



THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** RECREATIONAL



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

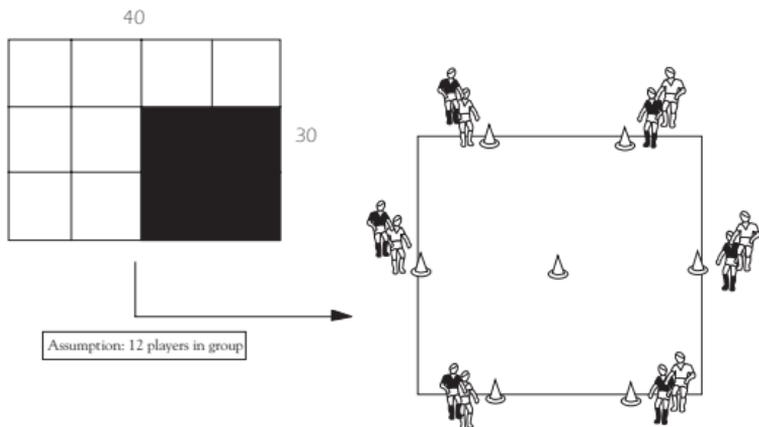
Key Coaching Points

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 2

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



Purpose

To develop soccer speed and movement.

Organization

Set up a circle of cones in a 20 x 20 yard area with a pair of players at each cone. Have the players piggy back each other.

Game Objective

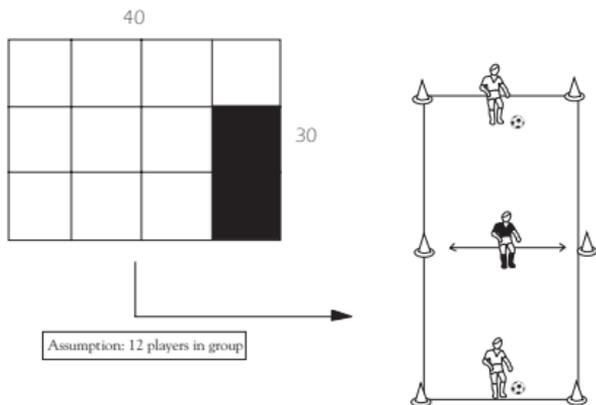
1. Player jumps off partner's back, runs around the circle and back on partner's back.
2. Partner jumps off, crawls through legs, sprints to middle cone, touches it and goes back through partner's legs and back on piggy back.
3. Jockey must try to stay on horse by climbing around the partner and back where they started.
4. Horse and Jockey run to middle cone and back. Change over and do it again. First team wins.

Progressions

Introduce a ball for each of #1 and #2, above. These are all races.

Key Coaching Points

1. Try to use both feet when dribbling to keep on line.
2. When turning, get low—bend your knees to get your center of gravity low.
3. Keep your head still when running.
4. Lift your knees and move your arms backwards and forwards, not across your body.



Purpose

To develop moves to beat a player.

Organization

Set up a 10 x 20 yard area. Station 1 player on each end line and a lone defender in the middle of the area. Repeat in 3 other areas for a total of 12 players. The  players each have a ball.

Game Objective

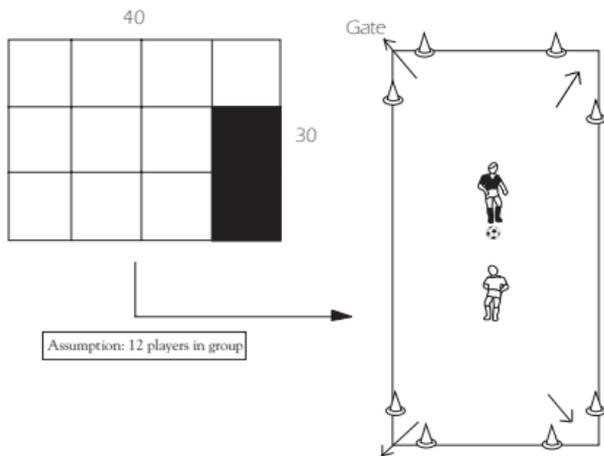
The object of the game is for the  players to get over the middle line without losing the ball to  player. The  player can only move along the line between the cones. If the defender wins the ball, then the attacking player and defender change places and roles. Keep score of how many times a player can get over the line without losing the ball.

Progressions

1. The defender can now move off his line.

Key Coaching Points

1. Look for an opportunity to get over the line while the defender is tackling the other dribbler.
2. Use a scissors and inside out move to beat the defender.



Purpose

To develop the scissors move and Matthews fake.

Organization

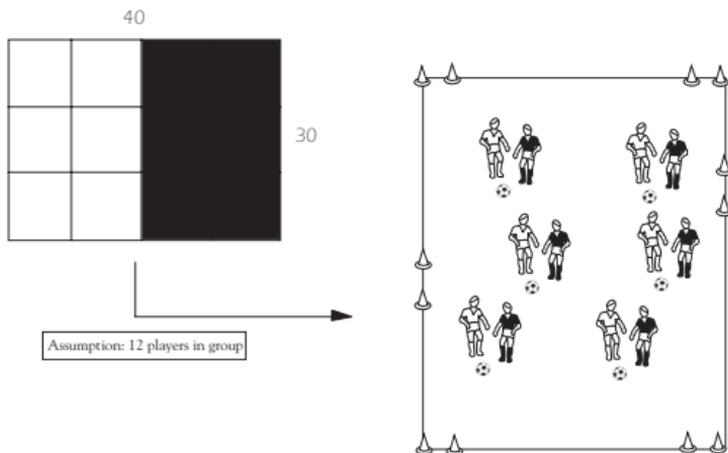
Set out a 10 x 20 area. 1 pair per area. Station goals angled into the field in the corners of the area as shown in the diagram. Repeat in 5 other areas for a total of 12 players.

Game Objective

The ball carrier attempts to score goals by dribbling the ball through the goal = 2 points, or over the end line = 1 point, or through a goal after using a move = 5 points!

Key Coaching Points

1. Make sure the fake fools the player.
2. It is better to go slow then speed away after a good fake.
3. If the defender recovers, then use another fake to “sell them” again!
4. Try putting both moves together.



Purpose

To develop dribbling and turning skills.

Organization

Set out a 20 x 30 yard area. 6 pairs, 1 ball per pair. Players are stationed randomly within the area. Set up 6 small gates, 2 cones 2 yards apart around the outside of the area.

Game Objective

Player  starts with the ball. The object of the game is to dribble through as many gates as possible in an allocated time period. The  defender must attempt to dispossess the player in possession. If a player dribbles through a gate and stops the ball, score 3 points. Every turn or fake demonstrated scores 1 point. First player to 10 points wins. Once a goal is scored, the defender gets the ball. Players cannot go to the same goal twice in succession.

Progressions

1. Develop into 2 teams with 1 ball.
2. 2 teams, but 2 balls in play.

Key Coaching Points

1. When the defender gets alongside you, turn and go in a different direction.
2. Make space, then explode away.
3. Shield the ball and move into space away from the defender.
4. Try to look beyond the ball.