



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.



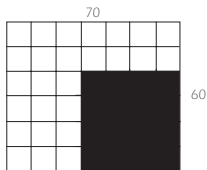
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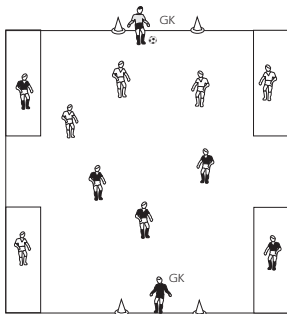
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SESSION 2 - Week 8

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



Assumption: 12 players in group



Purpose

To develop width in attack.

Organization

Set out a 40 x 40 yard area with four 5 x 15 yard channels from each corner as shown in the above diagram. Station one player in each channel. Play 3 v 3 in central area.

Game Objective

The goalkeeper GK serves the ball to one of his three teammates in the central area. The goal is to get the ball to either player stationed in a channel. This player delivers a crossed ball into the attacking area. The three players stagger their attacking runs into the near post, mid-goal and far post areas. Finish with a shot or header on goal.

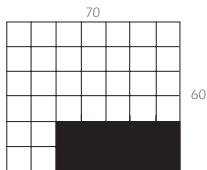
Progressions

When the wide player gets the ball in the channel, the opposing wide player on his side of the field may run into his area to challenge the cross.

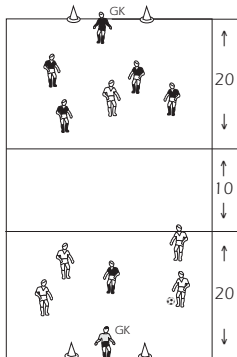
Key Coaching Points

1. The near post run should be at approximately a 45 degree angle. It is essential that the near post runner beats his defender to the ball.
2. The far post runner cuts around the decoy of the near post to attack the far post.
3. An attacker must exploit the space in the mid-goal area to challenge the goalkeeper.
4. Can the cross be played early behind the recovering defense?

Power Shot 1



Assumption: 12 players in group






Purpose

To develop shooting from a distance.

Organization

Set out a 20 x 50 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 4 v 1 in each large area, plus a goalkeeper.

Game Objective

The four  players combine to dribble the ball past the lone  defender into the midfield area then shoot on goal. The lone  attacker in the other area follows up on rebounds from the goalkeeper. Repeat in the opposite direction. Rotate positions.

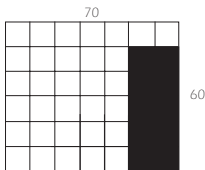
Progressions

1. The lone defender can track the attacking player into the midfield area in an attempt to pressure the attacker or block the shot.
2. Change the ratio of attackers to defenders to 3 v 2.

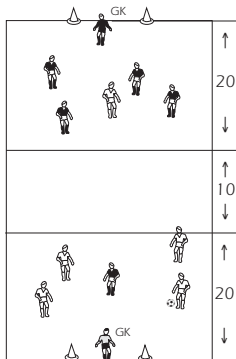
Key Coaching Points

1. Encourage players to penetrate the midfield area as quickly as possible and to shoot in one continuous movement.
2. Composure is an important prerequisite to successful shooting.
3. Strike through the middle or top half of the ball.

Power Shot 2



Assumption: 12 players in group






Purpose

To develop shooting from a distance.

Organization

Set out a 20 x 50 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 4 v 1 in each large area.


Game Objective

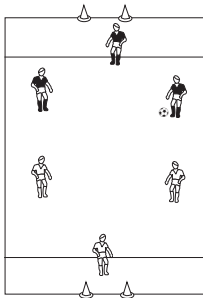
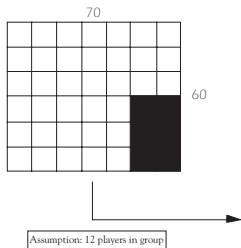
The four  players combine to advance the ball past the lone  defender into the midfield area. One player must pass the ball into the midfield space for a second attacker to run on to and shoot on goal. The lone  player in the other area follows up for rebounds from the goalkeeper. Repeat in the opposite direction. Rotate positions.

Progressions

1. The lone defender can track the attacking player into the midfield area in an attempt to pressure the attacker or block the shot.
2. Change the ratio of attackers to defenders to 3 v 2.

Key Coaching Points

1. The  player making the pass should play the ball into the space in front of the receiver.
2. Shoot after one controlling touch.
3. Assess the position of the goalkeeper in selecting your target.

Big "S" Game (Shoot, Save or Score)**Purpose**

To develop attacking play.

Organization

Set out a 20 x 30 yard area and make an endzone 5 yards wide from the endline. Mark out a 10 yard goal. Play 3 v 3. Repeat in another area for a total of 12 players.

Game Objective

Play 3 v 3. Each team can elect 2 goalkeepers. These players are allowed to use their hands in the defensive end zone. They must also go forward as an outfield player during attacks on the opposing goal. Shot = 1 point; shot on target = 3 points; save = 1 point; 5 points for every goal. First team to 21 wins.

Progressions

Allow the players to pick scores for different skills.

Key Coaching Points

1. Try to shoot at every opportunity.
2. Keep shots low and away from the keeper.
3. Follow in for rebounds and deflections.