



THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U6



SESSION 2

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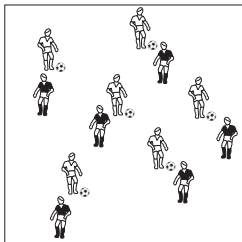
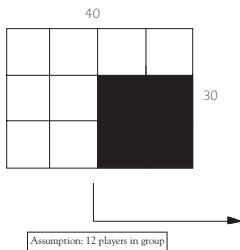
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SESSION 2 - Week 4



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







Purpose

To develop dribbling, turning and pursuit.

Organization

Set out a 20 x 20 yard area. Group in pairs, 1 ball per pair. The  player with the ball stands behind the  player.

Game Objective

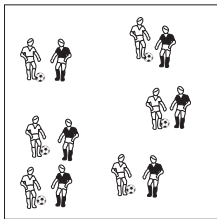
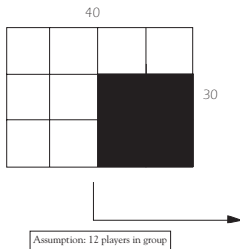
The object of the game is for the  player to lose his shadowing  partner. The  player must dribble at speed, tracking the  player. When the coach shouts out, “Tommy,” all the kids freeze. When the coach calls out “Angelica,” they start again.

Story

The one-and-only Tommy Pickles is the guy who really gets things done. And to think, he’s still in diapers! Tommy runs the show, no doubt about it. contrast that with three years of pure “mean” wrapped up into one pigtailed package...that’s Angelica. She believes babies are meant to be picked on, tricked or blamed for things they didn’t do. After all, she was here first!

Key Coaching Points

1. Encourage players to look up between touches to track their opponent.
2. Push the ball 2-3 feet in front of you between touches.



Purpose

To develop turning and running with the ball.

Organization

Set out a 20 x 20 yard area. Group in pairs, 1 ball per pair. The player stands behind their partner. The player is in possession of the ball.

Game Objective

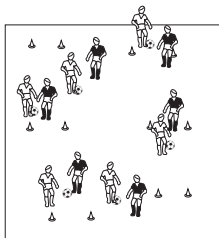
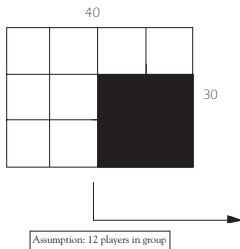
The objective of the game is for the player to lose his shadowing player. The player must dribble at speed to track the player. When the coach shouts out "Catch me if you can," both players freeze. The player has to try to pass the ball through the legs of his partner to score. Rotate positions.

Story

Player is Jerry, player is Tom. Tom is chasing Jerry around the yard.

Key Coaching Points

1. Push the ball with the laces.
2. Push the ball 2-3 feet in front of you between touches.
3. Look up and around between touches.



Purpose

To develop dribbling and passing.

Organization

Set out a 20 x 20 yard area. Set out gates randomly by spacing two discs two yards apart. Group in pairs. 1 ball between 2 players.

Game Objective

The object of the game is for pairs to dribble the ball to a gate, then pass the ball through the gate 3 times to score a goal. Players move throughout the area until they have completed all gates. If another pair is at a gate, players should move to a gate which is vacant.

Story

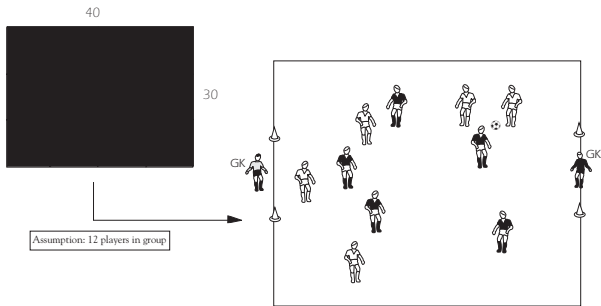
Ren & Stimpy are running from house to house selling rubber nipples.

Progressions

Have 1 pair as defenders in the area without a ball. These players must try to steal the ball from players in possession.

Key Coaching Points

1. Dribble quickly between the gates.
2. Keep your head up to see free gates.
3. When passing, strike through the middle of the ball in the direction of the target.



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.