



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** COMPETITIVE



SESSION 1

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STANDARD STRETCHING INTRODUCTION

Warm Up



Purpose

To warm up players' muscles and increase blood flow.

Organization

Have the players pair up and form 2 lines.

Game Objective

Players jog around the area following the coach's commands, then stretch.

Progressions

- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap thighs against palms to stretch quads
- Side to side - face in or out and move along by clicking heels together
- Skipping - skipping forwards using arms to help bound; get as high as possible
- Sideways skipping - jog sideways by crossing one foot behind the other
- Leaps - jump up for imaginary header; try alternating bounding leg
- Down for rolls - spring to floor and do a sideways roll, then quickly back up
- Bouncing - jog, then bounce against partner's shoulder, land, continue
- Swap places - swap places with partner as quickly as possible; communicate
- Leap frog - back player leaps over players in front; each does same
- Hopping & bounding - use one foot and both feet together
- Back to front - back pair race against each other to be first to the front

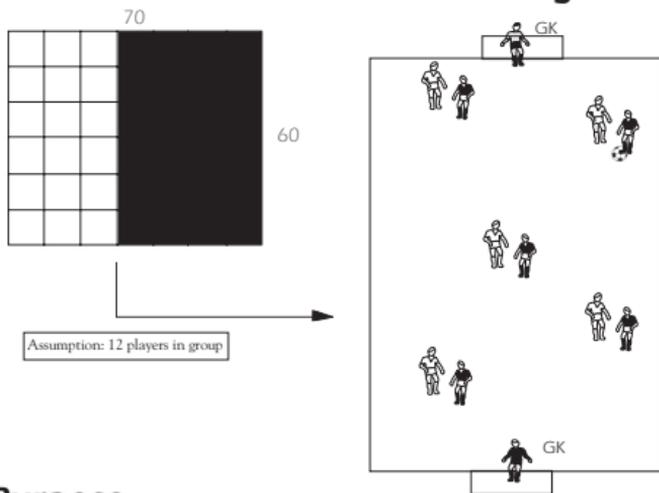
Key Coaching Points

Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



SESSION 1 - Week 3

1 hr. 45 min. practices, 2 recommended practices per week

Big Match Atmosphere**Purpose**

To highlight how a game is played at the top level.

Organization

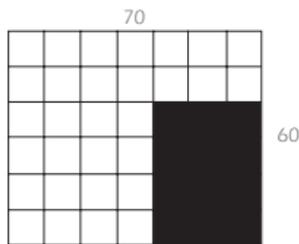
Set out a 40 x 60 yard area. Play 5 v 5 + a goalkeeper.

Game Objective

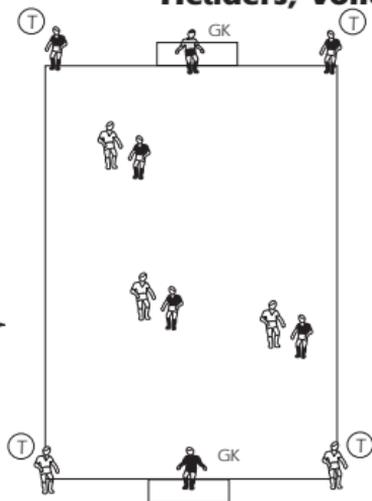
This activity is designed to mimic the sequence of play exhibited during a professional soccer match. For example, the start of a game is typically hectic until players get a sense for their opponent and play slows to a normal pace. The end of the game is typically intense as teams push to score. Follow the progressions below to re-enact this scenario.

Progressions

1. Play only 1 touch (1st 10 minutes of a game is rushed).
2. 2 touch play (now game settles down).
3. Free play.
4. When player receives the ball, defensive pressure is put on immediately. (as final part of the game is high pressure). If pressure is not put on, then a free kick is awarded. (Put balls around the field so no rest when ball goes out of play).

Headers, Volleys & Flicks

Assumption: 12 players in group

**Purpose**

To develop diagonal passes and running—headers, volleys and flicks.

Organization

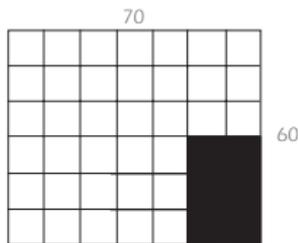
Set out a 30 x 40 yard area. Station a target player in each corner to play with the team attacking their goal line. Central players combine to make a pass forward to their (T) player who has 1 touch to chip or cross the ball into the goal area.

Game Objective

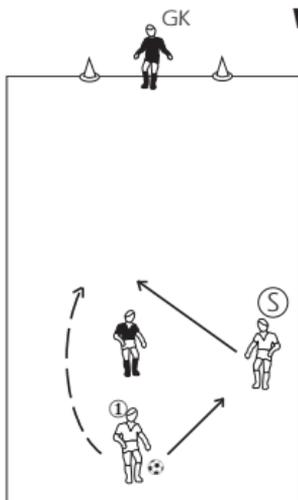
You can score only with a header, volley or flick so (T)'s must be ready to receive the ball and cross it towards goal. Attackers must move forward to attack the cross.

