



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

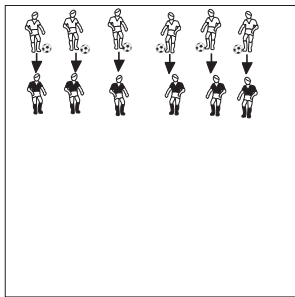
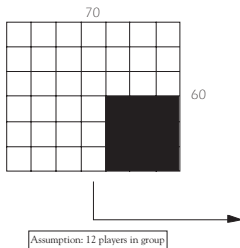
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



SESSION 1 - Week 1

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

Touch On The Ball







Purpose

To provide a passing and receiving warm up activity.

Organization

Set out a 30 x 30 yard area. Group in pairs, 5 yards apart as shown in the diagram. One ball per pair.

Game Objective

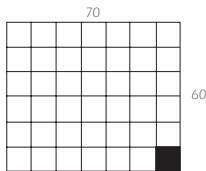
The  player passes the ball over a 5 yard distance to his  partner who is facing him. The  player stops the ball with the sole of his foot and runs backwards. The  player follows the ball and repeats the practice. Across the field and back.

Progressions

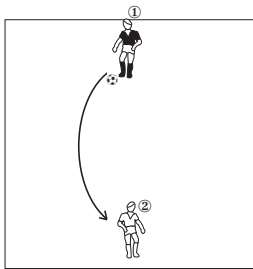
1. The above is repeated with underhand serves from the hands to the inside of the foot volley.
2. Same as above for the head.
3. Player must control then pass off with foot without the ball touching the ground.
4. After heading the ball, you must run forward around your partner, then run backwards to original position.

Key Coaching Points

1. Concentrate on the quality of the pass and the controlling touch.
2. Receiving player must be ready and alert to play the ball back.

Soccer Movement

Assumption: 12 players in group

**Purpose**

To develop aerial control and soccer specific movement.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

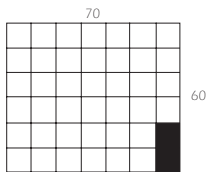
Player ① tosses the ball underhand to player ②. Player ②: heads the ball back; lace volleys the ball back; side volleys the ball back; thigh volleys the ball back; does a head or chest or thigh and passes the ball back; does a flick back with the outside of the heel; chest-heads the ball back.

Progressions

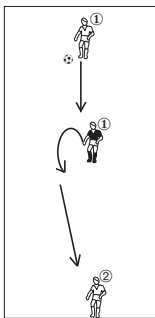
1. The server should move around the passer to make sure they keep on the balls of their feet and look for you with their return pass.
2. Progressive touch count (i.e., partners 1 touch, partners 2 touch, partners 3 touch, etc.).

Key Coaching Points

1. For side volleys and thigh volleys, open your body up so you are side on to the server.
2. Be ready and alert—up on the balls of your feet.
3. Be flexible.



Assumption: 12 players in group







Purpose

To develop turning with the controlling touch.

Organization

Set out a 10 x 20 yard area. Groups of 3, 1 ball per group. 2 servers and a receiver in the middle of the area. Repeat in 3 other areas for a total of 12 players.

Game Objective

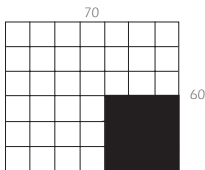
Server  ① tosses the ball at variable heights to player  ①. Player  ① must knock the ball onto player  ② without the ball touching the ground.

Progressions

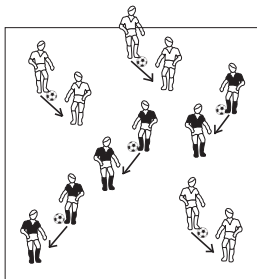
1. Begin with headers.
2. Thigh and pass.
3. Chest and pass.
4. Knock on with your thigh.
5. Side and laces volley.

Key Coaching Points

1. As the ball comes to you, make a step so your body is sideways on and open.
2. Be on your toes, ready to move.
3. Controlling 1st touch should make space for the volley pass.



Assumption: 12 players in group



Purpose

To develop passing and receiving in a conditioned practice.

Organization

Set out a 30 x 30 yard area. Group in pairs. One ball per pair.

Game Objective

Players are grouped in pairs. Each pair passes the ball back and forth within the confines of the area. After a pass has been made, the player must make a curved run around another player from a different pair. A curved run permits the player to see both the ball and the field at all times.

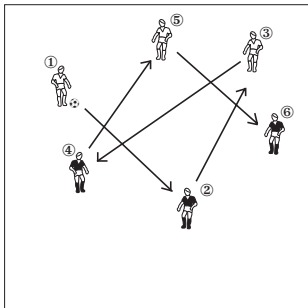
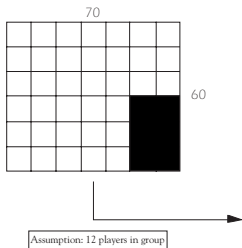
Progressions

1. Put a pair of defenders in the area to develop resistance. If they get your ball, you and your partner are defenders.
2. Each team has a time limit to see how many passes they can complete.

Key Coaching Points

1. Pass the ball into the space in front of your partner to run onto.
2. Do not force the pass. Wait for the right moment or dribble to a new position where the passing angle is improved.
3. Cover as much of the area as possible.
4. Communicate with your partner.
5. Try to receive the ball on your back foot so you open up the field of play.

Possession Play



Purpose

To develop ground passing and receiving.

Organization

Set out a 20 x 30 yard area. Groups of six. One ball per group. Number the players from 1 to 6. Repeat in another area for total of 12 players.

Game Objective

Player ① is in possession of the ball. All players are jogging around the area. Player ② calls for the ball. Player ① turns to face player ② and passes the ball to him. Player ② dribbles off with the ball until player ③ calls for the ball. Repeat practice through player ⑥. Player ⑥ passes to player ①.

Progressions

1. 2 groups now play in 1 large 40 x 40. Still 2 groups of 6 with 2 balls.
2. The passes must be short-long-short-long, etc. and move into line with the ball.

Key Coaching Points

1. Select the controlling surface.
2. Receive the ball on your back foot so you can open up the field.
3. After receiving the ball, run with it across the front of another player.
4. Use the outside of the foot to pass off with.