



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U6



SESSION 1

NASC, Inc.
©2002. All Rights Reserved. No part of this publication
may be reproduced, copied or transmitted in any form
without the prior written consent of NASC, Inc.

SoccerMadeSimple.com
www.MLScamps.com



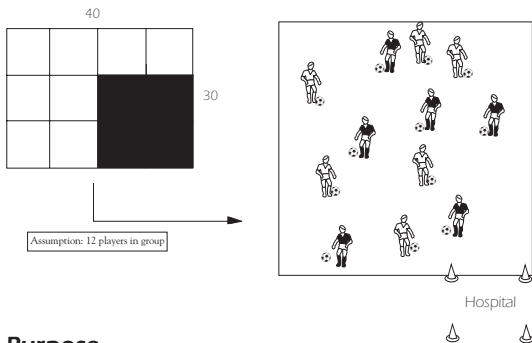
MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

www.MLScamps.com

SESSION 1 - Week 10

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



Purpose

To develop close control and tackling.

Organization

Set out a 20 x 20 yard area. 1 ball per player. All players must stay within the confines of the area.

Game Objective

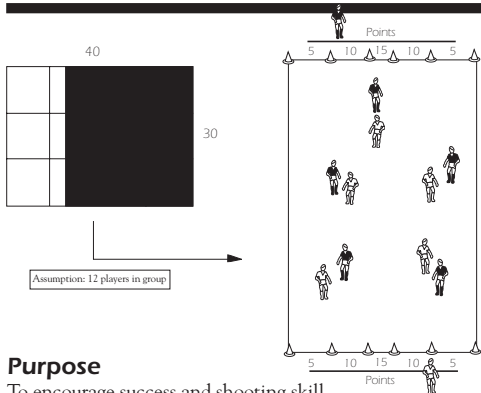
Each player has to attempt to knock out another player's ball while keeping control of their own ball. Any ball that is a.) dribbled outside or b.) kicked outside of the square, is considered out. These players must then go to the hospital and do a big toe turn ("chop" turn, using inside of foot). Players return to the area upon completion of the turn.

Story

Who will win this battle of the muscle masters – only the strong will survive.

Key Coaching Points

1. Use your body to shield the ball from an opponent.
2. Encourage turns to get out of danger.



Purpose

To encourage success and shooting skill.

Organization

Set out 25 x 30 yard area. Position cones on the end lines, spaced as shown in the diagram. Each goal has a different value according to the width of the goal (i.e., the narrower the goal, the higher the points). Play 5 v 5 inside the area with a lone target player at each end of the field.

Game Objective

The object of the game is to score by playing the ball through one of the goals on the opposing end line to a target player. Rotate target players throughout the practice.

Story

This is a futuristic game of soccer in which teams can score 15 goals with 1 shot on goal.

Progressions

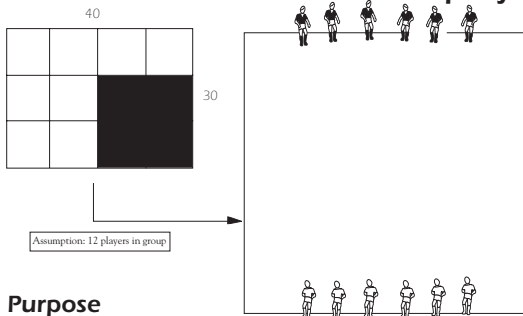
Use 2 soccer balls.

Key Coaching Points

Make the following comments to the players:

1. "When you get the ball, try and shoot it."
2. "Try to use your laces when you kick the ball."
3. "Point your toe and lock your ankle."

Speedy Gonzales



Purpose

To develop spatial understanding and movement skills.

Organization

Set out a 20 x 20 yard area. Station 6 players on opposite end lines as shown in the diagram. No balls are required at the start of the game.

Game Objective

The object of the game is for players to run across the area without bumping into players running in the opposite direction. Players should be encouraged to spread out to the touch lines instead of running through the middle of the area.

Story

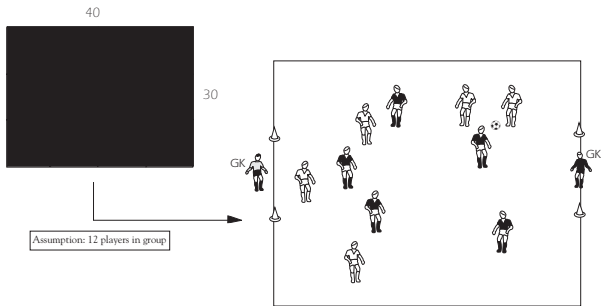
Speedy races through the white sands of New Mexico in search of Carlsbad Caverns yelling, "Arriba, arriba . . . andale, andale!"

Progressions

Introduce a soccer ball.

Key Coaching Points

1. Change your speed and direction.
2. Go slow and look around as you are moving—better to go slowly than too quickly and bump into people.



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.