



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.



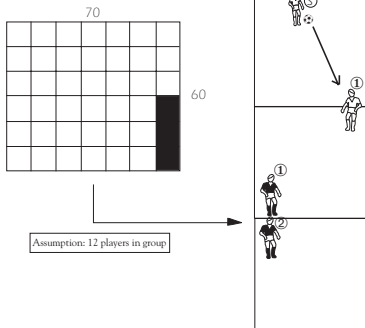
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SESSION 1 - Week 10

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



Purpose

To develop the role of the covering defender.

Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

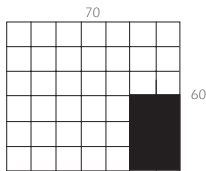
Game Objective

Server (S) plays the ball to player (1). Defender (1) closes down the space to player (1) while the covering defender (2) positions himself on the inside and within 10 yards of the primary defender. The covering defender communicates information to the challenging defender and becomes the challenging defender if the initial defender is beaten.

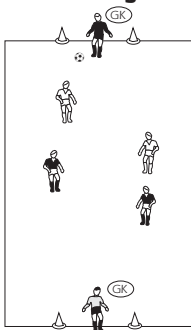
Key Coaching Points

1. The challenging player should force the opponent down the touchline blocking the opponent's route inside.
2. The covering defender should be at the correct angle and distance from the primary defender.
3. The covering defender should communicate with the first defender when and where to challenge for the ball.

Defending In Front Of Goal



Assumption: 12 players in group



Purpose

To improve man to man marking.

Organization

Set out a 20 x 30 yard area. Groups of 6, play 2 v 2 with a goalkeeper at each endline. Repeat in another area for a total of 12 players.

Game Objective

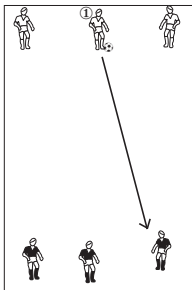
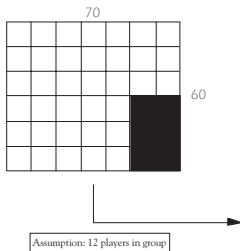
Each player is assigned a man marker on the opposition. Players can only challenge the player they are assigned to man mark. The defending team must prevent the opposition from getting a shot on goal. The attacking team must attempt to score into the opposition's goal.

Progressions

Mark any player you want.

Key Coaching Points

1. Shadow the attacking player at all times.
2. Keep play in front of defenders at all times.
3. Defenders should attempt to force the play in one direction to allow a second supporting defender to close off the passing options.
4. Remember that the closer your player is to the ball or goal, the closer you are to them.
5. Guiding triangle is ball—supporting attacker—goal. Always be inside it.



Purpose

To improve cover and changing roles.

Organization

Set out a 20 x 30 yard area. Groups of 6, play 3 v 3 within the confines of the area. Repeat in another area for a total of 12 players.

Game Objective

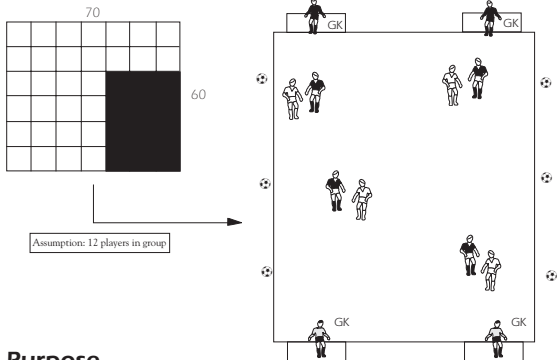
Player ① passes the ball to any of the players on the team. The team defends the endline on the top of the diagram. A goal is scored against the defending team when the opposition advances the ball to the endline and stops the ball with the sole of the foot.

Progressions

The players can switch markers when an attacker makes a run into another defender's space.

Key Coaching Points

1. Defenders should shadow their attacking counterparts.
2. The closest person to the ball must close down the space to the ball and pressure.
3. Defenders should channel attackers across the field and away from the endline.
4. As the ball moves so do defenders in terms of balance & support.
5. Pressure and delay until you have #s to defend with.
6. Cover ground as ball travels.
7. Don't get beaten by the attacker's 1st touch.

Defensive Pressure**Purpose**

To develop the need to pressure the ball in defense.

Organization

Set out a 30 x 40 with 2 goals at each end of the field. Play 4 v 4 in the middle area with goalkeepers stationed in each of the goals. Balls are placed around the field so that as soon as a ball goes out, the closest ball is played in.

Game Objective

As soon as a player receives the ball from a goalkeeper or an outfield teammate, he should attempt a shot on goal. The defending team must attempt to pressure the ball carrier and closely mark all other attacking players.

Progressions

Play 5 v 5 with 1 regular goal on each end line in a 30 x 50 yard area.

Key Coaching Points

1. Make early decisions. The player nearest to the player with the ball must challenge.
2. Do not get beaten by an attacker's 1st touch.
3. Get there early, then establish your position.
4. Clear communication between defenders is key.