 35 years of youth coaching and training experience to EYSL. As the former US Youth Soccer National Director of Coaching Education, former USSF National Staff Coach for Region 1, former Technical Director for Mass Youth Soccer and former Founder and President of World Class Soccer, Inc., Tom has researched and studied youth soccer at many different levels, and, as a result, he has provided much of the content for the Curriculum. Thank you Tom!

Our players’ development success is tied directly to our coaches development and training. Consistency in how we align our instructional methods across all age groups is a key component of that success – as is a professional way of communicating with our players and parents. Please take a moment to read through the curriculum for your team(s) and explore others as time permits as it is my hope that all coaches understand the complete development path for players from pre-K through high school.

Thank you again for your time and dedication.

Sincerely,

John Barata
Director of Coaching, Easton Youth Soccer League
State Instructor, Massachusetts Youth Soccer
USFF A License
USYS National Youth License
NSCAA Premier Diploma