



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U10** RECREATIONAL



### SESSION 1

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SoccerMadeSimple.com  
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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.



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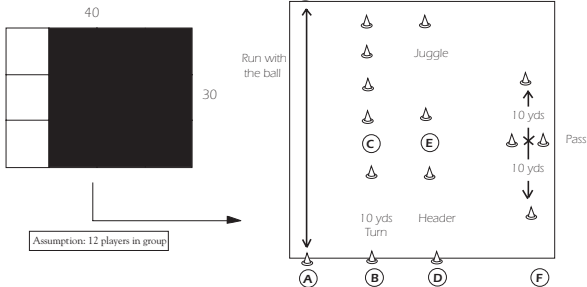
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## SESSION 1 - Week 9

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

## Total Soccer Circuit



### Purpose

To test skills under pressure. Pairs competition.

### Organization

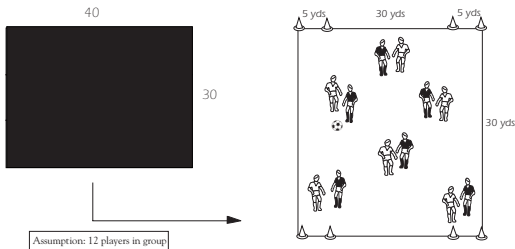
Set out a 30 x 30 yard area. Divide the group into 1 pair of players at each of the 6 stations. 1 ball at each station and 2 balls at (E) station.

### Game Objective

The (A) station is the Control Station. When the 1st player goes, then all other stations start. The players at this station take turns to run the ball to the cone and back 3 times each. Once the player does his last run, he shouts "stop!" and all the other stations must stop. The quicker they are, the less time the other pairs have at each station. (B) 2 cones 10 yards apart, 1 player at 1 cone with a ball. The other player at the other cone facing him. Dribble to 1st cone, turn, dribble back, turn, then pass for partner. Every time across is 1 point. (C) 5 cones 3 yards apart. Dribble up and back down, 1 point, then partner goes. (D) How many consecutive headers between each other can you get? Take best score. (E) Each player has a ball. Take your best consecutive juggle and add your scores together. Use only same part of the body 3 times in a row. (F) Stand at a cone 10 yards away from a goal, 3 yards apart. 1 point for every pass through goal.

### Progressions/Stations

1. Zig-Zag Dribble.
2. Throw ins over 15 yards to partner's hands.
3. Turns in a triangle.
4. Shooting station the same as passing but move cone back to 15 yards from goal.

**NE Revolution's Headers & Volleys****Purpose**

To develop crossing and finishing with headers and volleys.

**Organization**

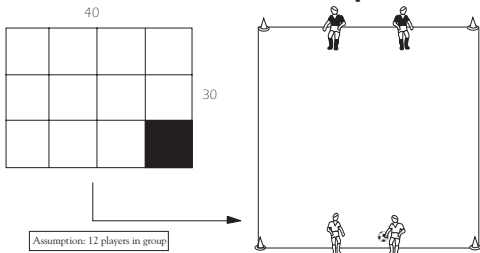
Set out a 40 x 30 yard area and make a 5 yard goal in each corner. Play 6 v 6 in the area.

**Game Objective**

The teams attack their respective goals but can only score with a header or volley. No goalkeepers are allowed, the ball can be stopped only by the chest, hands, thighs or feet. Players cannot flick the ball up to themselves to score.

**Key Coaching Points**

1. Try to switch the ball to the other side of the field with a lofted pass or chip.
2. Make a curved run as you approach the cross and come down the line of the ball.
3. Concentrate on making good contact and redirect the ball towards the goal.

**Colorado Rapids World Cup Headers****Purpose**

To develop attacking and defensive headers.

**Organization**

Set out a 10 x 10 yard grid. Position 2 players on each end line. Each team takes on the identity of a World Cup team. Repeat in 2 other areas for a total of 12 players.

**Game Objective**

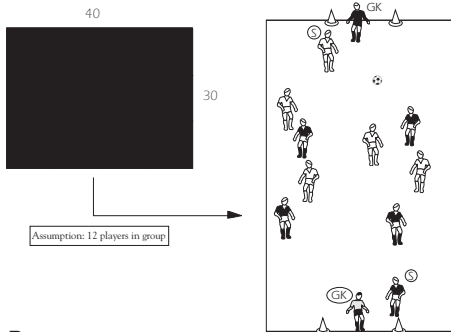
One of the players throws the ball to his partner to head past the other team. The defending team tries to stop the ball going over the goal line without using their hands. Once the ball has been stopped, the receiving player picks the ball up and serves it to his partner. A goal is scored when the ball crosses the line under head height.

**Progressions**

If a team heads the ball straight back and scores, the team gets 2 points.

**Key Coaching Points**

1. To aim for the goal, turn your shoulders to face the target.
2. Head the ball down toward the center.
3. Use diving headers for more power.

**D - Day (Defend, Deny and Destroy)****Purpose**

To improve man to man marking and depth in defense.

**Organization**

Set out a 40 x 30 yard area. Play 5 v 5 including one assigned sweeper per team, plus 2 goalkeepers.

**Game Objective**

Each player is assigned a man marker on the opposition. Players can only challenge the player they are assigned to man mark. The defending team must prevent the opposition from getting a shot on goal. The sweeper (S) can challenge any player, and any player can challenge the sweeper.

**Progression**

Free play. The defenders should apply pressure, support and balance.

**Key Coaching Points**

1. Get as many defenders back goal side of the ball.
2. When the players are isolated 1-on-1, the defender should retreat, maintaining space between himself and the attacker before advancing to challenge for the ball.
3. The closer your opponent is to the goal, the closer you are to them.
4. Guiding triangle in defense is ball—supporting attacker—goal.