



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

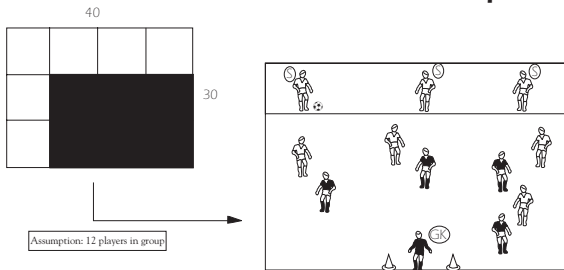
Key Coaching Points

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 7

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




Purpose

To develop shooting on the turn in a functional practice.

Organization

Set out a 20 x 30 yard area with a 5 yard channel at the top of the grid. Three servers are placed in the channel, play 4 v 4 and a goalkeeper in the larger area.

Game Objective

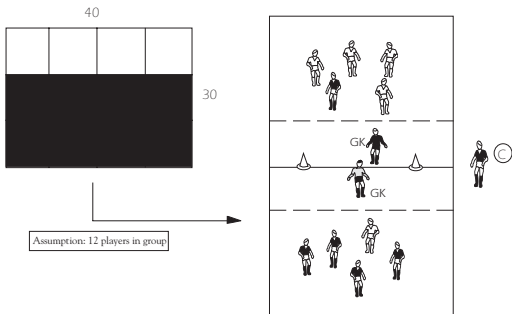
The server  plays the ball to any player in the area. The object of the game is to turn the defender and shoot on goal. If the defender marks tightly, the receiver can either a.) pass to a teammate in the area or b.) pass the ball back for any server to shoot on goal. The servers have only 1 touch, and when they are shooting, they are scoring for whoever passed them the ball. If the ball takes a deflection, then the last person the ball touched is the scorer.

Progressions

1. Put all players in the area and pair them up. The spare player plays with 2 others.
2. Play knock out (elimination). Any players who are not out of the game become servers.

Key Coaching Points

1. Check toward the ball at an angle so you can see the goal when you turn.
2. Shoot low and early.
3. Shoot past players and use them as a screen.
4. Secondary opportunities.

Columbus Crew's Wrecking Crew**Purpose**

To develop quick shooting in and around the penalty area.

Organization

Set out an area of 40 x 20 yards with a goal on the 1/2 way line. Make a 5 yard area on each side of the goal and put 2 goalkeepers on either side of the goal line. Play 4 v 1 on each side of the goal line. No players are allowed in the goal area.

Game Objective

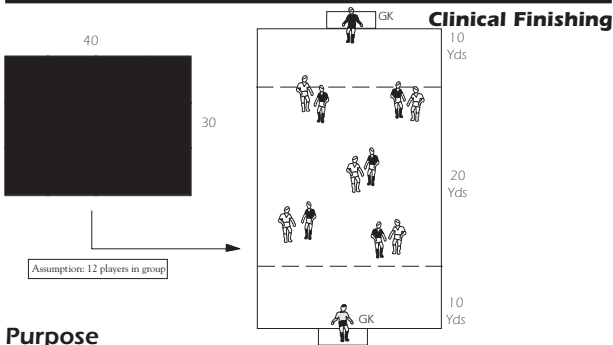
The 4 players combine to get a shot on goal by beating the defender. If the defender wins the ball, he shoots on the same goal. If a goal is scored, the game restarts in the other 1/2 of the field. If the goalkeeper saves the ball, he gives it to the coach who serves another ball into the area. First team to score 10 goals, wins.

Progressions

1. Play 3 v 2 on each side of the goal.
2. All throw ins must result in a 1 touch shot or volley on goal.

Key Coaching Points

1. Shoot through and around player.
2. Keep the ball low.
3. Try to shoot the ball straight back from the other side of the goal.
4. If you cannot shoot, then give a pass that allows a 1st time shot by someone else.



Purpose

To develop finishing and scoring through the middle.

Organization

Set out a 30 x 40 yard area with goalkeeper zones 10 yards in from each end line. Play 5 v 5 in the middle area with goalkeepers at each end.

Game Objective

The object of the game is to score in the opposing goal. Only the attacker with the ball can go into the end area from a thru pass from a teammate or by dribbling in. No defenders are allowed in this area. Goalkeepers must stay on their line until the ball enters their goal area. Attackers have a maximum of 3 touches in end areas. Goals can be scored only in the end areas. Attackers have only 1 touch from rebounds from the goalkeeper.

Progressions

1. Develop into allowing 1 defender to enter the penalty area also to put pressure on the attacker. The defender is nominated and is the only player allowed in.
2. Reduce number of touches in end zone to 2.
3. Allow 2 attackers and 1 defender in end zone. 1st attacker has 2 touches, other attacker has only 1 touch.

Key Coaching Points

1. As a team, spread out wide and deep.
2. Time your run into the area to best the offside line and get the ball.
3. When you enter the final area, pass the ball past the goalkeeper.
4. Aim low and to the far corner.