



# 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.



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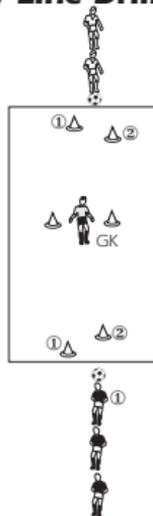
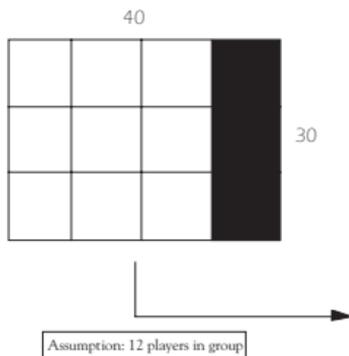
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## SESSION 1 - Week 6

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

## Only Line Drill You'll Ever Need



### Purpose

To develop shooting on the turn.

### Organization

Set out a 10 x 30 yard area, positioning players on opposite end lines as shown in the diagram. Groups of 6. Repeat in 1 other area for a total of 12 players.

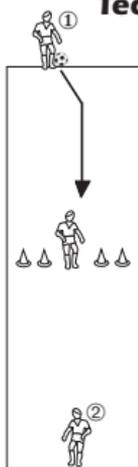
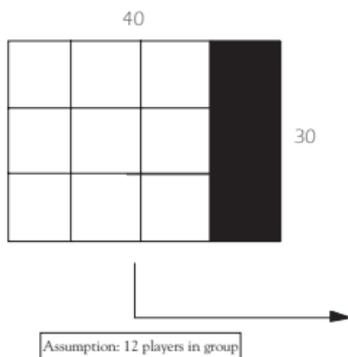
### Game Objective

Player ① starts with a ball and moves to △①, does a turn around it, then goes around △②. As soon as he gets past △②, he must shoot. Player ① follows his shot into goal for second shot opportunities from rebounds. Player ① then becomes the goalkeeper. As soon as a player shoots, the next dribbler from the other team can go. First team to 10 goals, wins. A player cannot shoot until he does a fake at △①, then another fake at △②.

### Key Coaching Points

1. Shoot on the turn.
2. Follow your shot.
3. Keep the shot low.
4. Speed in the fake.

## Technique In 3's



## Purpose

To develop shooting technique.

## Organization

Set out a 10 x 30 yard area in 10 x 10 yard grids. Groups of three, one attacker on each side of the goal. Repeat in three other areas for a total of 12 players.

## Game Objective

Player ① takes the ball 2-3 paces to the side with his dribble and then shoots on goal. Player ② moves to receive the ball. Repeat in the opposite direction. Score one point for beating the keeper in the large goal and two points for scoring through the discs at the side of the goal.

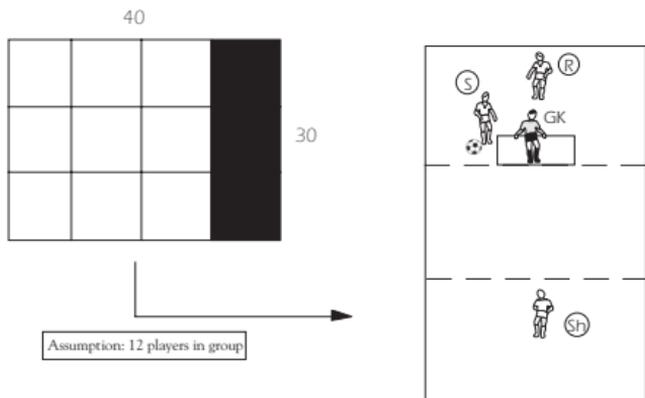
## Progressions

Repeat from both sides to ensure each player develops the weaker foot.

## Key Coaching Points

1. Aggressive, angled approach at the ball.
2. Strike through the middle or top of the ball.
3. Head down and over the ball for contact.
4. Follow through with momentum at the target.

## 1 Touch Shooting

**Purpose**

To develop quick shooting in and around the goal area.

**Organization**

Set out a 10 x 30 yard area in 10 x 10 yard grids. Position players in groups of 4 as shown in the above diagram. Repeat in 2 other areas for a total of 12 players.

**Game Objective**

Server  stands behind the goalkeeper. He makes a pass out to the shooter who strikes the ball 1st time at the goal. This shot must come from the grid at the bottom of the diagram. Player  retrieves any balls from behind the goal. Repeat and rotate.

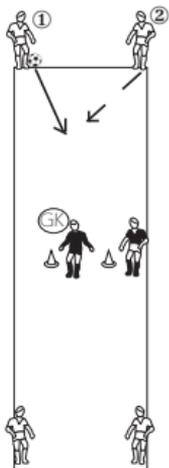
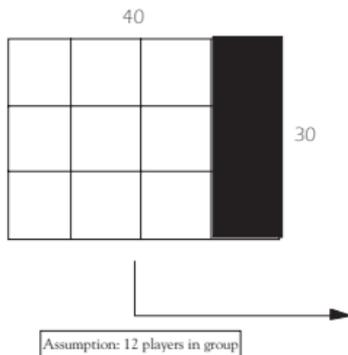
**Progressions**

Serve the ball for a volley or 1/2 volley.

**Key Coaching Points**

1. Be ready for the ball as it comes towards you.
2. Look at the position of the goalkeeper.
3. Prepare your body.
4. Look at the ball and make good contact.
5. Keep the ball low.
6. Try to pass the ball past the goalkeeper for accuracy.

## Shooting Under Pressure

**Purpose**

To develop shooting under pressure from a defender.

**Organization**

Set out a 10 x 30 yard area in 10 x 10 yard grids. Groups of six. Position players as shown in the diagram. One server and one attacker on each side of the goal with a single defender to the side of the goal. Repeat in another area for a total of 12 players.

**Game Objective**

Player ① passes the ball into space in front of player ②. Player ② touches and shoots on goal. As soon as player ② touches the ball, the defender ③ may move to challenge the shot. Repeat the practice in the opposite direction. Rotate positions.

**Progressions**

When player ② touches the ball, player ④ may move into challenge the shot from behind.

**Key Coaching Points**

1. The first touch must enable you to run onto the ball and strike it in one continuous movement.
2. Strike the ball with the laces, low and to the corners.
3. Strike the ball through and around the defender.