



THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

# 10 Week Curriculum Planner U6



## SESSION 2

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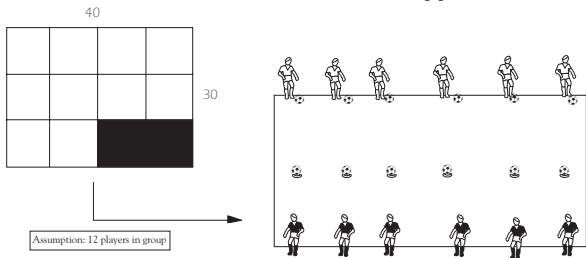
SoccerMadeSimple.com  
[www.MLScamps.com](http://www.MLScamps.com)



## **SESSION 2 - Week 3**

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

## Topple Me Coconuts




### Purpose

To develop passing accuracy and receiving.

### Organization

Set out a 20 x 10 yard area. Pair up the players on opposite sides of the grid. Place six discs across the middle of the area. Place a soccer ball on each disc, or use cones to make more balls available. 1 ball per pair.

### Game Objective

The 6  players play the ball across the area at the same time, attempting to knock a ball off a disc in the center of the area. The player on the opposite side should shuffle across when necessary to receive the ball. Repeat in the opposite direction.

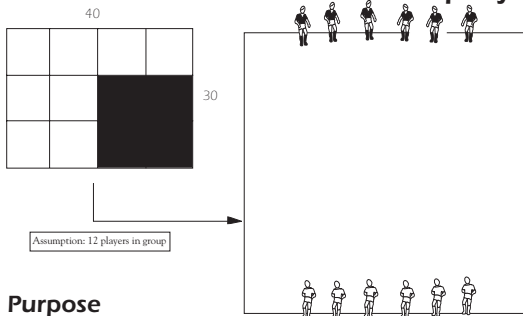
### Story

How many coconuts can you knock off the stand at the summer fair?

### Key Coaching Points

1. Take a 2 - 3 pace run up at the ball.
2. Place the non-kicking foot 8-10 inches to the side of the ball.
3. Strike the ball with the inside of the foot.

## 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

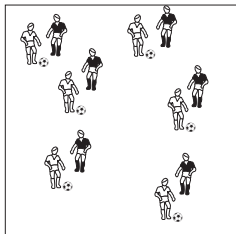
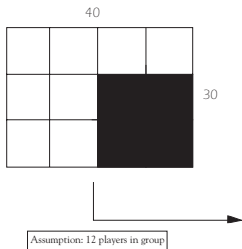
Speedy races through the white sands of New Mexico in search of Carlsbad Caverns yelling, "Arriba, arriba . . . andale, andale!"

### 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 dribbling under passive pressure.

### Organization

Set out a 20 x 20 yard area. Group in pairs. 1 ball per pair. The  player starts with the ball in front of the  player.

### Game Objective

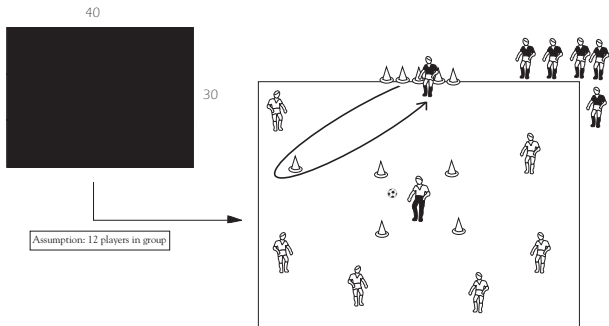
The object of the game is for the  player to lose his shadow  player. The defender is not allowed to touch his partner or the ball. When the coach shouts out “Dee Dee,” all kids freeze. When the coach calls out, “Dexter,” they all start again.

### Story

For Dexter, every day is a great day for science! A diminutive, red-headed boy genius, Dexter lives in a quiet suburban neighborhood with his mom, dad and older sister Dee Dee. Dexter slips away to his fully equipped bedroom laboratory to solve problems ranging from saving the world to thwarting schoolyard bullies. Dee Dee does not share Dexter’s passion for science, preferring instead to be a talented ballerina. Dee Dee has been known to throw a money wrench into Dexter’s great plans.

### Key Coaching Points

1. Concentrate on the ball and not the partner.
2. Push the ball 2-3 feet in front of you between touches using the laces of the foot.



## Purpose

To develop placement and power in striking the ball.

## Organization

Set out a 30 x 40 yard area. 2 teams of 6. The coach is the pitcher. He stands in a 5 x 5 yard area 10 yards from the wickets (5 discs in a row). Position one disc 10 yards from the wicket.

## Game Objective

The pitcher passes the ball from the mound in the direction of the wickets (line of discs). The batter must kick the ball and then run around the base, back to the wickets. He must be ready to face the next pitch which is delivered as soon as the pitcher receives the ball, passed back from the outfield. The batter continues to bat until he is bowled out (the pitcher knocks down the wicket) or caught out by an outfielder. Continue until all batters on the team are out.

## Key Coaching Points

1. Keep the ball low by keeping your head and knee over the ball on contact.
2. Strike the ball with the laces.