



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U10** COMPETITIVE



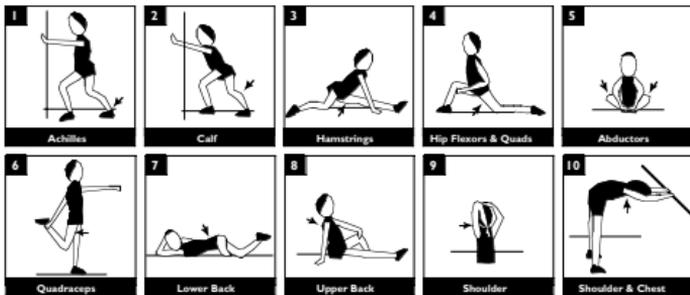
### SESSION 2

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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.



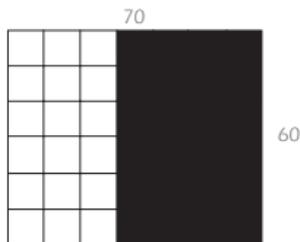
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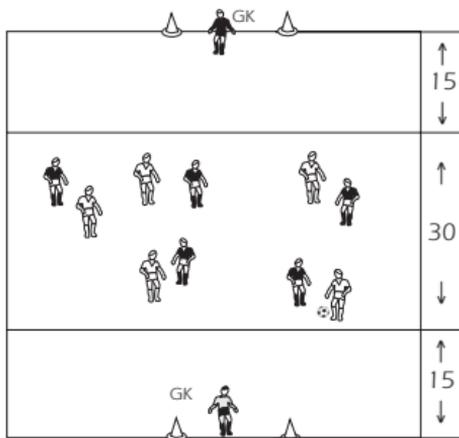
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## SESSION 2 - Week 7

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



Assumption: 12 players in group



### Purpose

To develop finishing the breakaway.

### Organization

Set out a 40 x 60 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 5 v 5 in the 30 x 40 yard grid.

### Game Objective

The team in possession plays the ball around the central area. The goal of the game is to penetrate into the attacking area and finish a 1-on-1 with the goalkeeper. The goalkeeper must stay on the line until the attacker crosses the attacking line.

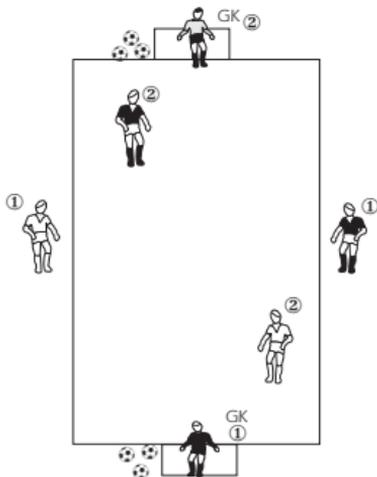
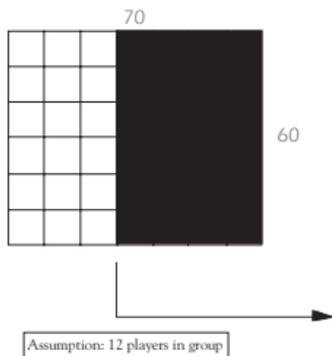
### Progressions

Allow a single defender to pursue the attacker to pressure or block the shot.

### Key Coaching Points

1. Be composed. Try to get to a central position in front of goal.
2. Assess the position of the goalkeeper before selecting the shooting target.
3. Use an early fake or body swerve to unsettle the goalkeeper and move him out of position.
4. If the goalkeeper comes out quickly, you can dribble around him.
5. If the keeper comes then stops you may be able to chip him.
6. If you choose to shoot, think about placing the ball past the keeper.

## Attacking The Crossed Ball



### Purpose

To develop crossing and finishing skills

### Organization

Set up a 40 x 60 yard area. Groups of 6. Station goalkeepers in a goal at each end line, 2 players inside the area and 2 wide players outside the area. Goalkeepers should have a supply of balls. Repeat in another area for a total of 12 players.

### Game Objective

GK ① distributes the ball to ①, who advances the ball up the touch line with his first touch and crosses the ball to ② with his second touch. Keepers must stay on their line throughout the practice. Repeat in the opposite direction from GK ② to ① and ②. The wide player should attempt to vary his serves to near, middle and far post positions.

