



THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

# 10 Week Curriculum Planner U6



## SESSION 2

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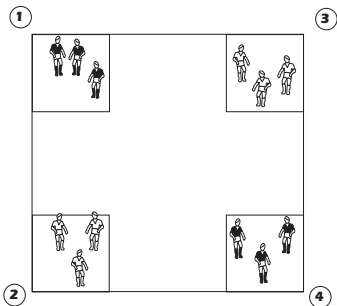
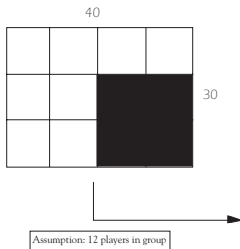
# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

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

## SESSION 2 - Week 8

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



### Purpose

To develop spatial understanding and dribbling skills.

### Organization

Set out a 20 x 20 yard area with four 5 x 5 yard squares in the corner areas. Station 3 players without a ball in each corner area.

### Game Objective

The coach shouts out, "Frogger!" Players must run from their corner area to the next sequential corner area as shown in the diagram (1 goes to 2, etc.). Continue the activity until players return to the area where they started.

### Story

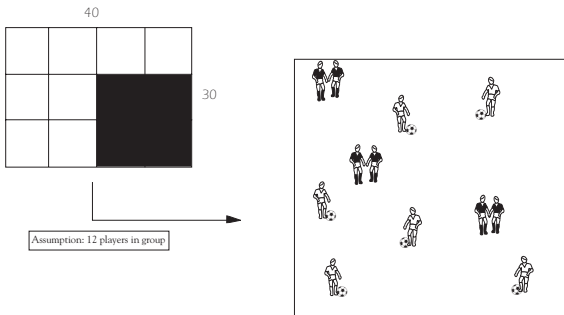
Frogger jumps from lily pad to lily pad visiting his friends. He must return home before dark or else his mother will give him a good tongue lashing.

### Progressions

1. All run across holding hands.
2. 1 ball between 3 players.
3. 2 balls between 3 players.
4. 1 ball per player.

### Key Coaching Points

1. Have the players moving about their own lily pad without bumping into each other.



Assumption: 12 players in group

## Purpose

To develop change of direction and movement with and without the ball.

## Organization

In a 20 x 20 yard area, have 3 pairs start by holding hands and all other players with 1 ball each.

## Game Objective

The players dribble around trying to avoid the crocodiles. If a crocodile kicks a player's ball out of the area, the player then links hands with the crocodile. Together, they chase other players. Play until 1 player remains.

## Story

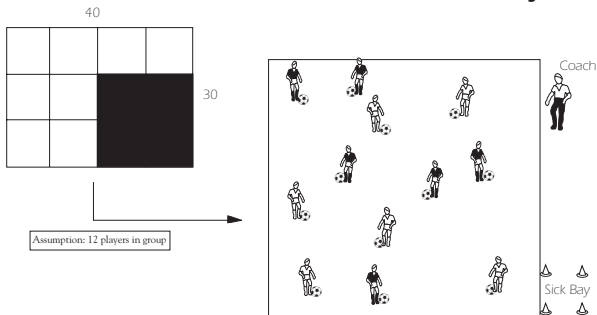
Kids, always remember the adage, "Never smile at a crocodile." Especially a cranky, hungry one.

## Progressions

1. Crocodiles also have a ball.
2. Coach, Al Gator, runs in and kicks ball out of the area.

## Key Coaching Points

1. Change direction.
2. Keep the ball close.
3. Look up.

**Sick Bay Soccer**


## Purpose

To develop changing direction and speed when dribbling.

## Organization

Set out a 20 x 20 yard area. 12 players with 1 ball per player.

## Game Objective

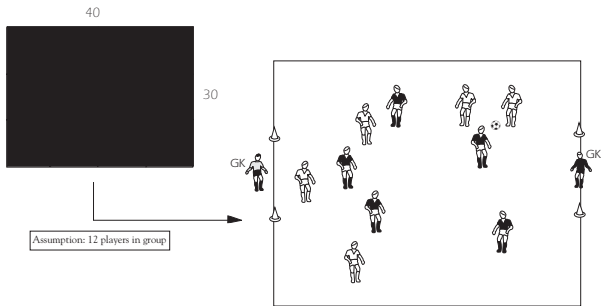
The coach runs into the area attempting to tag one of the players. When a player is tagged for the first time, he must hold on to where he was tagged and continue running from the coach (i.e., if the coach tags him on the knee, the player keeps his own hand on his knee). If tagged for a 3rd time, they are to report to sick bay at the lower corner of the area. Once in the sick bay, he must do a fake or turn before returning to the game.

## Story

Virgil Virus runs around spreading his germs. The sickly children must go to Sick Bay for treatment or run from Virgil to remain healthy.

## Key Coaching Points

1. Look up and avoid other players.
2. Change direction often.
3. Keep knees bent so players can move in either direction.



## 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.