



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** RECREATIONAL



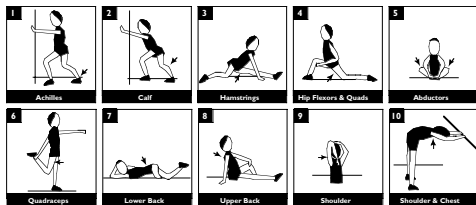
SESSION 2

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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

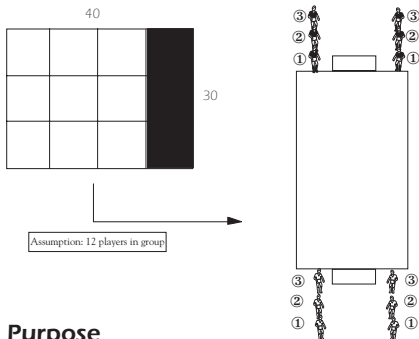
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



SESSION 2 - Week 3

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

Dallas Dribble



Purpose

To develop combination play leading to a shot on goal.

Organization

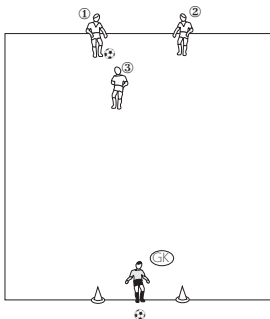
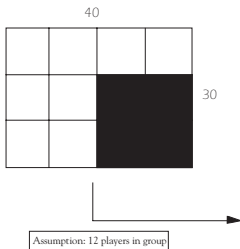
Set out a 10 x 30 yard area. Divide the group into 2 teams and number them in pairs as shown in the above diagram.

Game Objective

The coach calls out a number and serves the ball into the middle of the area. Players compete in a 2 v 2 in an attempt to score in the opposing goal. Defenders may play man to man defense or drop 1 of the players back to be a sweeper-keeper. The coach should encourage improvisation and creative play by the attackers.

Key Coaching Points

1. Use a fake to make space for yourself, then shoot.
2. Follow in for any rebounds.
3. Be aggressive and take defenders on.




Metrostars 3 Goals & In**Purpose**

To develop shooting and finishing.

Organization

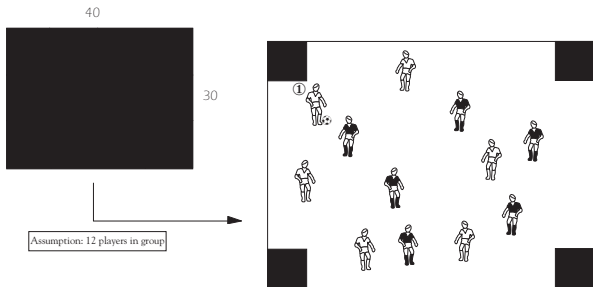
Set out a 20 x 20 yard area. Groups of 4. 2 balls per group. Position players as shown in the diagram. Repeat in 2 other areas for a total of 12 players.

Game Objective

Players  ①  ②  ③ compete against each other to score goals. The first player to score 3 goals is the winner. The winner then gets to choose who goes into goal next.

Key Coaching Points

1. Take shots early and keep them low.
2. Follow in for rebounds.
3. Challenge for every ball.
4. Shoot to the corners and away from the goalkeeper.

Dallas Burn's Turn & Burn**Purpose**

To develop support, running off the ball and dribbling.

Organization

Set out a 30 x 40 yard area. Create a 5 x 5 yard square in each corner of the grid. Play 6 v 6 within the confines of the area.

Game Objective

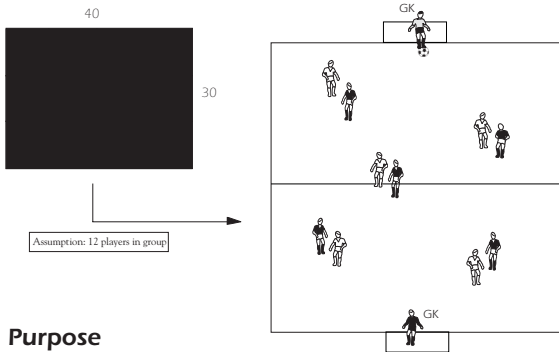
Player ① starts with the ball. The team can attack any of the four squares. To score a goal you must dribble the ball into an offensive square. No defender is allowed in this area. Once you stop the ball in the area, the other team takes over and attacks the other 3 areas.

Progressions

Change to goals on opposite diagonals (top right and bottom left of the diagram) thus encouraging players to switch the direction of play.

Key Coaching Points

1. Look at the spacing of players - are the passing distances allowing defenders time to recover?
2. Are the players away from the ball taking the initiative to create space?
3. When you get the chance to dribble the ball, you take it.
4. Are players turning to open up the field?
5. When to dribble and when to pass.

No Pass Backs**Purpose**

To develop dribbling in attack.

Organization

Set out a 40 x 30 yard area and mark out a halfway line. Play 5 v 5 + 1 goalkeeper in the total area. 1 ball per practice.

Game Objective

The object of the game is for the team in possession to attack the opposing goal. Once in your opponents 1/2 of the field, you can only pass backwards. Once in your opponent's 1/2, attack the space behind defenders to either shoot and score or cross backwards to an oncoming player.

Progressions

1. Now introduce an end zone which, if you enter, you go 1v1 on the keeper. You can only get in that area by dribbling.
2. Now introduce 1/3's of the field—in the final 1/3, you must take a player on.
3. Open rules.

Key Coaching Points

1. Move the ball into the opponent's half quickly with passing.
2. Once in the opponent's half, commit defenders by using fakes and turns.
3. Try to get the ball to the end line, then pull it backwards to oncoming strikers.