



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** RECREATIONAL



SESSION 1

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SoccerMadeSimple.com
www.MLScamps.com

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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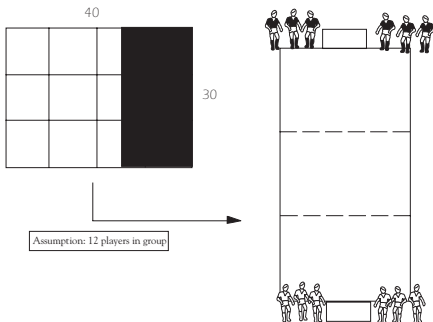
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SESSION 1 - Week 8

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

Dribble To Destroy



Purpose

To develop dribbling and creative play towards goal.

Organization

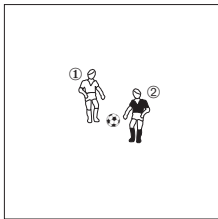
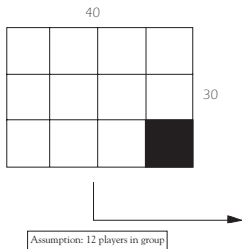
Set out a 15 x 30 yard area as shown above, positioning players to the sides of the goals. Give each player on each team a number from 1 - 6.

Game Objective

The coach serves the ball in and shouts out a number. The respective players run out and challenge for the ball. The ball carrier attempts to get into the final 1/3 of the field where they can score.

Key Coaching Points

1. Attack the space to the side and behind the defender.
2. Catch the defender off balance by using fakes and moves.
3. Be aggressive—take players on.



Purpose

To develop tackling techniques.

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 and ② stand on opposite sides one pace away from the ball. On the command “go,” both players take one step forward and block tackle the ball with the inside of their foot.

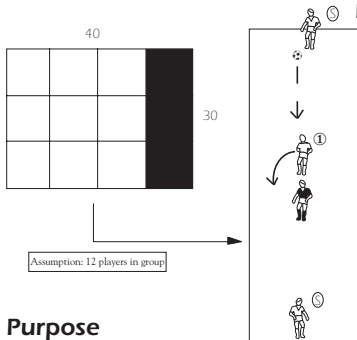
Progressions

1. Increase the distance from the ball.
2. Have a competition to see who wins the ball. Keep count.

Key Coaching Points

1. Get your body behind the ball.
2. The non striking foot should be directly alongside the ball.
3. The knee should be over the ball.

Defending From Behind



Purpose

To develop preventing opponents from turning with the ball.

Organization

Set out a 10 x 30 yard area in 10 x 10 yard grids. Groups of four. One ball per group. Station a server at the end of the grid, who also acts as a target player. One attacker and one defender are located in the center of the area. Repeat in two other areas for a total of 12 players.

Game Objective

Player (S) passes the ball to player (A), who is challenged by the defender. The defender must try to prevent player (A), from turning with the ball and passing it to the server on the opposite endline. Repeat the practice in the opposite direction. Rotate positions.

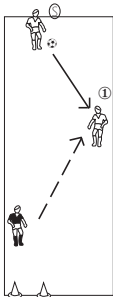
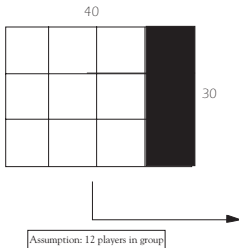
Progressions

The server (S) moves to support player (A). The server on the opposite side of the area closes in as a supporting defender. Play 2 v 2.

Key Coaching Points

1. Make up the ground to the opponent while the ball is traveling.
2. Watch the ball – you must react to the movement of the ball and not the opponent.
3. Be patient and select the correct moment to tackle.
4. Be close enough to touch the attacker with an outreached arm “touch tight.”

Defending A Goal From In Front



Purpose

To develop forcing play away from goal.

Organization

Set out a 10 x 30 yard area in 10 x 10 yard grids. Groups of three. One ball per group. One server (S) one attacker (1) and a defender (D). Repeat in 3 other areas for a total of 12 players.

Game Objective

Player (S) passes the ball to player (1). As soon as the ball is played, the defender (D) can move to challenge player (1). Player (1) must try to beat the defender (D) to the inside and dribble the ball through the two discs in the corner of the grid. The defender (D) must try to force the attacker down the touchline and away from the goal. Rotate positions.

Progressions

1. Introduce a second covering defender (groups of four). The second defender covers the inside of (D) so that if the primary defender is beaten, the second defender can challenge for the ball.
2. Allow the server to become an attacker, building up to a 2-on-2.

Key Coaching Points

1. The primary defender must block the path to the inside by establishing a position to the inside of the ball.
2. The defender must concede ground (jockey) as the attacker runs with the ball before selecting the appropriate moment to step in to challenge for the ball.