



THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

# 10 Week Curriculum Planner U6



## SESSION 2

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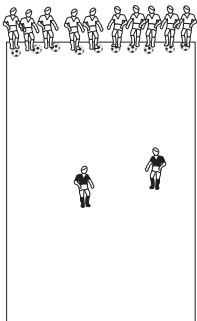
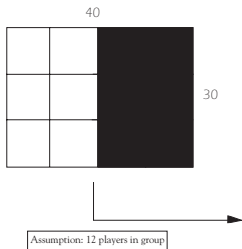
SoccerMadeSimple.com  
[www.MLScamps.com](http://www.MLScamps.com)



## **SESSION 2 - Week 1**

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

## Hungry Hippos



### Purpose

To develop rounding an opponent under pressure.

### Organization

Set out a 20 x 30 yard area. 10 players start on one end line, each with a ball. 2 defenders are stationed in the middle without soccer balls.

### Game Objective

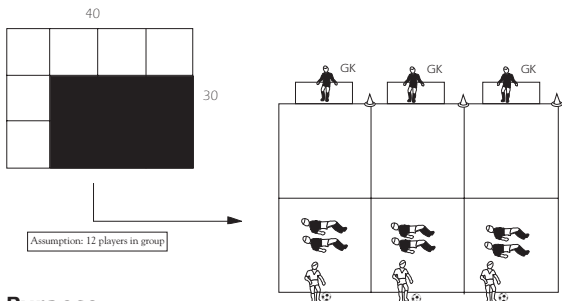
The 2 players start as *hippos*. All players must dribble past the defenders to the safety of the end line. If the player manages to kick the defender's ball out of the area, then that player also becomes a *hippo*. Continue until 1 player remains.

### Story

Just as in the game of "Hungry Hippo," the hippo will snap up your marble if you are not careful.

### Key Coaching Points



1. Accelerate into the spaces to the sides of the defenders.
2. Try to stop the ball with the sole of the foot on the far endline.
3. Pretend to go one way, then go the other way before the hippo catches you!





### Purpose

Rounding an opponent under passive pressure.

### Organization

Set out a 20 x 30 yard area in 10 yard grids. Group in 4's. Player  starts at the end line. The crab  players start in the center of the first grid. A goalkeeper and goal are at the end of the grid. 1 ball per group.

### Game Objective

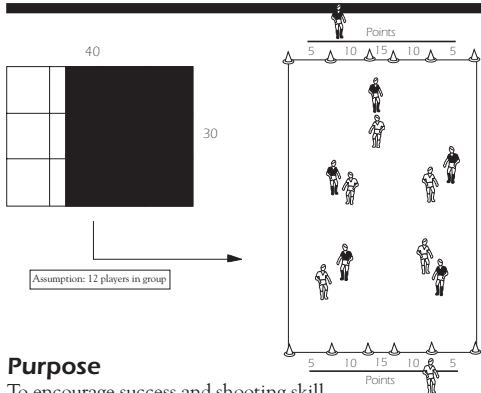
The  players must dribble around the  crab players (belly up, hands and feet on the ground) to the far grid and try to score past the goalkeeper.

### Story

The  players are alligators in the Florida Everglades. The  players are on safari and must navigate this hazardous marshland.

### Key Coaching Points

1. Run with the ball by pushing it with your laces.
2. Keep your head up while dribbling.
3. As a defender approaches, change direction and speed up into the space to his side.



### 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.

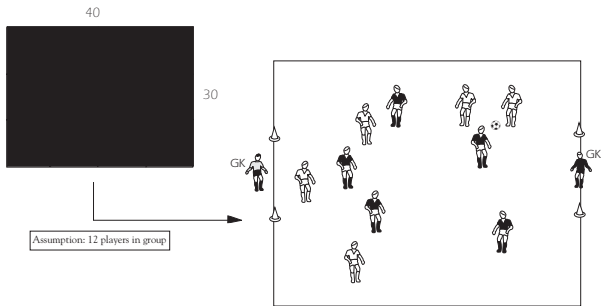
### Progressions

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."



## 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.