



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

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



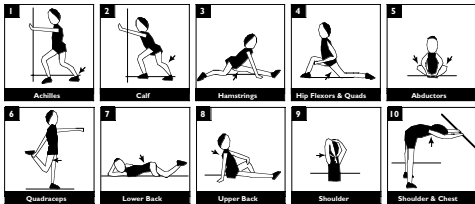
### SESSION 2

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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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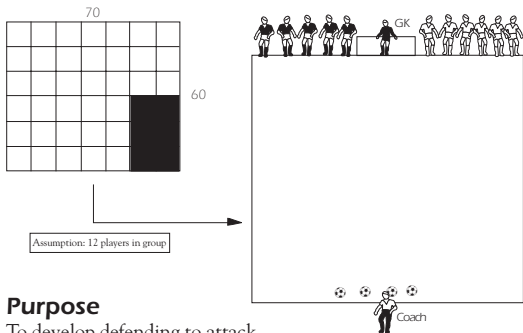
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## SESSION 2 - Week 10

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

## Favorite Numbers



### Purpose

To develop defending to attack.

### Organization

Set out a 20 x 30 yard area. Station a goalkeeper on the end line at the top of the diagram. The remaining players are divided into 2 teams, 6 and 5 respectively and are positioned at the sides of the goal. Each player is given a number from 1 - 6. One of the players on the team of 5 can have 2 numbers.

### Game Objective

The coach calls out a number and serves the ball into the area. The 1st player to the ball is an attacker, the 2nd becomes the defender. The attacker must attempt to score on goal. Should the defender intercept the ball, he must clear the ball by playing a 1-2 pass to the coach. Play until the ball is out of play, returned to the coach, or a goal is scored.

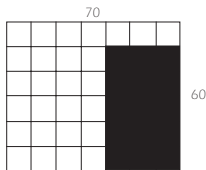
### Progressions

No longer need to play a 1-2 with coach, just turn and score in the same goal as the attacker.

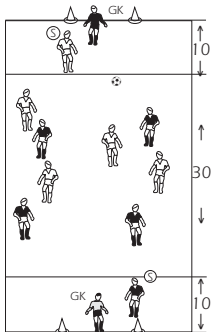
### Key Coaching Points

1. Get to the opponent quickly and be still.
2. Stop the opponent from turning—be touch tight.
3. If a player is facing the goal, come down a line between ball and goal.
4. When defending, get there quickly, “crouch and creep.”
5. Fake a tackle to win the advantage.

## Sweeper Game



Assumption: 12 players in group



### Purpose

To improve man to man marking and depth in defense.

### Organization

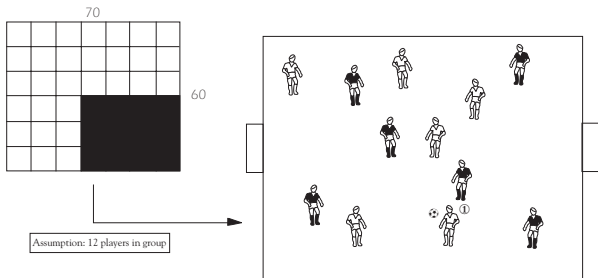
Set out a 30 x 50 yard area in 3 grids as shown in the diagram. Play 4 v 4 in the central area. Play 1 goalkeeper and 1 sweeper in each of the end zone areas.

### 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. Only the marking player and the sweeper (S) can challenge the shot. The sweeper can challenge any player.

### Key Coaching Points

1. Get as many defenders back goal side of the ball.
2. When the players are isolated 1-on-1, the defender should retreat, maintaining space between himself and the attacker before advancing to challenge for the ball.
3. Can the sweeper “step up” and intercept or win the ball?



### Purpose

To develop defensive and offensive heading in a conditioned 6 v 6 game.

### Organization

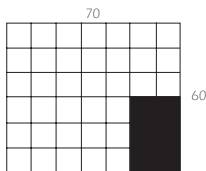
Set out a 40 x 30 yard area. Play 6 v 6 in the confines of the area. Make a goal at each end of the area.

### Game Objective

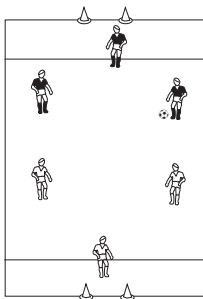
Player ① throws the ball to a teammate who must head the ball to another teammate, who in turn must catch the ball. The correct sequence is throw, head, catch. **Receiving** players are only allowed two steps after catching the ball. Opponents may intercept the ball in the correct sequence; e.g., if ① throws the ball, ② must head the ball to another ③ player to intercept. To score you must head the ball into the goal.

### Key Coaching Points

1. Focus on height, width and distance of headers.
2. Anticipate the placement of your header before the ball comes to you – read the game.
3. Keep your eye on the ball at all times.
4. Attack the ball at its highest point.

**Total Soccer**

Assumption: 12 players in group

**Purpose**

To develop all soccer skills.

**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**

Play 3 v 3. Each team elects a goalkeeper. This player is allowed to use his hands in the defensive end zone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. Select scores for various soccer skills demonstrated.

**Progressions**

Vary the skills rewarded.

**Key Coaching Points**

1. In attack, try to spread out and give the ball carrier support.
2. In defense, try to get between the ball and the goal.
3. React quickly when there is a change in possession.