



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U10** RECREATIONAL



### 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

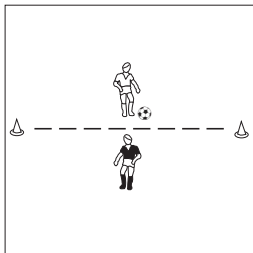
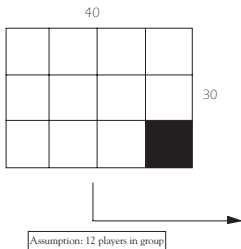
### Key Coaching Points

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







## Purpose

To develop deception and feints.

## Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Position one player on each side of an imaginary line made by the discs. Repeat in 5 other areas for a total of 12 players.

## Game Objective

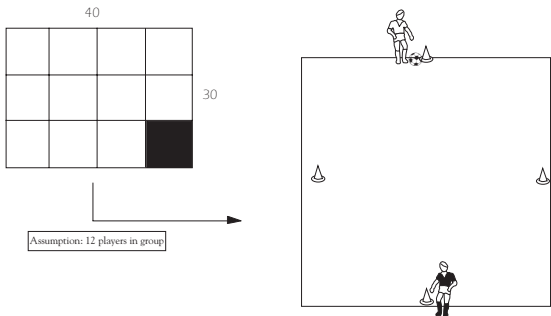
Player  starts with the ball. Neither player is allowed to cross the imaginary line. The  player attempts to dribble to either of the discs before the  defender touches the very same disc. Repeat practices with the  player in possession.

## Progressions

Use a feint, dummy or a trick to deceive the opponent in aiding you to get to the disc first.

## Key Coaching Points

1. Close Control.
2. Head up whenever possible.
3. Change of pace in change of direction.
4. Encourage feints and dummies.











## Purpose

To develop deception, feints and beating an opponent.

## Organization

Set out a 10 x 10 yard area. Group in pairs. 1 ball per pair. Position 1 player on each end line. An imaginary line is made in the middle of the area by 2 discs. Repeat in 5 other areas for a total of 12 players.

## Game Objective

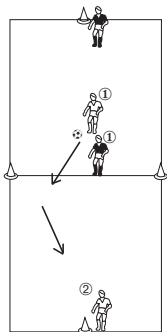
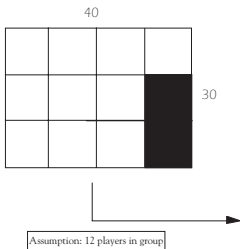
Player  starts with the ball and passes it in to player . As soon as  player touches the ball, the  player can try to win the ball. The  player tries to dribble to any of the 3 spare cones in the grid. The  player scores one point for beating his opponent to either of the lateral discs and two points if he dribbles the ball around the  defender to the disc at the top of the diagram. Repeat the practice with  in possession.

## Progressions

If  player wins the ball, he becomes the attacker and tries to score.

## Key Coaching Points

1. Push the ball to the side and accelerate into space behind the defender.
2. Change speed and direction.
3. Use fakes and turns.



## Purpose

To develop beating an opponent.

## Organization

Set out a 10 x 20 yard area. Two teams of two. One ball per group. Create an imaginary halfway line using discs. Repeat in two other areas for a total of 12 players.

## Game Objective

Player ① is in possession of the ball. He must beat his defender ① and get across the imaginary halfway line at the 10 yard marker. Once in the other half he can pass to his teammate who is standing in the center of the endline. If the defender ② wins the ball, he immediately attacks the opposing half.

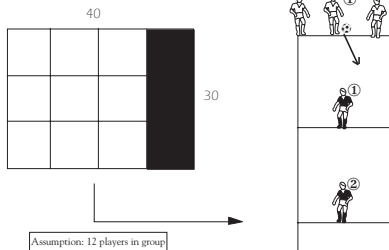
## Progressions

Allow the endline players to move up and down the endline to receive the ball. Now you can pass the ball from inside your own 1/2 also.

## Key Coaching Points

1. Attack the space to the sides of the defenders.
2. Use your change of pace and change of direction to out play your opponent.
3. Once you make space, then play the ball forward.
4. Can you swerve the pass around the defender?



## Run The Gauntlet







## Purpose

To develop deception, feints and beating an opponent.

## Organization

Set out a 10 x 30 yard area in 10 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 beat defenders  ① and  ②, who each defend their line. When they advance into the goal scoring area beyond the final defender they must shoot on goal. Rotate positions. When the attacker enters the final 20, the goalkeeper can come off his line. The defender cannot move off his line.

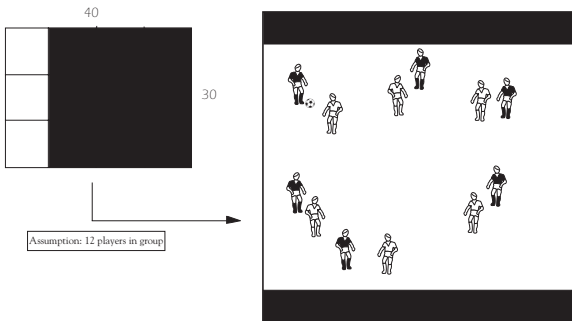
## Progressions

1. Defenders can enter the area only when the attacker enters the square.
2. All 3 attackers combine. Defenders may now move around in the 10 x 10 yard area in which they are stationed.

## 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. If the defender gets in a good position, then shield the ball until you can turn.

## End Zone Party


**Purpose**

To practice in a small sided conditioned game.

**Organization**

Set out a 30 x 30 yard area. Set out an endzone 5 yards wide from each end-line. Play 6 v 6. One ball per group.

**Game Objective**

The  team is in possession of the ball. The object of the game is to advance the ball to the attacking endzone. A goal is scored when a player dribbles the ball into the endzone and stops the ball with the sole of his foot. No defenders are allowed in this area.

**Progressions**

Make the endzones neutral such that either team can score in both endzones.

**Key Coaching Points**

1. Encourage players to take on defenders at every opportunity.
2. Look for switching of the direction of play in the above progression.