



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** COMPETITIVE



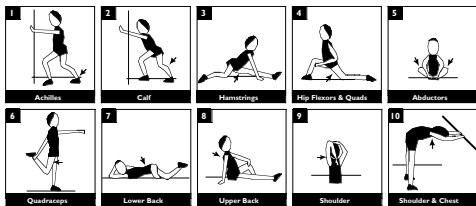
SESSION 1

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SoccerMadeSimple.com
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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.



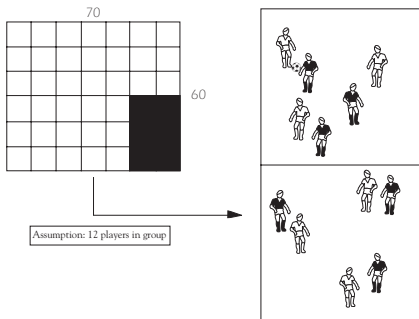
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SESSION 1 - Week 6

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



Purpose

To develop one touch passing and turning with the ball in a conditioned game.

Organization

Set out a 20 x 40 yard area in 20 yards grids. Play 3 v 3 in each area. One ball per practice.

Game Objective

The object of the game is to pass the ball to a player on the same team in the opposing area. A goal is scored when a.) the receiver plays a one touch pass back to a teammate in the originating area or b.) the receiver turns with the ball and plays it to a teammate in his area.

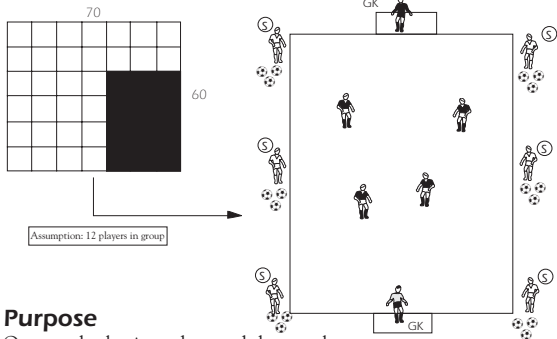
Progressions

Score 2 goals when the team advances the ball to the opposing endline and stops the ball on the line.

Key Coaching Points

1. The receivers must check away from the ball and back towards the ball.
2. The team in possession should combine to create a better passing opportunity across the grid.

1 Touch Play In Front Of Goal



Assumption: 12 players in group

Purpose

One touch play in and around the penalty area.

Organization

Set out a 30 x 40 yard area with goals at each end line. Play 2 goalkeepers, 6 servers and 4 attackers. The servers should have a supply of balls.

Game Objective

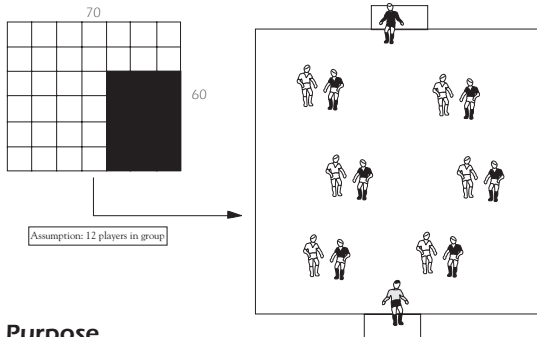
One of the servers (S) plays the ball into the (A) team. The receiving player must play the ball to 1 of his teammates in the area with his first touch. This is repeated with all players inside the area until all have touched the ball. Score 3 points for a goal, 2 points for a shot on target and 1 point for a close miss.

Progressions

1. 2 of the servers become defenders. Receiving players have 2 touches.

Key Coaching Points

1. Assess the quality of finishing.
2. Receive the ball sideways on.
3. Can you make an angled pass for the player to run onto?
4. Communication between players.



Purpose

To develop speed of thought, quick attacking play, short passing and driven passing.

Organization

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

Game Objective

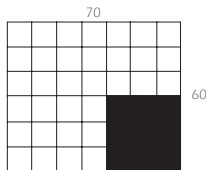
The object of the game is to pass the ball to a teammate who must stop the ball with his hands. The receiving player then has 1 touch to pass the ball to another teammate. A player can intercept the ball only by stopping it with his hands. Possession reverts after the interception.

Progressions

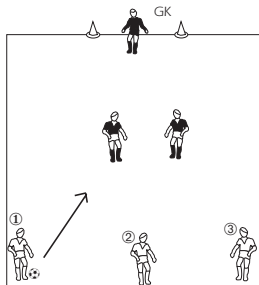
Could develop into a chipped pass to hands or control before putting the ball on the ground. The only way to score is a header or volley.

Key Coaching Points

1. Control the ball with your hand, then pass quickly.
2. Pass then move again.
3. As the ball approaches, you think about where it will go next.
4. Shoot early and quickly.

Kansas City Wizards Attack & Defense

Assumption: 12 players in group



Purpose

To develop shooting in a confined area.

Organization

Set out a 30 x 30 yard area. Position 3 attackers along the endline and 2 defenders plus a goalkeeper in the area. The attackers have 1 ball between them. Repeat in another area for a total of 12 players.

Game Objective

Players ①, ② and ③ combine to attack the goal at the top of the diagram. The player in possession attempts a shot on goal. The two supporting attackers ② and ③ follow-in for any rebounds from the defenders or goalkeeper. A goal kick = a goal to the defenders. A score = 2 points to the attackers. A corner kick = 1 point to the attackers. First team to 10 wins. If the keeper saves the ball, he clears the ball back to the attacking team to repeat the practice.

Progressions

The attackers can pass to each other to create a better shooting opportunity.

Key Coaching Points

1. Observe the position of the goalkeeper.
2. Concentrate on accuracy.
3. Keep the head over the ball.
4. Strike through the middle or top half of the ball.
5. Follow through at the target.