### Progressions

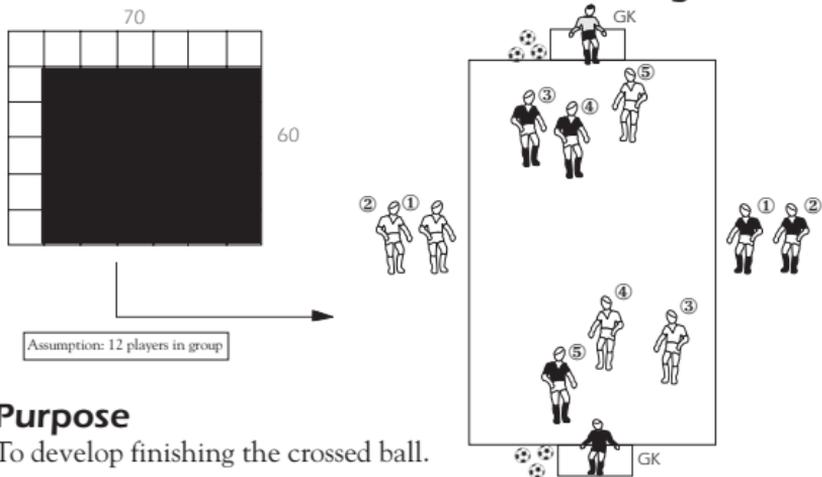
1. Which team is the first to score 5 goals by either a header, volley or flick?
2. The ① and ② compete against the team with GK ① playing with the team and GK ② with the team.

### Key Coaching Points

#### Crossing the ball:

1. The ball should arrive between head and knee height in front of the attacker.
2. For near post crosses, aim to hit the edge of the 6 yard box in line with the near post.

## Crossing & Finishing



### Purpose

To develop finishing the crossed ball.

### Organization

Set out a 60 x 50 yard area. Play 5 v 5 with goalkeepers. Each team has 2 wide players, 1 central defender and 2 strikers. The goalkeepers have a supply of balls.

### Game Objective

Teams compete against each other in an attempt to score goals from crossed balls with either a head volley or flick. The 2 wide players take it in turns to deliver crosses to the 2 strikers attacking the prime scoring area. The 2 strikers should look to make split runs (arriving in different areas) and cross over runs to drag the defenders out of position.

### Progressions

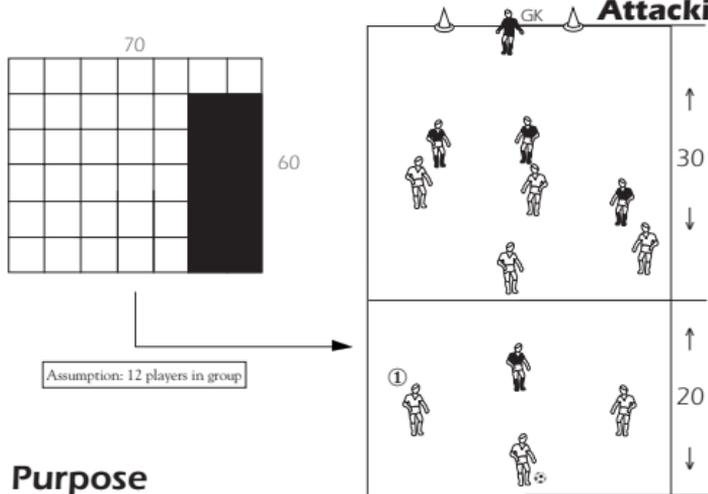
1. ① dribbles to the end line and turns and plays the ball back for a first time cross by ②.
2. All crosses delivered first time after an overlapping run by the wide players.
3. Put 1 wide player from each team on each side of the field. They now have to dribble past each other to cross the ball.

### Key Coaching Points

#### Attacking the ball:

1. Don't run across the cross, but come down the line of it.
2. Try to get in front of the defender at the near post.
3. Time your run so you meet it moving forward.

**Attacking Build Up**



**Purpose**

To develop transition from the midfield into the final 1/3.

**Organization**

Set out a 20 x 50 yard area. Set out two grids within the area according to the dimensions shown in the above diagram. Play 3 v 1 in the smaller area and 4 v 3 with a goalkeeper in the larger area.

**Game Objective**

Player ① starts with the ball. The three ⚭ midfield players in the bottom area combine to play the ball into the attacking grid. The ⚭ player receiving the ball must turn his defender and get a shot on goal. The ⚭ defender must attempt to intercept the ball or block the shot on goal. Rotate positions.

**Progressions**

1. Play 3 v 2 in the smaller area and 3 v 3 in the larger area.
2. Take the midline away, play 6 v 5 in the entire 20 x 50 yard area.

**Key Coaching Points**

1. Midfield players should hold onto the ball until an attacker has checked away from the defender and has created space to receive the ball.
2. Attackers should create a shooting opportunity with their first touch.
3. Encourage players to shoot at every opportunity.