



THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

# 10 Week Curriculum Planner U6



## SESSION 2

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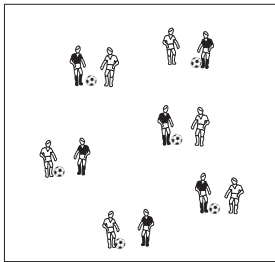
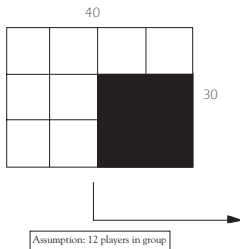
# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

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## SESSION 2 - Week 9

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



## Purpose

To develop an understanding of shooting technique.

## Organization

Set out a 20 x 20 yard area. Group players in pairs, facing each other 5 yards apart.

## Game Objective

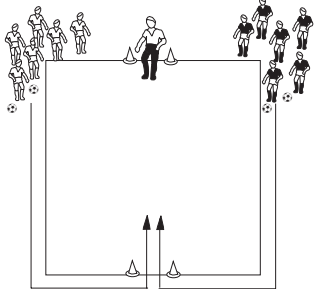
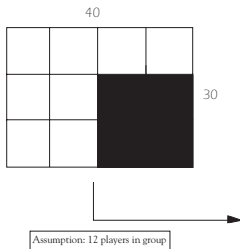
The player possession rolls the ball to the side of his partner to demonstrate how much harder a ball is to stop when it travels along the ground. Once familiar with this knowledge, players must attempt to shoot their balls past their partners. Partners must attempt to stop or save the balls. Repeat and rotate.

## Story

Brainy, skillful, brave and clever, dead-eye shooters attempt to sting their opponents before they are any the wiser.

## Key Coaching Points

1. Point your toe down.
2. Make your ankle stiff.
3. Look at the ball.

**Pirate Pete & His Pesky Parrot**

**Purpose**

To develop shooting techniques under pressure from a defender.

**Organization**

Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the same end line. Number players on each team from 1 to 6. Place a gate (2 discs, 3 yards apart) at the opposite end of the area to the goal. Position the coach as the goalkeeper in the goal.

**Game Objective**

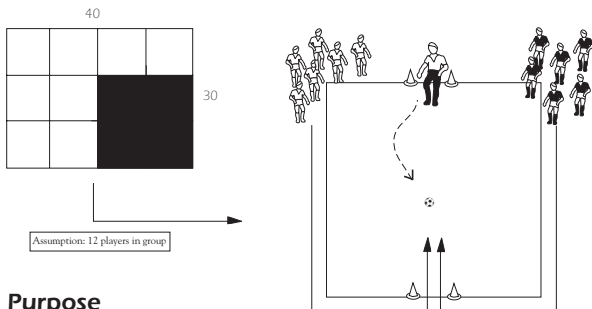
The coach calls out a number from 1 to 6. The respective players from each team run with the ball following the directional arrow as shown in the diagram, to the gate at the end of the grid. The first ball to cross through the gate is the ball that is used (the other is discarded). The players compete to get a shot on goal.

**Story**

Pirate Pete (player who keeps his ball) enters the cave to bury his treasure for safe keeping. That darned pesky parrot (the player who discards his ball) follows him into the cave nibbling at his gnarly neck.

**Key Coaching Points**

1. Keep the head down, eyes on the ball.
2. Strike the ball with the laces.
3. Follow through in the direction of the target.



## Purpose

To develop finishing in the goal area.

## Organization

Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the same end line. Number players on each team from 1 to 6. Position discs as shown in the diagram. The coach is both goalkeeper and server.

## Game Objective

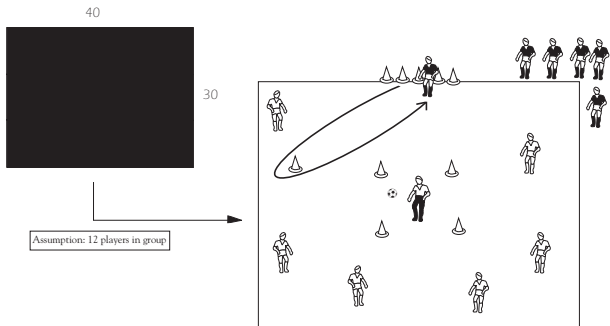
The coach calls out a number from 1 to 6. The respective players from each team follow the directional arrow as shown in the diagram to the gate at the end of the grid. The coach drops the ball in the center of the area. The 2 players compete to shoot on goal.

## Story

The Babe, the infamous piglet sheep “dog,” rounds up the sheep from the mountainside and puts them in the pen before sundown.

## Key Coaching Points

1. Good running speed to the gate.
2. Keep the head down on the ball.
3. Strike the ball with the laces.
4. Shoot at earliest opportunity.



## Purpose

To develop placement and power in striking the ball.

## Organization

Set out a 30 x 40 yard area. 2 teams of 6. The coach is the pitcher. He stands in a 5 x 5 yard area 10 yards from the wickets (5 discs in a row). Position one disc 10 yards from the wicket.

## Game Objective

The pitcher passes the ball from the mound in the direction of the wickets (line of discs). The batter must kick the ball and then run around the base, back to the wickets. He must be ready to face the next pitch which is delivered as soon as the pitcher receives the ball, passed back from the outfield. The batter continues to bat until he is bowled out (the pitcher knocks down the wicket) or caught out by an outfielder. Continue until all batters on the team are out.

## Key Coaching Points

1. Keep the ball low by keeping your head and knee over the ball on contact.
2. Strike the ball with the laces.