



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.



# MLS CAMPS

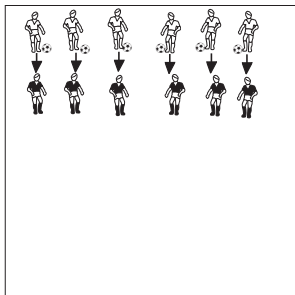
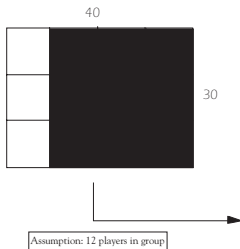
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## SESSION 2 - Week 4

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

## Across The Field & Back Again







### Purpose

To provide a passing and receiving warm up activity.

### Organization

Set out a 30 x 30 yard area. Group in pairs, 5 yards apart as shown in the diagram. One ball per pair.

### Game Objective

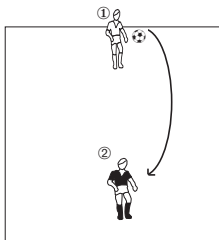
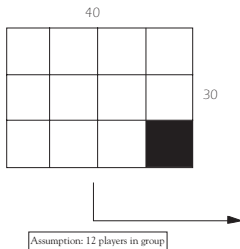
The  player passes the ball over a 5 yard distance to his  partner who is facing him. The  player stops the ball with the sole of his foot and runs backwards. The  player follows the ball and repeats the practice. Across the field and back.

### Progressions

1. The above is repeated with underhand serves from the hands to the inside of the foot volley.
2. Same as above for the head.
3. Player must control with thigh, then pass off with foot.
4. After heading the ball, you must run forward around your partner, then run backwards to original position.

### Key Coaching Points

1. Concentrate on the quality of the pass and the controlling touch.
2. Receiving player must be ready and alert to play the ball back.



## Purpose

To develop selecting the appropriate controlling surface for the aerial ball.

## 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

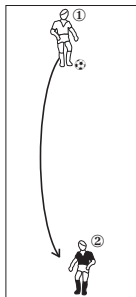
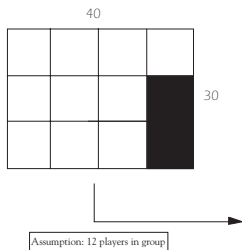
Player ① underarm serves with both hands to Player ② at varying heights. Player ② must control the ball with his first touch using his head, chest, thigh or top of the foot. He must then catch the ball before it bounces. Repeat in the opposite direction.

## Progressions

1. Make players take 2 touches with different controlling surfaces before catching the ball.
2. Server uses a throw in and calls out a body part to control with.

## Key Coaching Points

1. Move into line with the ball.
2. Select the controlling surface early.
3. Relax and withdraw the controlling surface on impact.



## Purpose

To develop the driven/instep pass.

## Organization

Set out a 10 x 20 yard area. Group in pairs. One ball per pair. One player stationed on each endline. Repeat in 5 other areas for a total of 12 players.

## Game Objective

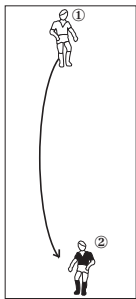
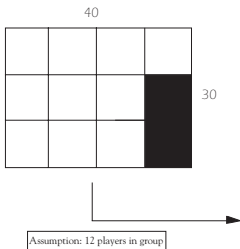
Player ① makes a driven pass across the area to player ②. Player ② controls the ball and plays the ball back across to player ①. Repeat practice. Try to keep the ball as close to the ground as possible.

## Progressions

Play the ball to the side of the receiver forcing him to move into line to receive the ball.

## Key Coaching Points

1. Slightly angled approach to the ball.
2. The non-kicking foot should be to the side and away from the ball.
3. The ankle of the kicking foot should be locked, toe pointed out
4. Contact should be made by the instep through the middle of the ball.
5. Keep head steady.



## Purpose

To develop aerial passing – the chip pass.

## Organization

Set out a 10 x 20 yard area. Group in pairs. One ball per pair. One player stationed on each endline. Repeat in 5 other areas for a total of 12 players.

## Game Objective

Player ① chips the ball across the area to player ②. Player ② controls the ball and plays the ball back across to player ①. Repeat practice.

## Progressions

Can the receiving player control the ball in the air before passing back.

## Key Coaching Points

1. Straight approach to the ball.
2. The non-kicking foot should be no more than 3 to 4 inches to the side of the ball.
3. The kicking foot action is like a stabbing movement. Contact is made with the ball at the point where it touches the ground.