



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U6



### SESSION 1

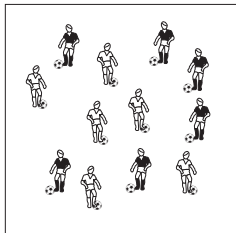
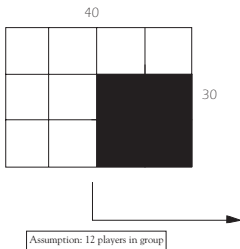
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## **SESSION 1 - Week 1**

1 hr. 15 min. practices, 1 recommended practice per week



## Purpose

To develop close control and coordination skills.

## Organization

Set out a 20 x 20 yard area. Each player must find space in the area. 1 ball per player.

## Game Objective

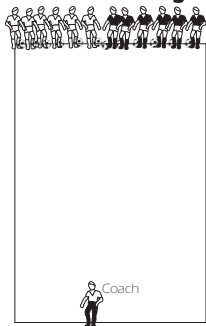
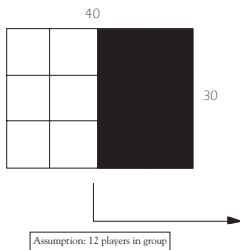
Players react to the commands of the coach, only when the command is preceded by “Simon Says.” If the coach says “Stop the ball” and not “Simon says—Stop the ball,” then each player should continue to do the same activity that they were doing before the command.

## Story

Commands include: turn, stop, elbow on the ball, head on the ball, sit on the ball, dribble with one foot only, speed up, and slow down.


## Key Coaching Points

Are your players able to respond quickly to your instructions.



**How Long Left Ref?****Purpose**

To develop fast footwork and close control.

**Organization**

Set out a 20 x 30 yard area. The  coach stands on one end line with his/her back to the players who are spread along the opposite end line. 1 ball per player.

**Game Objective**

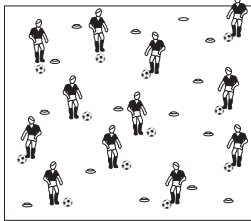
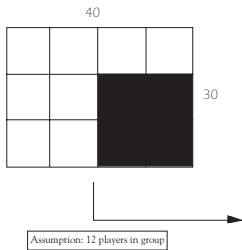
The players shout out “How long left ref?” The coach  gives them a time; e.g., 5 minutes. The coach counts aloud 1-2-3-4-5 and turns around to face the players who are dribbling towards him. The players must stop the ball with the sole of their foot. Anyone seen moving is sent back to the start line. The  coach turns his back again. Repeat. The winner is the player who tags the coach first.

**Story**

The coach can introduce fun commands 1.) *Injury Time*—kids fall to the ground grab their knee and make lots of noise. 2.) *Red Card*—kids fall onto their knee and beg “Sorry ref, sorry ref”. 3.) *Full Time*—coach chases the kids back to the start line.

**Key Coaching Points**

1. Keep the ball within 2–3 feet between touches.
2. Look up and around between touches.



## Purpose

To develop dribbling and moving the ball.

## Organization

Set out a 20 x 20 yard area. Scatter discs randomly within the area. Each of the 12 players play within the confines of the area with a ball.

## Game Objective

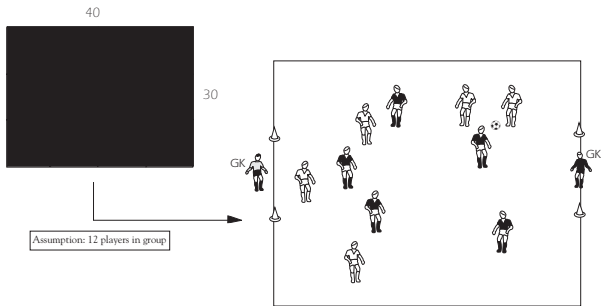
Players dribble around the area keeping the ball close to feet between touches. The object of the game is to collect as many discs as possible, while dribbling around the area. Once a disc has been retrieved, the players must wear them as either: (1) earrings, by placing them on their ears, (2) hats, by placing them on their heads, or (3) bracelets, by placing them on their wrists.

## Story

Once upon a time, pirates sailed the seven seas in search of treasures. On this day, they stumble upon a treasure chest of gold jewelry and hats covered with jewels. Help them gather up all these treasures!

## Key Coaching Points

1. Keep the ball close.
2. Change directions.



## Purpose

To develop soccer skills and team play.

## Organization

Set out a 30 x 40 yard area. Play 5 v 5, plus 2 goalkeepers.

## Game Objective

The object of the game is to score a goal in the opposing goal past the goalkeeper. When the ball rolls out of bounds, it should be rolled in underhand by a player.

## Story

It's the MLS All Star Game and the best of the best are gathered to compete in front of 70,000 screaming fans.

## Key Coaching Points

1. Try not to bunch up around the ball.
2. Try to pass to someone in a better position than you.
3. Shoot at the goal whenever you have the chance.
4. Try to get between the ball and your goal when defending.
5. At goal kicks, make players from both teams go through the coach's legs to ensure that the ball enters the field of play.