



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U6



SESSION 1

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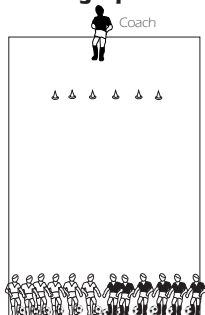
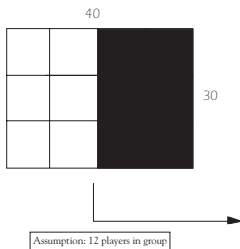
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SESSION 1 - Week 6

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

Picking Up Picnic Baskets



Purpose

To develop close control with speed.

Organization

Set out a 20 x 30 yard area. The coach stands on one endline with his back to the players who are spread along the opposite endline. Place 6 discs behind the coach. 1 ball per player.

Game Objective

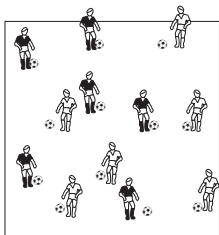
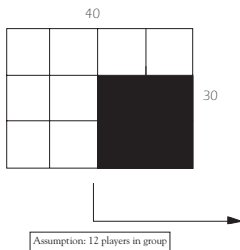
When the coach has his back to the players, the players must dribble toward the opposite endline. When the coach turns around he/she shouts "Look out Yogi." At this point the players must stop the ball with the sole of their feet. Anyone seen moving is sent back to the startline. The Coach turns his/her back again. Repeat. The first 6 players to pick up a disc get to eat lunch.

Story

Yogi is out and about in Jellystone Park looking for tourists with picnic baskets. Yogi must sneak up behind Ranger Smith and steal a picnic basket.

Key Coaching Points

1. Try to keep the ball on a leash 2–3 feet in front between touches.
2. Encourage the children to find a balance between speed and control without directly teaching them these fundamentals.
3. Next time coach does not turn around and shout but just turns around to encourage players to look up between touches.



Purpose

To develop start and stop techniques.

Organization

Set out a 20 x 20 yard area. All 12 players have a ball and must stay within the confines of the area.

Game Objective

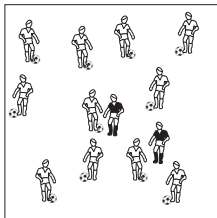
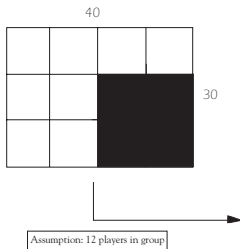
All players dribble around the square using the inside, outside and laces of the foot. They must react to the following commands given by the coach. "Green" = Go, "Amber" = Touches on the ball on the spot, "Red" = Stop with the foot on the ball, "Crash" = all fall to the ground, "Stop Sign" = Stop 3 seconds and go, and "Runaway Truck" = Coach runs in and kicks the balls out of the square.

Progressions

It is busy rush hour commuter traffic. To avoid accidents, everyone has to obey the laws of the road.

Key Coaching Points

1. Push the ball 2-3 feet in front of you between touches.
2. Look to move into space.
3. Use the sole of the foot to stop the ball.

The Big Bad Wolf & The Little Piggies


Purpose

To develop close control, shielding & turning in a confined area.

Organization

Set out a 20 x 20 yard area. 10 "piggies" players have a ball and 2 "big bad wolves" players do not have a ball.

Game Objective

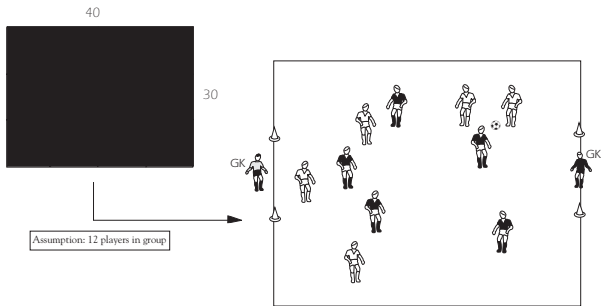
The players must dribble around the area. The players must attempt to kick the balls out of the area. Once a player has lost his ball or has dribbled outside the area, he must bring it back into the area and stand with the ball above his head with his legs apart in a stationary position. players are released only when a teammate dribbles his ball through their legs. Once released, players return to the game.

Story

The "big bad wolf" will huff and puff and he'll blow your house down.

Key Coaching Points

1. Use your speed and change of direction to evade the "big bad wolf."
2. Use your body to shield the ball from the "big bad wolf."



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.