



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U6



### SESSION 1

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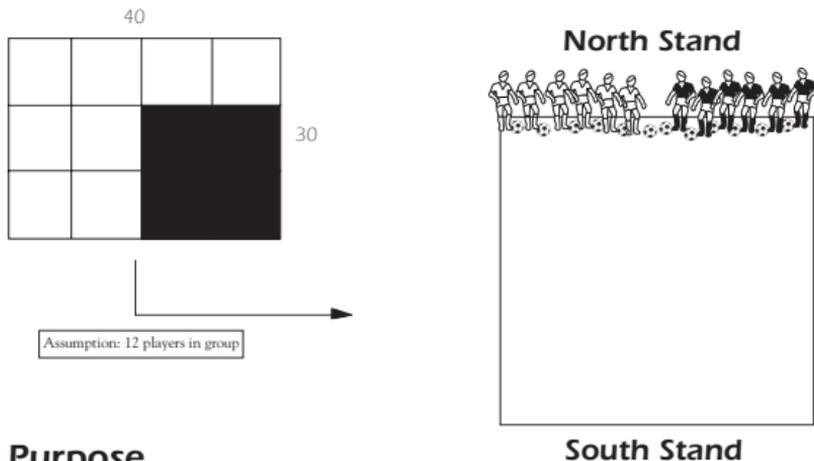
# MLS CAMPS

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## SESSION 1 - Week 9

1 hr. 15 min. practices, 1 recommended practice per week



### Purpose

To develop close control and change of direction.

### Organization

Set out a 20 x 20 yard area. All players start on one endline. 1 ball per player.

### Game Objective

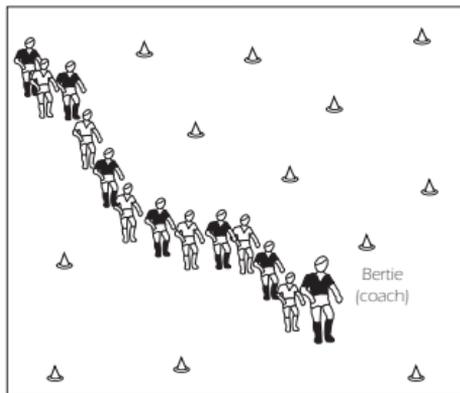
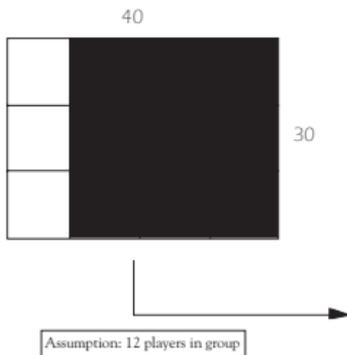
Players must listen and respond to the commands given by the coach. 1). "North Stand" = players run to the North Stand line. 2). "South Stand" = players run to the South Stand line. 3). "The boss is here" = players stand to attention and salute the coach. 4). "The trainer is here" = players fall to the ground, grab their knee and make lots of noise. 5). "Diving Headers" = players fall to the ground, face down with forehead on the ball.

### Story

Welcome to the world famous home of Manchester United Football Club. The "Reds" are holding an open trial in search of new talent from overseas. See how you fare.

### Key Coaching Points

1. Good close control.
2. Cover the ground as quickly as possible.
3. Encourage players to turn by hooking the ball with the inside of their foot in the opposite direction.

**Bertie Babcock, Big Game Hunter****Purpose**

Dribbling skills and teamwork.

**Organization**

Set out a 30 x 30 yard area. Position players in a line behind the coach as shown in the diagram. No balls needed at the start of the game. Set out discs randomly inside the area.

**Game Objective**

Big game hunter, Bertie Babcock, is scouring the jungle in search of his supper. He is being followed by creepy, crawly creatures (players) as he goes. When Bertie cries out, "It's time to catch myself a Munchkin!," all the creepy crawlies run away to find a jungle tree (cone) to stand by. Players are safe from big, bad Bertie when hiding behind a tree.