Key Coaching Points

1. Encourage improvisation and risk.
2. Be composed in front of goal.
3. Make good attacking runs to near, far and central positions.



Assumption: 12 players in group



Purpose

To develop the 1-2 combination.

Organization

Set out a 20 x 30 yard area. Groups of 4, one attacker, one defender, one support player and one goalkeeper. One ball per practice. Repeat in 2 other areas for a total of 12 players.

Game Objective

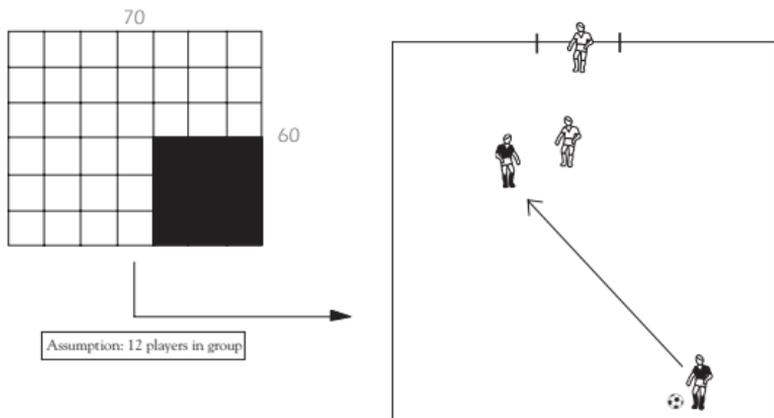
Player ① dribbles towards the defender. When the defender is 4-5 yards from the ball, player ① passes the ball to the support ⑤ player. Player ① accelerates into the space behind the defender to receive a return pass. Finish with a first time shot on goal. Rotate positions.

Progressions

If the defender blocks the path to the support player, ① has the option to take the ball directly to goal.

Key Coaching Points

1. The ball should be played by the support player into the space in front of player ① and at the correct pace to enable player ① to accelerate to the ball.
2. Player ① should draw the defender before passing to the support player.
3. Quick pass to support player—soft touch into space.
4. Support player should be side on to make the forward pass.



Assumption: 12 players in group

Purpose

To develop movement off the ball.

Organization

Set out a 30x30 yard area. Station the players as shown in the diagram above. Repeat in two areas for a total of 12 players.

Game Objective

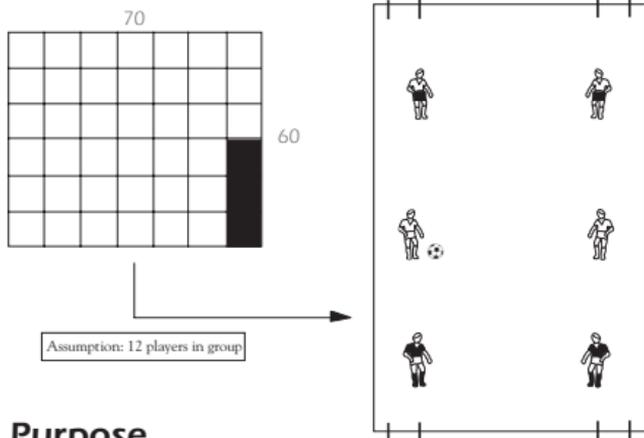
The dark player at the bottom of the box starts by playing the ball to the attacker. The two players must then combine to try and create a shot on target against the lone defender and goalkeeper. Award 1 point for a shot on target and 2 points for a goal. After five attempts, rotate positions.

Progressions

1. The pass to the attackers can vary in speed and height.
2. Introduce the offside rule for more realism.

Key Coaching Points

1. As the ball travels, look to make a supporting run quickly.
2. Call to your teammate so they know where you are.
3. Time your run to create doubt in the mind of the defender.
4. Vary your movement so play is not predictable.



Purpose

To develop movement off the ball in attack.

Organization

Set out a 30x10 yard area. Place three-yard goals in the corners of each end line. Organize the players into pairs as in the diagram above. Repeat in another area for a total of twelve players.

Game Objective

The object of the game is for the pair in the middle to attack the top line first and try to score a point by running the ball through one of the small goals. The top pair then attacks the bottom goals. Rounds are played continuously for three minutes. The team with the most points after each round is the winner.

Progressions

1. Players have a ten second time limit to score or possession is given to the defenders.
2. Award double points if the defenders regain possession and score rather than kicking the ball out of play.

Key Coaching Points

1. Look to create 2v1 situations at all times.
2. Concentrate on the shape and timing of runs.
3. Communicate so your partner is aware of your position.
4. Be positive – taking defenders on should be encouraged.