



THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U6



SESSION 2

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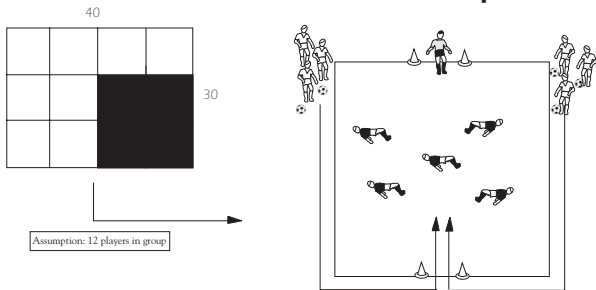
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SESSION 2 - Week 10

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

The Temple Of Doom



Purpose

To develop dribbling to goal and shooting on sight.

Organization

Set out a 20 x 20 yard area. Station 3 players on each corner of the goal line. Position 5 crab player in the center of the area. 1 goalkeeper.

Game Objective

One player at a time from each team simultaneously dribbles down the side-line around the corner and through the gate towards the goal. Each player must dribble in and out of the crab defenders to get a shot on goal.

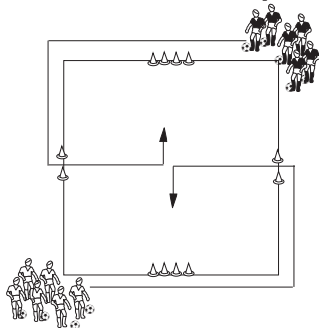
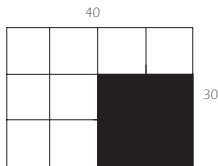
Story

Indiana Jones is creeping through a tunnel littered with sewer rats, snakes and bugs. As soon as he sees daylight (the goal), he lassos himself (shoots) out of the tunnel.

Key Coaching Points

1. Use your speed and change of direction to beat the crabs.
2. Shoot on sight – do not try to dribble the ball into goal.

F.A. Cup Final



Purpose

To develop dribbling and shooting under pressure from an opponent.

Organization

Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the grid. Number the players from 1 to 6. 1 ball per player. Position discs as shown in the diagram.

Game Objective

The coach calls out a number from 1 to 6. The numbered player from each team dribbles around the area (as shown on the diagram) and enters the area through the side gate. The object of the game is for the player in possession to knock down 1 or all of the cones on the opponent's goal line.

Story

The F.A. Cup Final is England's biggest soccer game of the year. The winning team gets to lift the Cup in front of 100,000 excited fans.

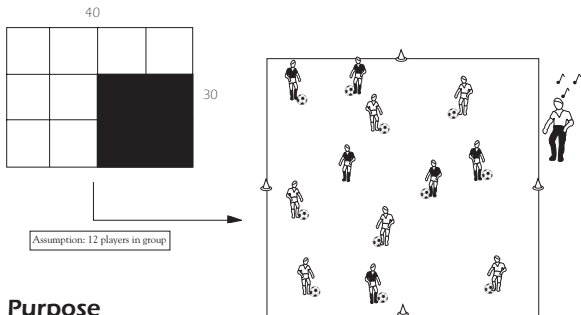
Progressions

The first ball to cross the line is used while the other ball is discarded. The two players compete to score a goal by knocking down the opponents discs.

Key Coaching Points

1. Strike the ball with the laces.
2. Focus on accuracy before power.
3. Shoot at the earliest opportunity.

Dance 'Til You Drop



Purpose

To develop dribbling, movement, and spatial awareness.

Organization

Set out a 20 x 20 yard area. 12 players, 1 ball each. Station 4 cones around the outside of the area.

Game Objective

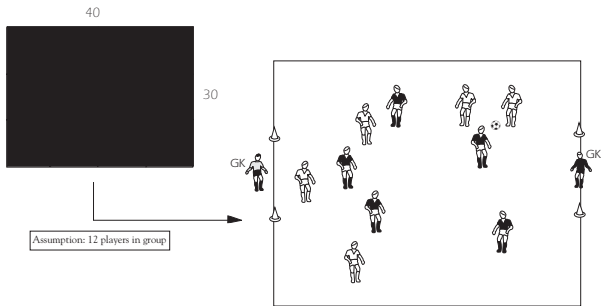
The coach whistles or sings. Players must dribble around the area until the music stops. When the music stops, players leave their ball, run around the closest cone and return to the closest ball. In a progression, the coach reduces the number of balls so that players have to be quicker and more decisive when returning to the balls. This activity teaches speed of thought and movement with the ball.

Story

It's the school dance, and the DJ is playing top 40 tunes, baby . . . yeah. The power goes out and the music stops. The dancers must find the emergency exits out of the gym.

Key Coaching Points

1. Keep the ball close.
2. Use all part of the feet.



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.