



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** COMPETITIVE



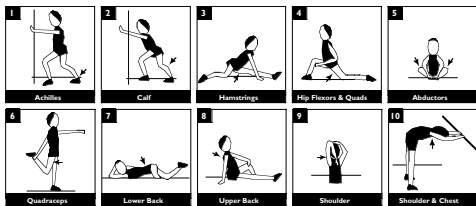
SESSION 1

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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

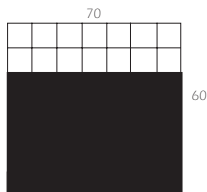
Key Coaching Points

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.

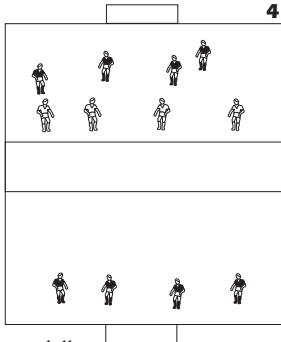


SESSION 1 - Week 5

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



Assumption: 12 players in group



Purpose

To develop attacking and defensive skills.

Organization

Set out a 70 x 50 yard area with a 10 yard middle area. Station 8 players in 2 teams of 4 in 1/3 of the area and 4 players in 1 team in the other 1/3.

Game Objective

The ball starts in the area at the top of the diagram. The 4 players in possession must attempt to advance the ball into the middle area. The team advancing the ball into this area then carries the ball into the opposing 1/3. Now they must attempt to advance the ball to the end line at the bottom of the diagram beyond the 4 players in the bottom 1/3. Defensive players must attempt to prevent the team in possession from getting the ball to either the middle area for the end line. Play continues from end to end with the winner being the first team to get to 5 points/goals.

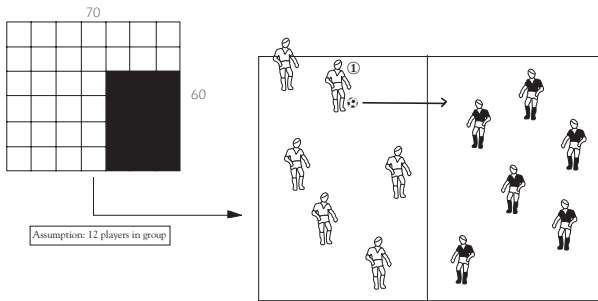
Progressions

Develop so that 4 defenders become 3 defenders plus a goalkeeper. Now you have 4 attackers trying to beat 3 defenders and score past the goalkeeper.

Key Coaching Points

1. Good supporting positions at good distance and angles.
2. Quality of pass and quality runs.
3. Spread out wide and deep when we attack.
4. Move from defense to attack at controlled speed.

Transition Play



Purpose

To develop transition play.

Organization

Set out a 30 x 40 yard area in two 20 x 30 yard grids. Station six players in each grid. One ball per practice.

Game Objective

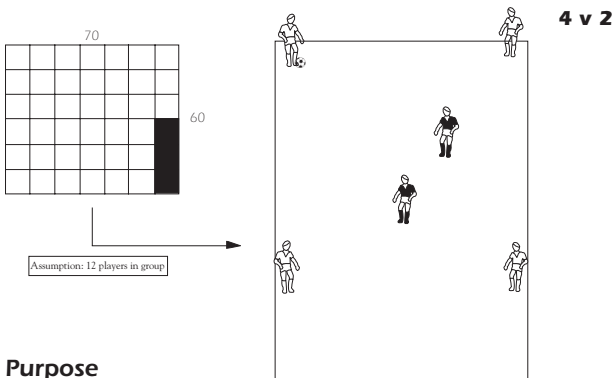
The team has possession of the ball. Player ① passes the ball into the opposing area. The team sends three players into the opposing area to defend. A goal is scored when the team makes 5 consecutive passes without an interception. Repeat in the opposite direction.

Progressions

1. Increase the number of defenders to four.
2. Make the area smaller.

Key Coaching Point

1. The team in possession should be very mobile, making runs off the ball to create space for the ball carrier.
2. Players off the ball should be accessible to the ball carrier at all times.
3. When you win the ball, turn and get it to your team immediately.



Assumption: 12 players in group


Purpose

To develop the angle of support.

Organization

Set out a 10 x 30 yard area to encourage players to spread out. Groups of 6. Play 4 v 2 within the confines of the area. 1 ball per practice. Repeat in another area for a total of 12 players.

Game Objective

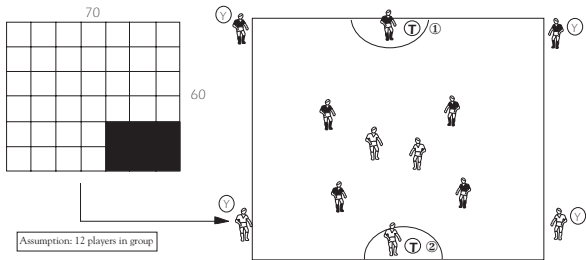
The  team has possession of the ball. They must keep the ball away from the two defenders, who attempt to intercept the ball. Score one point for a pass around the defenders and two points for a pass which splits the defenders.

Progressions

Reduce the area to 10 x 20 and one of the attackers is allowed only 1 touch. All others get 3 maximum touches.

Key Coaching Points

1. Angle the first touch in the direction of the next pass.
2. Move into position where you are unobstructed by the defender and can receive the ball.



Purpose

To develop short passing skills and wide angle support.

Organization

Set out a 30 x 20 yard area with a 5 yard radius semi-circle at each end. Station a target player inside the semi-circle. No outfield player is allowed in this area. Position 4 players on the outside of the area.

Game Objective

3 players play against 3 players inside the area. The team in possession must attempt to get the ball to their target player inside the semi-circle. Once a target player receives the ball, the team on the outside of the area replaces the team whose target player received the ball. All passes must be under head height. The shorter, narrow field ensures players must support at wide angles.

Progressions

1. The team in possession may play the ball to any of the players on the outside of the area to receive a return pass.
2. All attacking players now have 1 touch only.

Key Coaching Points

1. Position at a good angle and distance to receive the ball.
2. Can a player be in a position which makes a forward pass possible?
3. Pass, then move to another support position.