



THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

# 10 Week Curriculum Planner U6



## SESSION 2

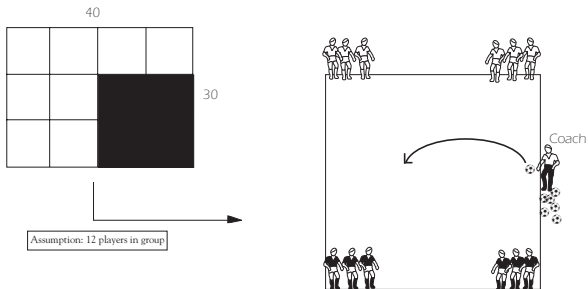
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## **SESSION 2 - Week 2**

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



## Purpose

To develop ball control.

## Organization

Set out a 20 x 20 yard area. Group in 3's. Position each group at the 4 corners of the grid. Number players 1 - 3. The coach stands with soccer balls on the sideline.

## Game Objective

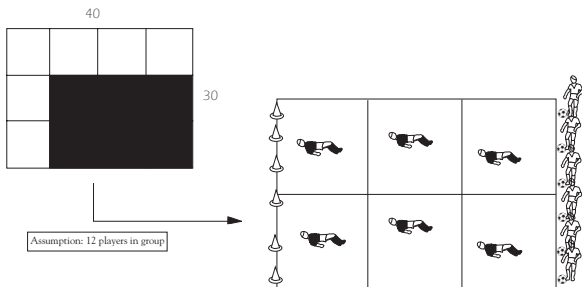
The coach calls out a number from 1 - 3. The respective player from each team advances to the middle of the area. The coach rolls out 4 balls. Players must trap the balls with the soles of their feet and dribble them back to their team. Repeat and rotate.

## Story

The ball is a juicy strip of bacon. Your mission is to bring home the bacon to your family before the store closes. Watch out for the other shoppers who might "ham"bush you!

## Key Coaching Points

Encourage the players to use the sole of the foot as the initial controlling surface and then push the ball away with the laces.





### Purpose

Beating the opponent under passive pressure.

### Organization

Set out a 30 x 20 yard area in 10 yard grids. Station 1 player in each grid in the *crab* position. (belly up - on hands and feet). 6 players start on one end line with a ball. Station discs at the opposite end line.

### Game Objective

The  players must dribble across the area without being tackled by the  *crab* players. At the opposite end line they pick up the disc and wear it as an earring or a hat as they dribble back to the starting line.

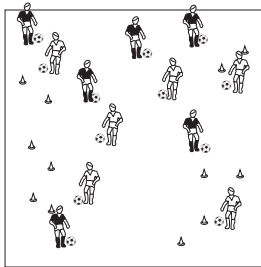
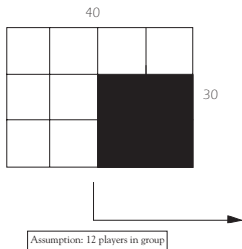
### Story

Peter Pan's brother "Frying Pan" and Tinkerbell fly across Never Never Land avoiding the evil Hook on their journey.

### Key Coaching Points

1. Push the ball 2-3 feet in front of you between touches.
2. When approaching a defender, push the ball into an open space to his side and accelerate into the space.

## Dungeons & Dragons






### Purpose

To develop change of direction under pressure.

### Organization

Set out a 20 x 20 yard area. Set out as many gates as possible within the area (two discs, 2 yards apart). Each player has a ball. Group in pairs.

### Game Objective

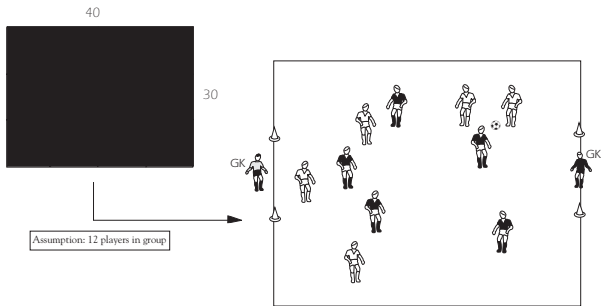
The  player must dribble through as many gates as possible in a specified time limit. The  player must try to shadow his partner and each time he is able to kick his ball and it hits the ball of his partner, the  player loses a point. One point per gate.

### Story

The  knights are being chased through the dungeons by  fire breathing dragons.

### Key Coaching Points

1. Use the inside of the foot to hook the ball to the side when crossing through a gate.
2. Try to cover the ground between the gates as quickly as possible.



## 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.