



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

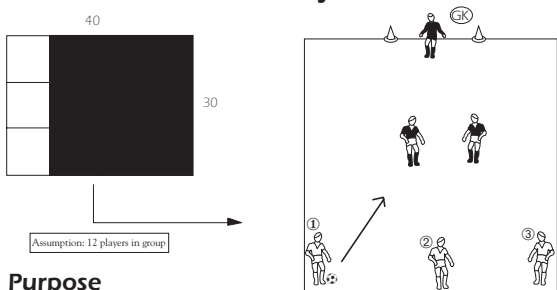
Key Coaching Points

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 5

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

Kansas City Wizards Attack & Defense

Assumption: 12 players in group

Purpose

To develop shooting in a confined area.

Organization

Set out a 30 x 30 yard area. Position 3 attackers along the endline and 2 defenders plus a goalkeeper in the area. The attackers have 1 ball between them. Repeat in another area for a total of 12 players.

Game Objective

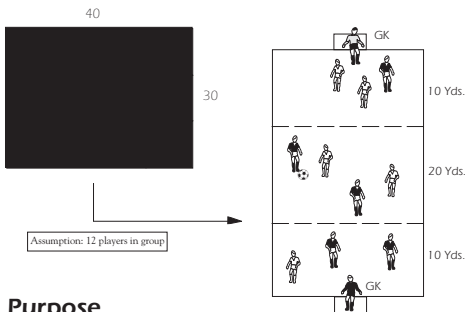
Players ①, ② and ③ combine to attack the goal at the top of the diagram. The player in possession attempts a shot on goal. The two supporting attackers ② and ③ follow-in for any rebounds from the defenders or goalkeeper. A goal kick = 1 point to the defenders. A score = 2 points to the attackers. A corner kick = 1 point to the attackers. First team to 10 wins. If the keeper saves the ball, he clears the ball back to the attacking team to repeat the practice.

Progressions

The attackers can pass to each other to create a better shooting opportunity.

Key Coaching Points

1. Observe the position of the goalkeeper.
2. Concentrate on accuracy.
3. Keep the head over the ball.
4. Strike through the middle or top half of the ball.
5. Follow through at the target.

4 P's (Passing For Position, Possession & Penetration)**Purpose**

To develop passing through possession, position and penetration.

Organization

Set out a 30 x 40 yard area and divide the playing area as above. Station players with 2 v 1 in the defensive area, 2 v 2 in the midfield and 1 v 2 in the attacking area. Players must stay in these areas.

Game Objective

The team in possession plays the ball and maintains possession within their area. The object of the game is to penetrate the next area with a pass. The ball must go through consecutive areas—it cannot travel over more than 2 lines without being touched.

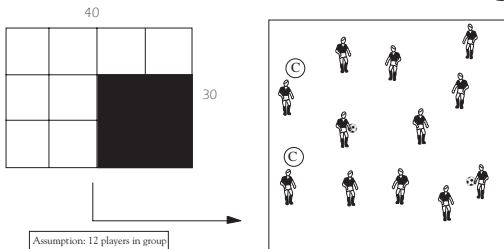
Progressions

1. After playing the ball forward, the passer can enter the next area to support the play.
2. Play 1/2's rather than 1/3's of the field. Only the 2 nominated midfield players for both teams can go across the half way line.

Key Coaching Points

1. Awareness of how and when to play in each 1/3 of the field.
2. When your team has the ball, offer support or create space by moving away from the ball.
3. Support behind if the player is under pressure or in front if they have time to turn.
4. Play the ball the way you are facing to keep possession.

Hennigan's Game

**Purpose**

To develop awareness of defenders and attackers, communication and passing.

Organization

Set out a 20 x 20 yard area. Of the 12 players, 2 catchers hold pinnies to identify themselves. 2 balls per practice held by 2 players.

Game Objective

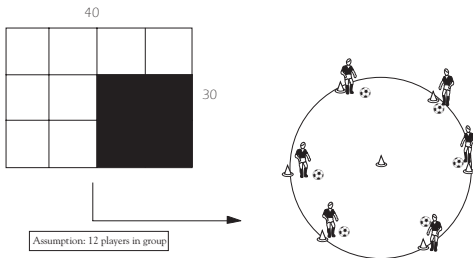
The object of the game is for the catchers to tag someone else in the area. That player, once tagged, becomes a catcher. If a player is chased out of the area, they change places with the catcher. A player cannot get caught if he has a ball in his hands. Therefore, the object is to throw the ball to a teammate who is about to be tagged.

Progressions

Progress to putting the ball on the ground and making players pass the ball to feet.

Key Coaching Points

1. If a catcher is coming towards you, then shout for the ball.
2. Players with the ball should move around and give the ball to a player in danger, then move.
3. Be on the lookout for catchers—don't stand still.
4. When running away from a catcher, make a curved run so you can see the ball and the defender.



Purpose

To develop turns and fakes with the ball.

Organization

Set out a 20 x 20 yard circle area. Place players next to cones, 1 ball per player. Repeat in another area for a total of 12 players.

Game Objective

Players dribble the ball to the middle cone, make a turn then burn away back to their original cone.

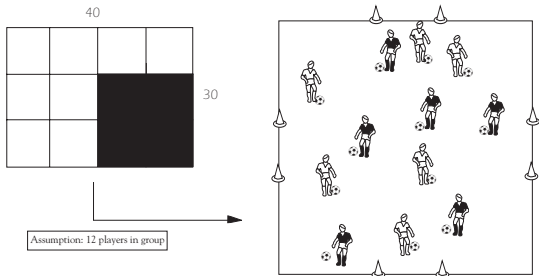
Progressions

Get to the middle cone, then dribble off to next cone on the outside of the circle to your right.

Key Coaching Points

1. When moving to a different cone, use the double touch or the step behind move.
2. Turn or fake, then accelerate away.

It's A Knockout



Purpose

To develop close control and tackling.

Organization

Set out a 20 x 20 yard area. 1 ball per player. All players must stay within the confines of the area. Position goals on each side of the area as shown in the diagram.

Game Objective

Each player has to attempt to knock out another player's ball while keeping control of their own. Any ball that is a.) dribbled outside or b.) kicked outside of the square, is considered out. These players must dribble their ball through 2 of the outer goals, then back in the game.

Progression

Take 2 balls away so now 2 defenders must try to get a ball. The 2 defenders who lose their ball must then attempt to dispossess a different player.

Key Coaching Points

1. Use your body to shield the ball from an opponent.
2. Remember to use the double touch and step behind move to beat defenders.
3. Use all your turns in this practice.
4. Turn away from the defenders into space.