



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** RECREATIONAL



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

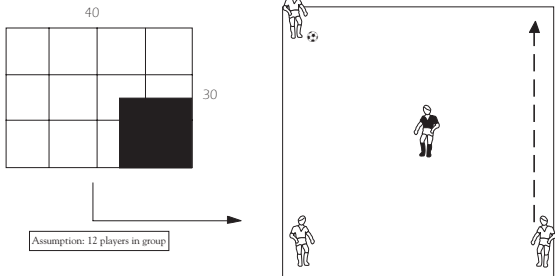
Key Coaching Points

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 5



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






Purpose

To develop passing angles.

Organization

Set out a 15 x 15 yard area. Groups of four, three  attackers and one  defender. Play 3 v 1 keep-away in the confines of the area. Repeat in two other areas for a total of 12 players.

Game Objective

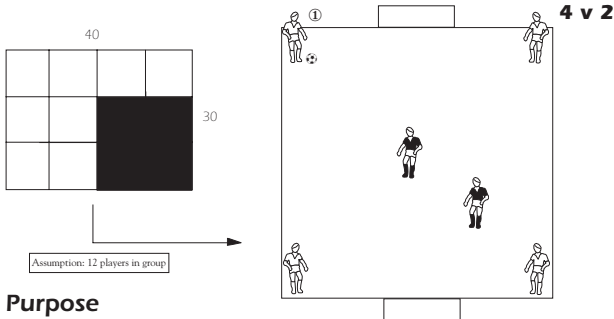
Player  ① starts with the ball. The goal of the practice is to pass the ball around the outside of the square playing keep-away from the lone  defender. Whenever a  player is obstructed from play by the defender (as shown in the above diagram), he should be looking to move to the vacant corner to create a second passing option. Rotate positions.

Progressions

1. Defender walks through the activity, then progresses to passive and finally active resistance.
2. Allow players to move away from the corners and play freely in the area.

Key Coaching Points


1. Attackers should look to pass with accuracy, timing, disguise and correct pace.
2. Players should disguise their intentions so that defenders are wrong footed.
3. Call for the ball when you are in space to receive the pass.




Purpose

To develop penetration of the pass.

Organization

Set out a 20 x 20 yard area. Groups of six, four attackers and two defenders. Play 4 v 2 keep-away. The  players are stationed in the corners of the grid. One ball per group. Repeat in another area for a total of 12 players.

Game Objective

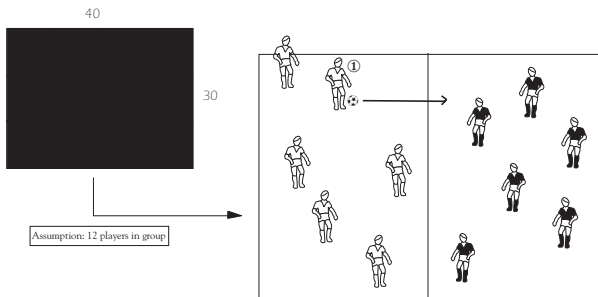
Player  ① starts with the ball. The object is to pass the ball around the outside and middle of the square, playing keep-away from the two defenders. Score one point for a pass around the defenders and 2 points for a penetrating pass that splits the defenders. How many passes can be made before defenders force ball out 3 times or score 1 goal? Repeat and rotate.

Progressions

1. Defenders progress from walking through the activity to passive resistance to active resistance.
2. If defenders win ball, they then try to score on either goal—the attackers try to get back to defend the goal but cannot use hands to stop a goal. If the defenders score, they should change places with 2 of the attacking players.

Key Coaching Points

1. Quality of the first touch to create a new angle for safe passes.
2. If the defender is not nearer to the passer than the receiver when the ball is played then the ball has been released too soon.
3. Know the moment of transition and react—from attack to defense.



Purpose

To develop transition play.

Organization

Set out a 30 x 40 yard area in two 20 x 30 yard grids. Station six players in each grid. One ball per practice.

Game Objective

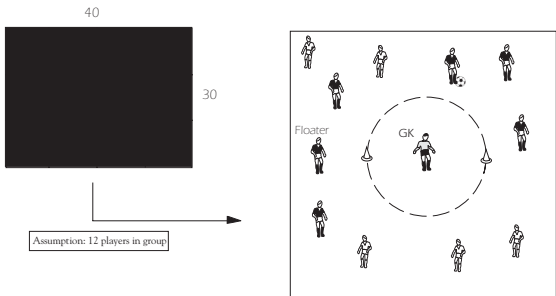
The team has possession of the ball. Player ① passes the ball into the opposing area. The team sends three players into the opposing area to defend. A goal is scored when the team makes 5 consecutive passes without an interception. Repeat in the opposite direction.

Progressions

1. Increase the number of defenders to four.
2. Make the area smaller.

Key Coaching Point

1. The team in possession should be very mobile, making runs off the ball to create space for the ball carrier.
2. Players off the ball should be accessible to the ball carrier at all times.
3. When you win the ball, turn and get it to your team immediately.



Purpose

To develop passing and shooting skills.

Organization

Set out a 30 x 40 yard area with a small circle 6 yards across in the center of the area. Place 2 cones across the circle to create a goal. Station a goalkeeper on the goal line. The circle becomes the goalkeeper's goal area. No players are allowed in this area, other than the goalkeeper.

Game Objective

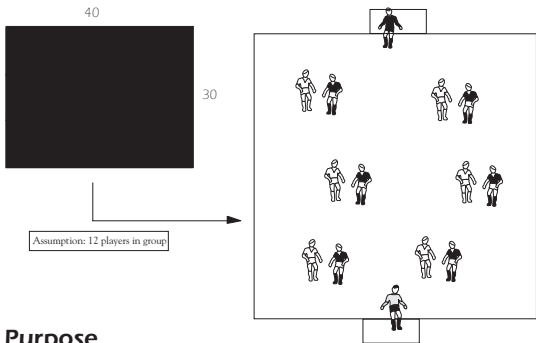
Play 5 v 5 +1 floating player around the goal area. The floating player plays for whichever team has the ball. Goals can be scored on either side of the goal. Both teams attack the same goal. The team with the ball looks to keep possession by passing and moving until they have a shooting opportunity.

Progressions

Players have only 2 touches. The floating player has as many touches as he needs, but cannot score.

Key Coaching Points

1. Pass the ball to a player in a better shooting position than you.
2. Try to receive the ball sideways on.
3. As the ball is coming towards you, think about where you should pass it next.



Purpose

To develop speed of thought, quick attacking play, short passing and driven passing.

Organization

Set out a 30 x 40 yard area. Play 5 v 5 + 2 goalkeepers.

Game Objective

The object of the game is to pass the ball to a teammate who must stop the ball with his hands. The receiving player then has 1 touch to pass the ball to another teammate. A player can intercept the ball only by stopping it with his hands. Possession reverts after the interception.

Progressions

Could develop into a chipped pass to hands or control before putting the ball on the ground. The only way to score is a header or volley.

Key Coaching Points

1. Control the ball with your hand, then pass quickly.
2. Pass then move again.
3. As the ball approaches, you think about where it will go next.
4. Shoot early and quickly.