



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.



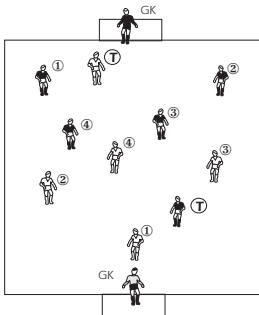
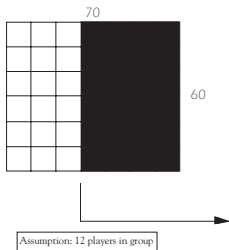
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SESSION 2 - Week 6

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



Purpose

To develop movement off the ball.

Organization

Set out a 40 x 60 yard area. Play 5 v 5 with goalkeepers at each end. Each team should assign a target player.

Game Objective

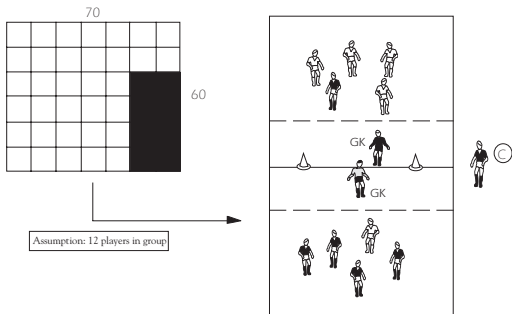
The object of the game is to incorporate the target player in the approach to goal through a wall pass or 3rd man run. Defenders are not allowed to tackle the target player but can intercept passes to them.

Progressions

Allow 1 player from each team to try to tackle ①.

Key Coaching Points

1. Keep attacking triangles.
2. Move forward without the ball.
3. Play the way you are facing if there is pressure on the ball.
4. May have to go backward to go forward.
5. Attack the far post area.
6. Target players must get open for a pass by checking to the ball.

Shoot On Sight**Purpose**

To develop quick shooting in and around the penalty area.

Organization

Set out a 20 x 40 yard area with a goal on the 1/2 way line. Make a 5 yard area on each side of the goal and put 2 goalkeepers on either side of the goal line. Play 4 v 1 on either side of the goal line.

Game Objective

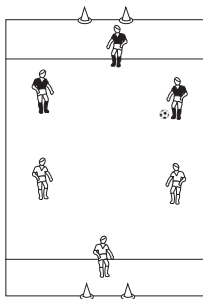
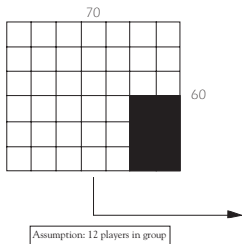
The attacking players in possession attempt to get a shot on goal by beating the lone defender. If the defender intercepts the ball, he must attempt to shoot on the same goal. Repeat in the opposite direction from the other side of the goal after saves, goals and missed shots. Score 1 point for each goal scored. First team to score 10 points, wins.

Progressions

1. Play 3 v 2 in the end areas.
2. All throw-ins must result in a 1 touch shot or volley on goal.

Key Coaching Points

1. Shoot through and around defenders.
2. Keep the ball low.
3. Try to shoot the ball straight back from the other side of the goal.
4. If you cannot shoot, then make a pass that allows a 1st time shot by someone else.

Pass And Move**Purpose**

To develop passing and control.

Organization

Set out a 20 x 30 yard area and make an end zone 5 yards wide from the end line. Play 3 v 3. Repeat in another area for a total of 12 players.

Game Objective

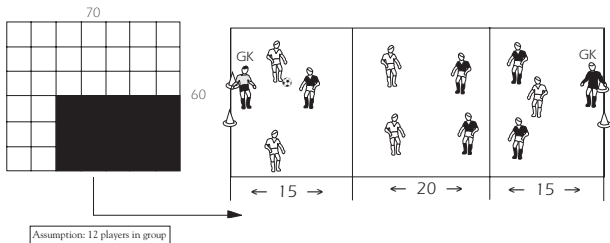
Play 3 v 3. Each team elects a goalkeeper. This player is allowed to use his hands in the defensive end zone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. A team must make at least 2 passes before they can shoot on goal. Award 3 points for every pass; 5 points for every goal; first team to 21 wins.

Progressions

Allow the players to pick scores for different skills.

Key Coaching Points

1. When receiving the ball, control it into space.
2. Keep all passes on the ground.
3. When you don't have the ball, get into a position to receive the ball.



Purpose

To develop midfield play.

Organization

Set out a 50 x 30 yard area. Set out 3 grids according to the dimensions shown in the above diagram. Play 2 v 1 in the defensive and offensive zones and 2 v 2 in the mid-field zone. One ball per practice.

Game Objective

The goalkeeper serves the ball to either a defender. The ball is played to a player in the mid-field who in turn passes to the lone striker in the attacking area. The object of the game is to get the ball from the defensive zone, through the mid-field zone and into the attacking zone to get a shot on goal. Players must stay within their respective zones.

Progressions

1. Allow mid-field players to shoot from mid-field.
2. Allow one mid-field player to advance into the attacking area to create a 2 v 2.

Key Coaching Points

1. Midfield players should take their markers away from the ball.
2. 1 midfield go short, the other midfield go long.
3. Try to play the ball into strikers off your front foot—play around the corners.
4. Let the ball run across your body to create a passing angle.
5. Good midfield players take up positions that keep the triangle shape.