



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** COMPETITIVE



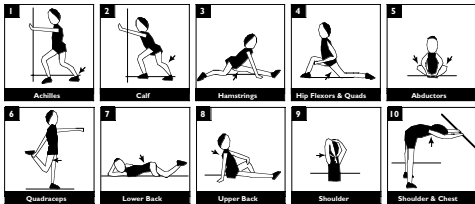
SESSION 1

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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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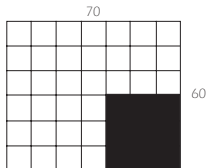
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SESSION 1 - Week 2

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

Team Movement



Assumption: 12 players in group




Purpose

To practice in a small sided conditioned game.

Organization

Set out a 30 x 30 yard area. Set out an end zone 5 yards wide from each endline. 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 end zone and stops the ball with the sole of his foot. No defenders are allowed in this area. 3 points for every ball stopped in the area. 1 point for any 1 - 2's, overlaps or takeovers.

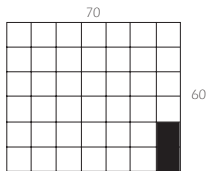
Progressions

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

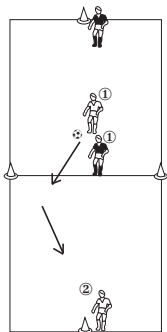
Key Coaching Points

1. Encourage players to take on defenders at every opportunity.
2. Look for switching of the direction of play in the above progression.
3. Keep possession at all times.
4. Your first look should always be for a forward pass.
5. When the ball is won, play forward.

Move & Receive



Assumption: 12 players in group



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 2 other areas for a total of 12 players.

Game Objective

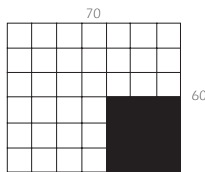
Player ① is in possession of the ball. He must beat his defender ① and get across the imaginary halfway line at the 10 yard marker. Once in the other half he can pass to his teammate who is standing in the center of the endline. If the defender ② wins the ball, he immediately attacks the opposing half.

Progressions

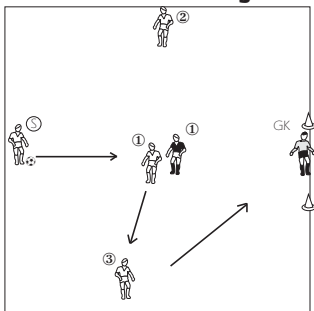
1. Allow the endline players to move up and down the endline to receive the ball. Now you can pass the ball from inside your own 1/2 also.

Key Coaching Points

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

Turning To Attack

Assumption: 12 players in group

**Purpose**

To develop turning on an opponent in a functional practice.

Organization

Set out a 30 x 30 yard area. Groups of six. Play 3 v 1 in a grid with a server and a goalkeeper. Repeat in another area for a total of 12 players. This is a competition between defender and attacker to see how many goals are scored.

Game Objective

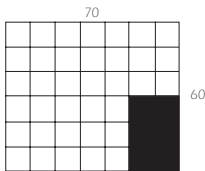
Player ① creates space by moving away and then turning back towards the server S. The server passes to player ①, who must control the ball, turn and play the ball off to either supporting player ② or ③. Player ① sprints past the defender to receive a return pass which he shoots on goal. Players ② and ③ follow in for rebounds.

Progressions

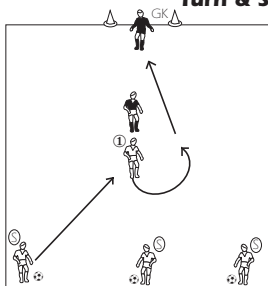
1. Vary the speed and height of the serves.
2. Allow players ② and ③ to shoot directly on goal.

Key Coaching Points

1. Go away at an angle to draw defender from the middle.
2. Can you make a little head check to see where the defender is?
3. 1st touch away from the defender.
4. If the defender is not tight, then turn and attack them.
5. Create space behind you to turn and move into.



Assumption: 12 players in group



Purpose

To develop turning and shooting with your back to the goal.

Organization

Set out a 20 x 30 yard area. Position one attacker ① 10 yards from the goal line and a defender 5 yards from the attacker. Position 3 servers 10 yards from attacker ① as shown in the diagram. One ball per server. Repeat in another area for a total of 12 players.

Game Objective

One of the servers plays the ball to the feet of player ①, who is standing with his back to the goal. As soon as player ① touches the ball, the defender can close in. Player ① can either turn and shoot or play the ball back to any of the servers for a first time strike on target. Repeat from all servers. Rotate positions.

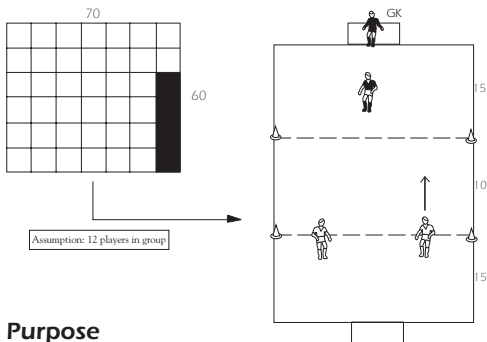
Progressions

1. The resistance from the defenders is increased.
2. Vary the height of the serves to use all controlling surfaces.

Key Coaching Points

1. The servers should communicate with the attacker to inform him of his options. This is particularly important when a player has his back to goal.
2. If the attacker plays the ball back to the server, can the server play on angled ball to the back of the defense?
3. Make an angled run to receive the ball sideways on.
4. Before you receive the ball, check the location of the defender.

Running The Ball To Attack





Assumption: 12 players in group


Purpose

To develop combination plays and running with the ball.

Organization

Set out a 10 x 40 yard area with 4 players and 1 ball. Mark out $\frac{1}{3}$'s of the field as shown in the diagram. 2 teams of 2 with 2 goals. When  team has possession, the  team must have a goalkeeper. Repeat in 2 other areas for a total of 12 players.

Game Objective

The  team combines to run the ball into the final $\frac{1}{3}$ of the field to shoot to score. The defensive team plays a single defender and drops back a goalkeeper to the goal line. The attacking team can score only in the final 15 yards. Should the defensive team intercept the ball, the ball must be passed back to the goalkeeper before they can attack the opposing goal.

Progressions

Play drop back goalkeeper—elect 1 player to be goalkeeper and this time the defender does not need to get the ball back to the keeper—he attacks from the interception.

Key Coaching Points

1. 1st touch out of feet and attack the space.
2. React to the change in possession by counterattacking quickly.
3. Use laces and outside of feet to pass the ball.