



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U6



### SESSION 2



# MLS CAMPS

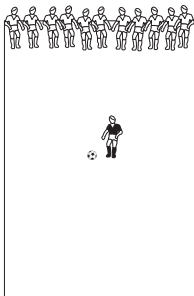
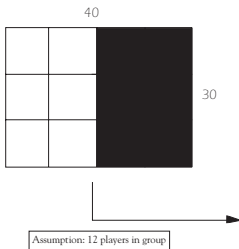
THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

[www.MLScamps.com](http://www.MLScamps.com)

## SESSION 2 - Week 6

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

**Sticky Web**



**Purpose**

To develop fast footwork and close control.


**Organization**

Set out a 20 x 30 yard area. 1 defender starts in the area with a ball. The remaining players start on one end line without balls.

**Game Objective**

The  player must strike his ball to hit the  player on or below the knee as they run across the area. When a  player is hit, he too becomes a  player.

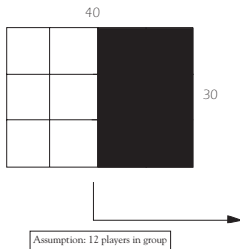
**Story**

Spiderman  stands alone in the metropolis. As the villians wreak havoc in streets, Spiderman snares them with his sticky web.

**Key Coaching Points**

1. Strike through the midline of the ball.
2. Follow through at the target.
3. Aim your pass in front of the runner.

**Saving The Day**








**Purpose**

To develop dribbling techniques leading to a short range, accurate pass.

**Organization**

Set out a 20 x 30 yard area. 2  players are stationed in the center of the area, one ball between the two. The remaining  players start on one end line. 1 ball per player.


**Game Objective**

The  players must dribble their ball to the opposite endline without a  player striking his ball to hit the  player's ball. When they are hit, they become a  player. Where possible try to keep the  players in pairs with one ball between them.

**Story**

The *caped crusader* and the *boy wonder* must save the people of Gotham City from the desperate clutches of the Joker, Penguin, Riddler, Cat Woman and Mr. Freeze (aka Ahhhhh-nold). When the bat phone rings, the dynamic duo spring into action.

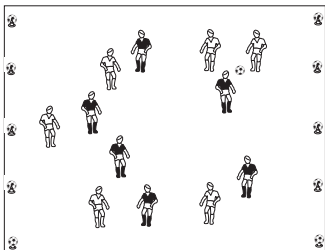
**Key Coaching Points**

The  players must work in tandem, passing the ball back and forth and dribbling to get a closer passing opportunity.

40



Assumption: 12 players in group



## Purpose

To develop shooting accuracy in a small sided game.

## Organization

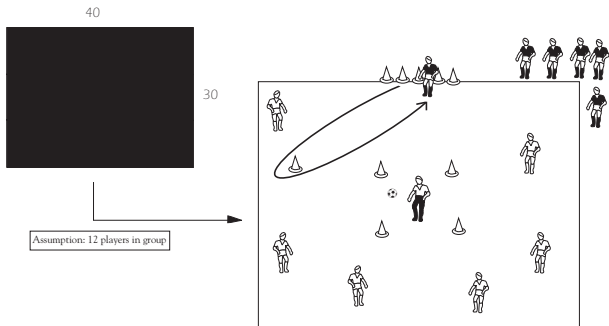
Set out a 30 x 40 yard area. Play 6 v 6. Place 5 discs with soccer balls on them on each end line.

## Game Objective

Play 6 v 6 in the area. When the ball rolls out of bounds, it should be rolled in underhand by a player. The object is to score by knocking one of the balls off a disc on your team's attacking end line.

## Key Coaching Points

1. Encourage the players to strike the ball at the target whenever possible.
2. Encourage the players to spread out.
3. Use the inside of the foot for accuracy.



## Purpose

To develop placement and power in striking the ball.

## Organization

Set out a 30 x 40 yard area. 2 teams of 6. The coach is the pitcher. He stands in a 5 x 5 yard area 10 yards from the wickets (5 discs in a row). Position one disc 10 yards from the wicket.

## Game Objective

The pitcher passes the ball from the mound in the direction of the wickets (line of discs). The batter must kick the ball and then run around the base, back to the wickets. He must be ready to face the next pitch which is delivered as soon as the pitcher receives the ball, passed back from the outfield. The batter continues to bat until he is bowled out (the pitcher knocks down the wicket) or caught out by an outfielder. Continue until all batters on the team are out.

## Key Coaching Points

1. Keep the ball low by keeping your head and knee over the ball on contact.
2. Strike the ball with the laces.