



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.



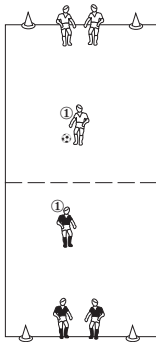
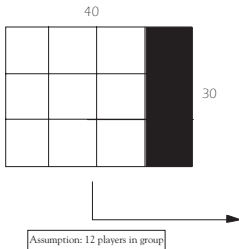
# MLS CAMPS

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## SESSION 2 - Week 6

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



## Purpose

To develop shooting attitudes.

## Organization

Set out a 10 x 30 yard area with a mid line. Groups of 6. Station 2 players in each goal mouth. Play 1 v 1 within the confines of the area. Repeat in another area for a total of 12 players.

## Game Objective

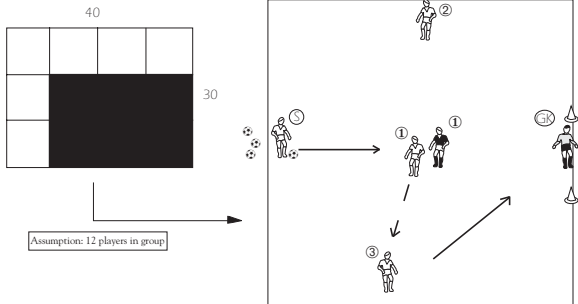
Player ① advances the ball. Defender ① closes down the space. Defender ① attempts to block the shot from his half of the field. The two players in the goal may block the ball with any part of their body other than their hands. Repeat in the opposite direction. Players can score only from their half of the field.

## Progressions

A second attacker can advance with the ball carrier to create a passing option and/or a secondary shooting opportunity.

## Key Coaching Points

1. Look up to assess the shooting target.
2. Create a shooting angle which prevents the defender from getting his body between the goal and the ball.
3. Shoot on sight.



## Purpose

To develop turning on an opponent in a functional practice.

## Organization

Set out a 20 x 30 yard area. Groups of six. Play 3 v 1 in a grid with a server and a goalkeeper. Repeat in another area for a total of 12 players.

## Game Objective

Player ① creates space by moving away and then turning back towards the server ⑤. The server passes to player ①, who must control the ball, turn and lay the ball off to either supporting player ② or ③. Player ① sprints past the defender to receive a return pass which he shoots on goal. Players ② and ③ follow in for rebounds.

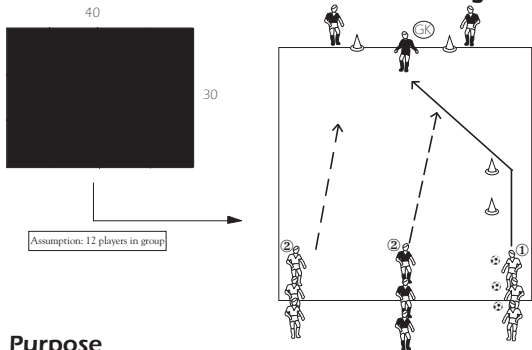
## Progressions

1. Allow players ② and ③ to shoot directly on goal.
2. Have 1 server with 2 attackers against 2 defenders.

## Key Coaching Points

1. Make sure the defender does not move until player ① has made his first touch.
2. The turn and pass should be 3 touches or less.

## Crossing &amp; Finishing



## Purpose

To develop width in attack, crossing and finishing.

## Organization

Set out a 30 x 40 yard area. Position three groups of three at 10 yard intervals along the endline. One goalkeeper and two stoppers. Only players in the right channel should have a ball.

## Game Objective

Player ① makes a run down the touchline with the ball. When he reaches the first disc, players ② and ② must begin their runs. Player ② sprints to the near post and player ② goes to the far post. When player ① reaches the second disc, he must cross the ball for a shot on goal.

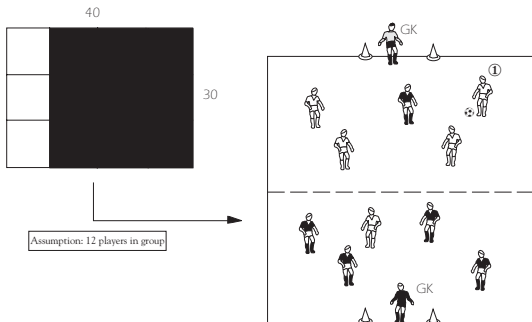
## Progressions

Take the stoppers and use them as central defenders who mark the supporting attackers as they make their runs to goal.

## Key Coaching Points

1. The supporting players should time their runs so that they accelerate onto the ball in front of the goal.
2. Cross the ball to arrive in front of the attackers between knee and chest height.
3. Attackers should get a firm touch to redirect the ball on goal.

## Nowak Netbuster



## Purpose

To practice 4 v 1 or 3 v 2 in a conditioned shooting game.

## Organization

Set out a 30 x 30 yard area with a midline. Play 4 v 1 in each area with a goalkeeper.

## Game Objective

Player ① starts with the ball. The object of the game is to get a shot on goal from the near side of the midline. The lone defender attempts to intercept any passes and block shots. The lone player in the opposing half follows up any rebounds from the goalkeeper or defenders. Repeat in opposite direction.

## Progressions

1. Play 3 v 2 in each area.
2. Condition to 2 touches per player.

## Key Coaching Points

1. Work the ball around the area to take the defender out of the play.
2. Advance the ball as close to the midline as possible before taking the shot.
3. Remember to shoot through and around the defenders.