



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U6



SESSION 1

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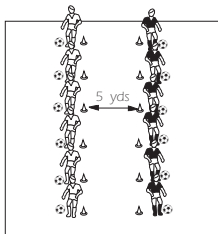
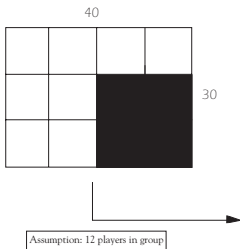
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SESSION 1 - Week 4



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






Purpose

To develop close control over a short distance.

Organization

Set out a 20 x 20 yard area. Set out two lines of six discs approximately 5 yards apart. Station one player by each disc. One ball per player. The  players are the “Rats” and the  players are the “Rabbits.”

Game Objective

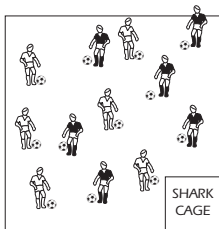
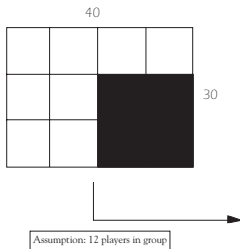
When the coach calls out “rabbits”, the  rabbits team chase the rats to the end line. The  team must tag the  players before they reach the safety of their end line. Repeat in opposite direction when the coach calls out “rats.” Increase the pace of the game by having players a.) jump over the ball, b.) touch the ball with the sole of their feet, or c.) sit up and down on the ball, when standing in position, etc.

Story

The rats scurry to their sewers while the rabbits dive into their hutch.

Key Coaching Points

1. Cover the ground as quickly as possible when running with the ball.
2. Try to stop the ball on your endline with the sole of your foot.
3. Get the ball out from under your feet.



Purpose

To develop keeping close control when running with the ball.

Organization

Set out a 20 x 20 yard area. Create a 5 x 5 yard square in one corner of the grid. All players start inside the larger area with a soccer ball.

Game Objective

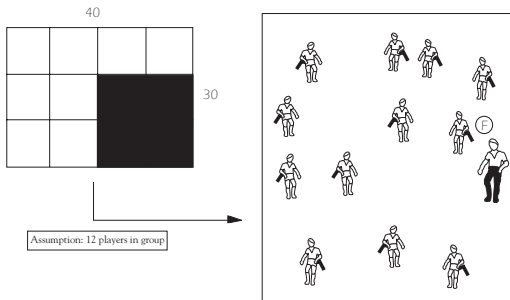
Players dribble around the area. They must react to the following commands. a.) "Scrub the deck" = move the ball forwards and backwards with sole of foot. b.) "Walk the plank" = players run into the shark cage, c.) "Hoist the main sail" = throw the ball in the air, jump and catch it, d.) "Shark attack" = coach runs into the area to tackle and challenge the dribblers.

Story

As a fun exercise, anyone tagged by the coach must go to the "shark cage" where they do "Australian push-ups" – lie on your back, hands and feet in the air.

Key Coaching Points

Make the practice fun by putting a cone on your foot and pretending to be a wooden legged pirate.



Purpose

To activate players with large body movements.

Organization

Set out a 20 x 20 yard area. Groups of 12 players.

Game Objective

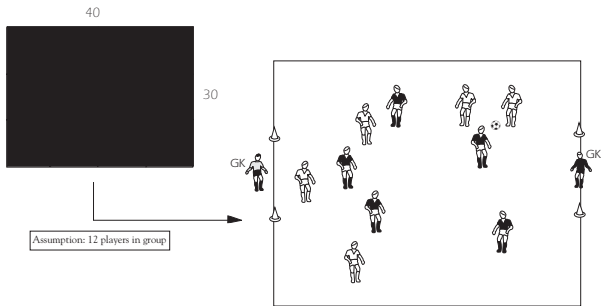
The rabbits (players) have a pinnie in the back of their shorts. The fox (coach) moves the area catching rabbits by pulling out their “tails” (pinnies). The rabbits try to avoid the fox who is looking to get their tails by ducking, diving, dodging and twisting. However, once they are caught, they also become a fox. Conduct the activity without a ball at first and then introduce a ball to both the fox and the rabbits.

Story

The fox is looking to have a little fun chasing rabbits around the meadow. The fox is especially attracted to the rabbits white, fluffy tails. Can the rabbits outfox the fox?

Key Coaching Points

1. Change speed and direction.
2. Use every part of your foot to move the ball.



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.