



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** COMPETITIVE



SESSION 2

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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

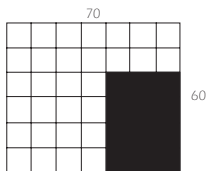
Key Coaching Points

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.

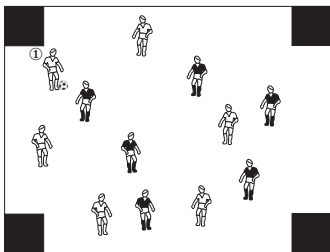


SESSION 2 - Week 4

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



Assumption: 12 players in group



Purpose

To develop support, running off the ball and dribbling.

Organization

Set out a 30 x 40 yard area. Create a 5 x 5 yard square in each corner of the grid. Play 6 v 6 within the confines of the area.

Game Objective

Player ① starts with the ball. The team can attack any of the four squares. To score a goal you must dribble the ball into an offensive square. No defender is allowed in this area. Once you stop the ball in the area, the other team takes over and attacks the other 3 areas.

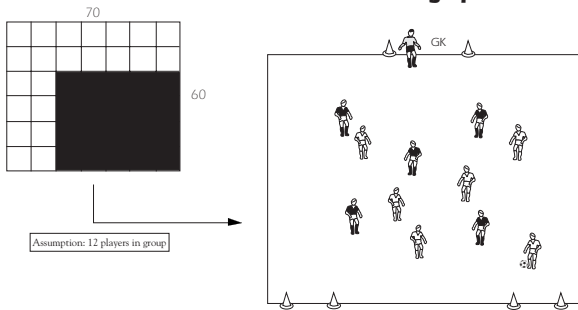
Progressions

Change to goals on opposite diagonals (top right and bottom left of the diagram) thus encouraging players to switch the direction of play.

Key Coaching Points

1. Look at the spacing of players - are the passing distances allowing defenders time to recover?
2. Are the players away from the ball taking the initiative to create space?
3. When you get the chance to dribble the ball, you take it.
4. Are players turning to open up the field?
5. When to dribble and when to pass.

Creating Space In Attack





Purpose

To develop open-play in the attacking area.

Organization

Set out a 50 x 40 yard area. Play 6 v 5 plus a goalkeeper in the area.

Game Objective

The  players attack the goal at the top of the area. They must combine to create a scoring opportunity. The  defenders can score by clearing the ball through the corner goals at the bottom of the diagram.

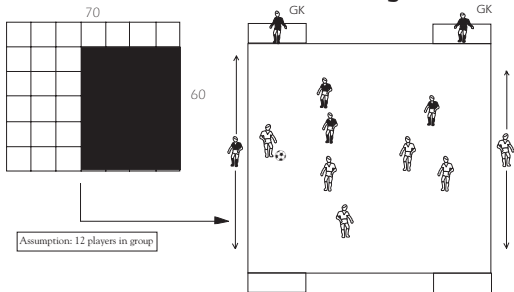
Progressions

1. Condition the game to 3 touches for the attacking team.
2. Play a regular game.

Key Coaching Points

1. Players should have full forward vision on receiving the ball.
2. Good angles and positions to receive.
3. Position with time and space to go forward.
4. Looking to pass forwards at all times.
5. Pass into spaces behind defense.
6. Pass the ball to the feet of the most advanced player.
7. An attacking pass should go beyond at least 1 defender.

Attacking From Wide Angles



Purpose

To develop attacking from width and changing point of attack.

Organization

Set out a 40 x 50 yard area with 2 goals at each end of the field as shown in the diagram. Play 5 v 5 in the middle area with 2 floating players on the outside of the area. The floating players play with the team that has possession. The floating players are restricted to 2 touches.

Game Objective

The object of the game is to score a goal in one of the 2 opposing goals. This may be achieved by play within the area or by getting the ball wide to a floating player to cross or shoot on goal. When a team has possession, the other team must drop back 2 of its players to defend the goal as goalkeepers. The floating players are restricted to 2 touches.

Progressions

The team in possession can score only from a cross by a floating player.

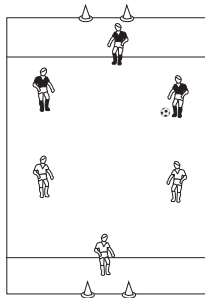
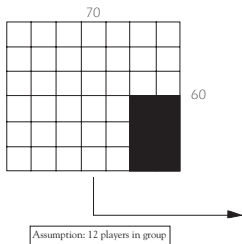
Key Coaching Points

In Attack

1. Switch the ball to the weak side.
2. Open up the field by receiving the ball side on.
3. Keep possession by spreading out side to side and end to end.
4. Cross early to the space behind the defense.

In Defense

1. Defender/goalkeeper on the weak side acts as cover and support until ball gets there.

Shake And Bake**Purpose**

To develop dribbling with the ball.

Organization

Set out a 20 x 30 yard area and make an end zone 5 yards wide from the endline. Play 3 v 3. Repeat in another area for a total of 12 players.

Game Objective

Each team elects a goalkeeper. This player is allowed to use his hands in the defensive endzone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. When a player gets the ball in the opposition's half, he should try to dribble past them. Award 3 points for fakes past the defender; 5 points for every goal; first team to 21 wins.

Progressions

Allow the players to pick scores for different skills.

Key Coaching Points

1. Attack the space behind and to the side of the defender.
2. Use fakes and moves to go past defenders.
3. Change direction, change speed.