



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.



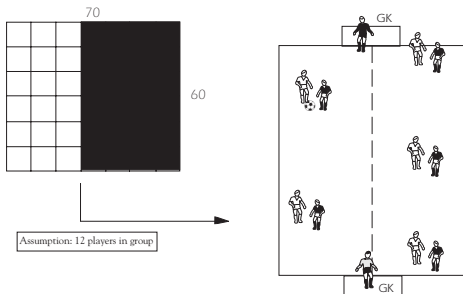
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SESSION 1 - Week 4

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

Diagonal Passing To Diagonal Runs**Purpose**

Small-sided game to develop diagonal passes and runs.

Organization

Set out a 40 x 60 yard area, with a center line placed along the middle of the field. Play 5 v 5 + 1 goalkeeper.

Game Objective

The object of the game is to score a goal in the opposing goal from a pass made from the opposite 1/2 of the field. Players should make runs with the ball across the field. Teammates must look to make runs across the field in the opposite direction to exploit the space created by the ball carrier. Attackers can score only from a pass from the other side of the field and must shoot with a 1 time shot.

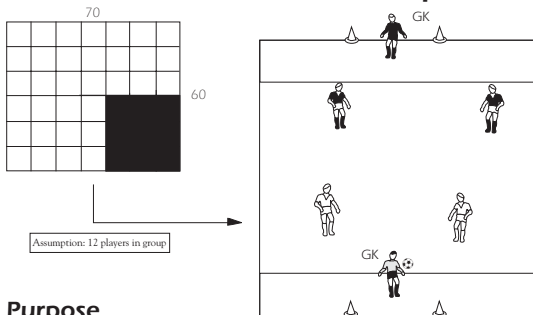
Progressions

Take the middle line away.

Key Coaching Points

1. When a player runs across the field, teammates must look to exploit the space created.
2. Passes and runs should be diagonal.
3. Players should call for the pass.
4. If the pass is not on, the ball carrier should fake to pass and take it himself.

Super 3 Tournament





Purpose

To develop creating space as a team in a small sided game.

Organization

Set out a 30 x 30 yard area with 5 yard channels. Play 3 v 3 with a *rush back* sweeper/keeper. Repeat in another area for a total of 12 players.

Game Objective

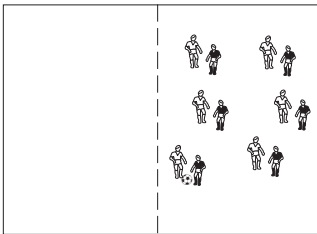
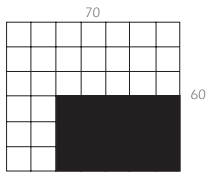
The  goalkeeper serves the ball to a  teammate. The object of the game is to score a goal into the opposing goal using any/all of the techniques for creating space previously outlined. The goalkeeper is allowed to use his hands anywhere inside the defensive end zone. The goalkeeper is expected to go forward as an outfield player when his team is in possession.

Progressions

Select one player on the team. Only that player is allowed to score. Use combination plays to release the target player.

Key Coaching Points

1. The *onus* to create space in a game always lies with the player without the ball.
2. Do not allow players to get frustrated when they make a good run and they do not receive the ball. Remember creative runs are more often than not effective as decoys for the players with the ball to exploit the space that has been created.

Creating Space In A Team**Purpose**

To develop possession, position and penetration in a pressurized environment.

Organization

Set out a 50 x 30 yard area. The field is divided by a 1/2 way line. Play 6 v 6.

Game Objective

The team in possession of the ball must attempt to make 3 passes before playing the ball into the other 1/2 of the area. A teammate must run onto the ball and control it in the far area to score a point. Players should make straight and angled runs as if attempting to beat an offside trap. Once a player receives the ball in the other 1/2, all players move to this area. Repeat in the opposite direction. First team to get 5 points, wins.

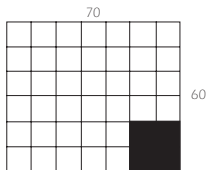
Progressions

1. Team without possession plays 5 v 6 with a defender in the other area so now quality of pass and run must be better.
2. Player who passes cannot receive the ball back. Therefore, pass and then clear the space.

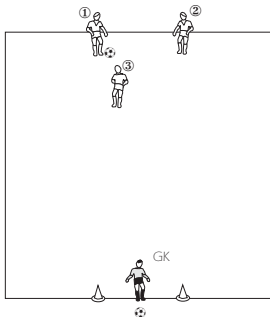
Key Coaching Points

1. Assess the type of pass—straight, angled, on floor, in air?
2. Speed of thought and movement.
3. Need to play 1 or 2 touch to create space.
4. Keep possession until teams can penetrate.

NY/NJ Metrostars 3 Goals & In



Assumption: 12 players in group






Purpose

To develop shooting and finishing.

Organization

Set out a 20 x 20 yard area. Groups of 4. 2 balls per group. Position players as shown in the diagram. Repeat in 2 other areas for a total of 12 players.

Game Objective

Players  ①  ②  ③ compete against each other to score goals. The first player to score 3 goals is the winner. The winner then gets to choose who goes into goal next.

Key Coaching Points

1. Take shots early and keep them low.
2. Follow in for rebounds.
3. Challenge for every ball.
4. Shoot to the corners and away from the goalkeeper.