



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** COMPETITIVE



SESSION 2

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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

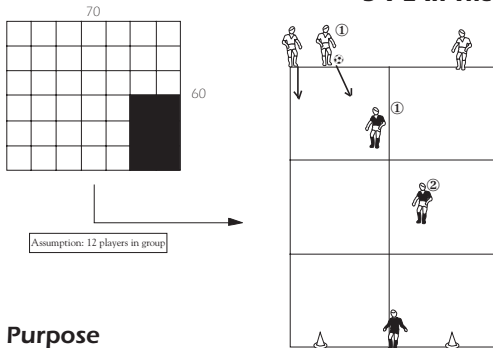
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



SESSION 2 - Week 3

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

3 v 2 In The Final Third



Purpose

To develop deception, feints and beating an opponent.

Organization

Set out a 20 x 30 yard area in 20 x 10 yard grids. Groups of six. One ball per group. Position attackers and defenders as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective

Player ① is in possession of the ball. Player ① must combine with his teammates to beat defenders ① and ②, who both defend a 10 x 20 yard area. When they advance into the goal scoring area beyond the final defender, they must shoot on goal. Rotate positions

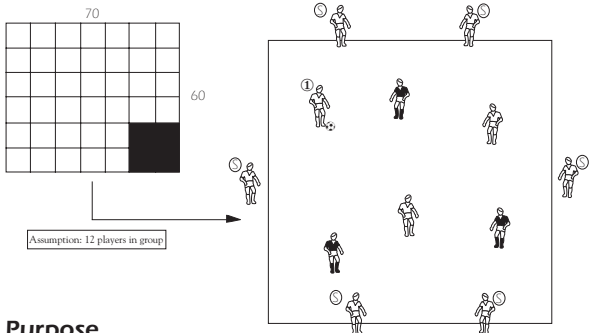
Progressions

Allow only one pass per area between teammates and encourage players to run with the ball.

Key Coaching Points

1. Attack the space to the side of the defender.
2. Are the attackers creating space off the ball by making diversionary runs?
3. Can you pass into the space behind the defender?
4. Play in the direction you are facing.
5. Attack at pace.

Combination Play



Purpose

To develop the 1-2 combination in a small sided game.

Organization

Set out a 20 x 20 yard area. Position six support players around the outside of the area. Play 3 v 3 inside the area.

Game Objective

The object of the game is to play as many 1-2 combinations as possible in a specified time period. A combination pass counts 1 point from a support player on the outside of the area and 2 points from a teammate inside the area. Support players are allowed a maximum of 2 touches but should attempt to use 1 touch whenever possible.

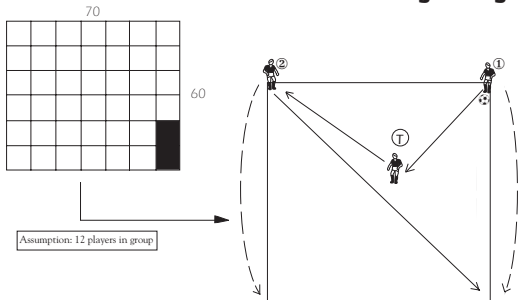
Progressions

1. Play 4 v 4 inside the area with one support player on each side of the square.
2. Play that the passer cannot receive the ball back so now looking for movement off the ball by others.

Key Coaching Points

1. Supporting players must be very active creating passing opportunities and calling for the ball.
2. The players within the area should spread out to allow for a pass which does not give the defender time to recover.

Using A Target Player



Purpose

To develop the combination and 3rd man run.

Organization

Set out a 10 x 20 yard area. Groups of 3 positioned as shown in the diagram. Repeat in 3 other areas for a total of 12 players.

Game Objective

① plays a pass into the target player who plays it back 1st time to ②. ①, after passing, makes an overlapping run to receive a through ball from ② who also makes a forward run. Repeat in other direction.

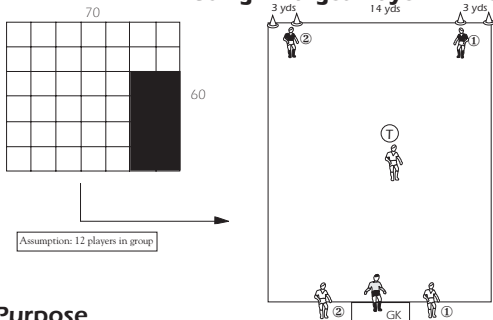
Progressions

1. Make the area into 20 x 30 with a goalkeeper at one end. Now 4 players in the area. ① can shoot, cross or pull back to ① player to score. Repeat.

Key Coaching Points

1. 1st pass is "up," 2nd pass is "down," 3rd pass is through.
2. Play with 1 touch.
3. Play angled passes to curved runs.
4. The target player checks to the ball and glances over the shoulder.
5. In the progression, what type of through ball is played? Loft? Chip? Driven?

Using A Target Player In The Final 1/3



Purpose

A functional practice for attacking, using the front player.

Organization

Set out a 20 x 40 yard area. Station 2 mini-goals at the top and in the corners of the area, 3 yards wide. Play 3 v 2 + a goalkeeper. Repeat in 1 other area for a total of 12 players.

Game Objective

① plays the ball into the ① player. Player ① has the option to turn and play forward with ① and ② who are making overlapping runs. Another option is for player ① to play the ball back to ②, who plays a diagonal thru ball to either players ① or ①. ① and ② are allowed to enter the field as defenders when the ① player touches the ball.

Progressions

Start with a defender marking the target player with the other defender on the end line. If the defending team intercepts the ball, they may score by playing the ball through the mini-goals at the top of the diagram.

Key Coaching Points

1. If the target player turns, run the ball across the field to draw defenders out of central positions.
2. Make the correct choice of pass back, shoot or cross for a goal.
3. Make good runs towards the goal.
4. The target player should check away from the defender.