



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U6



SESSION 1

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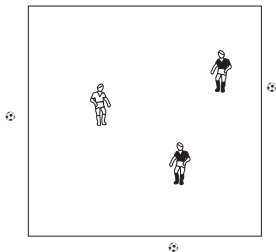
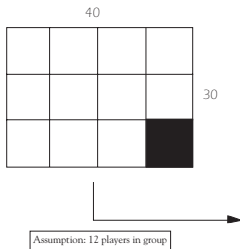
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SESSION 1 - Week 8



1 hr. 15 min. practices, 1 recommended practice per week









Purpose

To develop dribbling, shielding and turning.

Organization

Set out a 10 x 10 yard area. Groups of 3. Two catchers  and one runner  are stationed inside the grid. Repeat in three other areas for a total of 12 players.

Game Objective

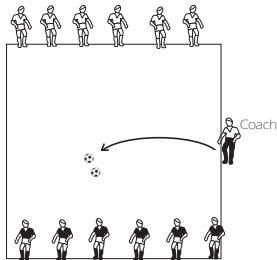
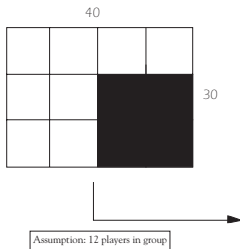
Players begin the game without a ball. The runner  must avoid being caught by dodging the catchers  while staying inside the area. A player is caught when tagged by a catcher. The catcher then changes places with the runner. Once players are familiar with this objective, a ball may now be introduced. The  player must dribble his ball to escape the two  defenders. The  players must try to pass their ball against that of the  player. When the player's ball is hit, the players rotate positions.

Story

The dog has run off with a bone. Your job is to catch him and bring him back.

Key Coaching Points

1. Try to glance up and around between touches.
2. Try to get close to the  player before attempting a pass.

Catch The Pigeon**Purpose**

To develop change of direction with speed.

Organization

Set out a 20 x 20 yard area. Divide the players into two teams of six. Number each player from 1 to 6. Position teams on opposite end lines.

Game Objective

The coach rolls two balls into the middle of the area and calls out a number corresponding to one player on each team. The respective players run out and bring their ball back to their own team's end line. The game is not over until the ball is stopped on the line.

Story

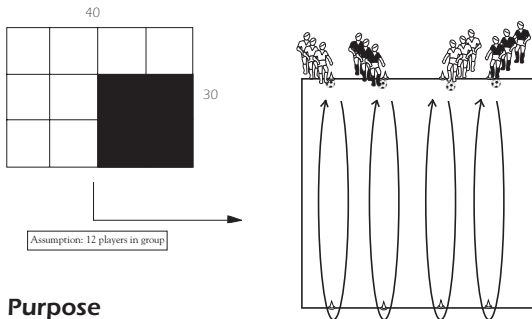
Dick Dasterdly and Mutley are flying the Red Baron to catch up with the Pigeon messenger.

Progressions

Coach now throws out only 1 ball.

Key Coaching Points

1. Speed to the ball.
2. A good turn on the ball if you are first to the ball.
3. Good pace over the ground when running with the ball.



Purpose

To develop close control and turning.

Organization

Set out a 20 x 20 yard area. Group in 3's. Position each team by a starting disc on one end line. Place a disc 20 yards from the starting disc on the far end line. 1 ball per group.

Game Objective

Each player places a disc on their head when running with the ball to prevent them from looking down at the ball. The first player in the relay team dribbles down to the far disc. Turning around the disc, he dribbles back to the starting point where he stops the ball on the line with the sole of his foot. Player 2 goes.

Story

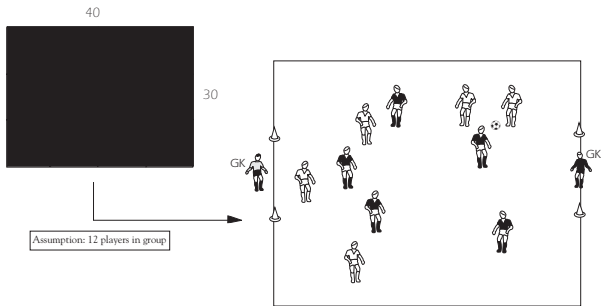
You are running down the platform to catch the train, when a gust of wind comes along. Make sure you don't lose your hat or you might miss the train.

Progressions

Introduce a pass from the midpoint of the area on the player's way back to the starting line.

Key Coaching Points

1. Push the ball 2-3 feet in front of you between touches.
2. Try not to hold onto your hat. This will force you to look up and around between touches.



Purpose

To develop soccer skills and team play.

Organization

Set out a 30 x 40 yard area. Play 5 v 5, plus 2 goalkeepers.

Game Objective

The object of the game is to score a goal in the opposing goal past the goalkeeper. When the ball rolls out of bounds, it should be rolled in underhand by a player.

Story

It's the MLS All Star Game and the best of the best are gathered to compete in front of 70,000 screaming fans.

Key Coaching Points

1. Try not to bunch up around the ball.
2. Try to pass to someone in a better position than you.
3. Shoot at the goal whenever you have the chance.
4. Try to get between the ball and your goal when defending.
5. At goal kicks, make players from both teams go through the coach's legs to ensure that the ball enters the field of play.