**Story**

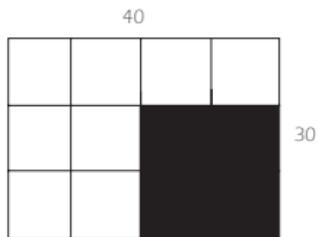
Can you outwit the greatest hunter of them all, Bertie Babcock?!

**Progressions**

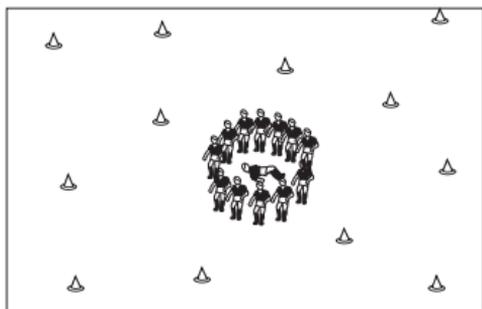
1. All players now have a ball as they follow behind Bertie.
2. Bertie now has a ball with him and everything he does, the kids copy (i.e., dribbles to the left, dribbles to the right, puts his foot on the ball, balances it on his head).

**Key Coaching Points**

1. Use different parts of your feet to kick the ball.
2. Ask the players, "Which parts of the feet could you use?"

**Wake Up The Giant**

Assumption: 12 players in group

**Purpose**

Warm up, agility and movement.

**Organization**

Set out a 20 x 20 yard area. The coach lies down, face up, in the center of the area. All 12 players form a circle around the coach by holding hands or linking arms. Station cones randomly inside the area. No balls are needed at the start of the game.

**Game Objective**

The coach is a sleeping giant. When coach yells out (e.g., “Rise and Shine!”), the players must break the circle and run back to their safe house (cone). Only one player allowed per cone. If the coach tags the player, he becomes a “sleeping giant” also.

**Story**

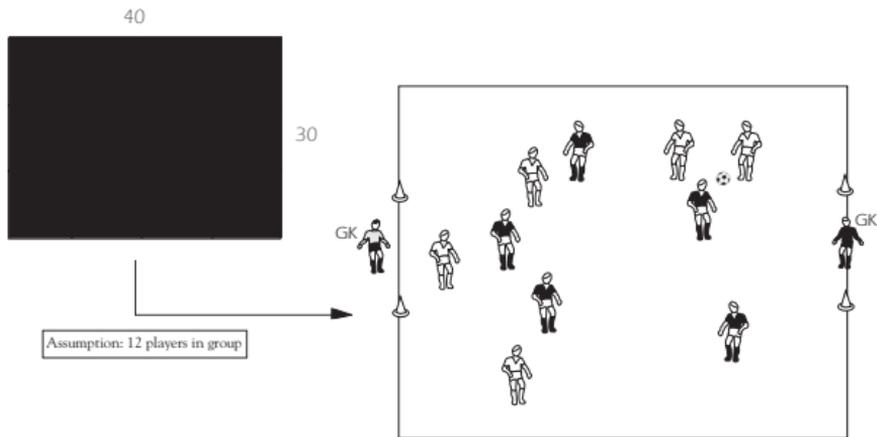
The munchkins are walking through the forest, trying not to awaken the sleeping giant.

**Progression**

Introduce a ball.

**Key Coaching Points**

1. Change direction and speed quickly.
2. Get to a cone as quickly as possible.
3. Look up and around to avoid bumping into other players.



## Purpose

To develop soccer skills and team play.

## Organization

Set out a 30 x 40 yard area. Play 5 v 5, plus 2 goalkeepers.

## Game Objective

The object of the game is to score a goal in the opposing goal past the goalkeeper. When the ball rolls out of bounds, it should be rolled in underhand by a player.

## Story

It's the MLS All Star Game and the best of the best are gathered to compete in front of 70,000 screaming fans.

## Key Coaching Points

1. Try not to bunch up around the ball.
2. Try to pass to someone in a better position than you.
3. Shoot at the goal whenever you have the chance.
4. Try to get between the ball and your goal when defending.
5. At goal kicks, make players from both teams go through the coach's legs to ensure that the ball enters the field of play.