



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U6



SESSION 1

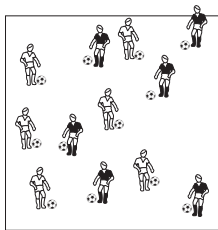
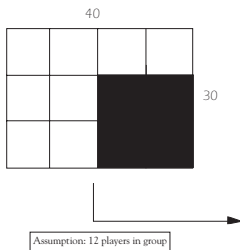
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SESSION 1 - Week 5

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



Purpose

To develop keeping the ball under close control when dribbling.

Organization

Set out a 20 x 20 yard area. Players are randomly spaced in the area. 1 ball per player.

Game Objective

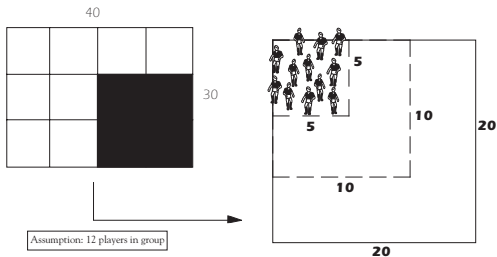
Players dribble around the area. The coach leads them in the chorus of “Old MacDonald had a farm.” When he gets to “on the farm he had some . . .”, the coach comes up with the name of a different animal each time. The players have to do the animal impersonation.

Story

Commands include “chickens” = sit on the ball, “frogs” = put the ball between knees and jump around, “pigs” = push the ball around the floor with your nose, “kangaroo” = put the ball up your shirt and bounce around.

Key Coaching Points

1. Have lots of fun.
2. Do the impressions yourself so that they are properly demonstrated to the players.



Purpose

Spatial awareness—to encourage kids to move about freely.

Organization

Set out a 20 x 20 yard area with one 5 x 5 and one 10 x 10 yard area contained within. Station all players within the 5 x 5 yard area as shown in the diagram.

Game Objective

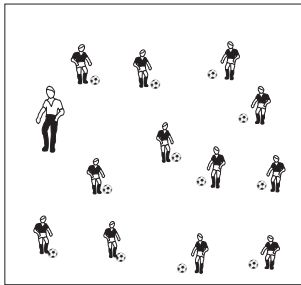
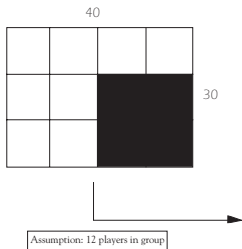
Players should attempt to move around the 5 x 5 yard area without a ball without bumping into or touching any other player. Progress to a 10 x 10 yard area. Players are required to perform various tasks such as jumping, skipping, leaping and bounding while attempting to avoid any contact with other players in the area. Finally, progress to the 20 x 20 yard area, introducing a soccer ball.

Story

All great soccer players have a sense of how to create space on the field of play and how to take advantage of the spaces created by others.

Key Coaching Points

Encourage players to look up and avoid others again.



Purpose

To develop awareness—changing movement and direction.

Organization

Set out a 20 x 20 yard area. Groups of 12, 1 ball per player.

Game Objective

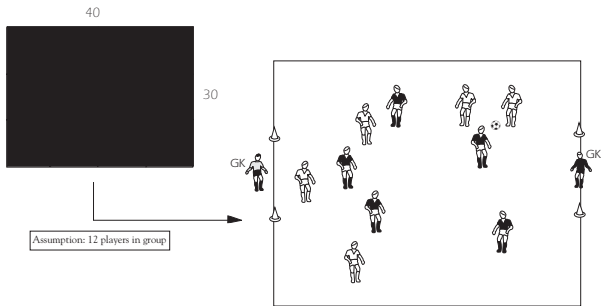
At the start of the game, players lie face down on the ground with their heads on the ball and eyes closed. When the coach shouts, “Mufasa!,” the players jump up and dribble their ball to the coach. Players must attempt to grab the coach’s hand as the he moves around the area.

Story

Mufasa is roaming around the jungle. Simba and Nala are hiding in the bushes, to playfully jump out and nip at Mufasa’s paw.

Key Coaching Points

1. Changing direction.
2. Dribbling and moving the ball.
3. Be quick, alert and react to the coach.



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.