



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U6



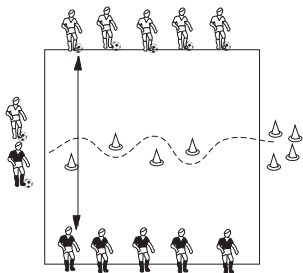
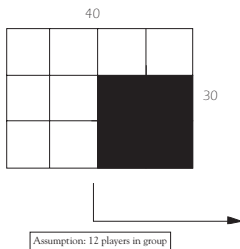
SESSION 2



SESSION 2 - Week 5

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

Duck And Dodge



Purpose

To develop passing accuracy.

Organization

Set out a 20 x 20 yard area. Group players in pairs. Position them across from one another on opposite sides of the area. Station 2 other players on the mid-point of one end line. Place a staggered row of discs across the area and 4 discs at the far end line.

Game Objective

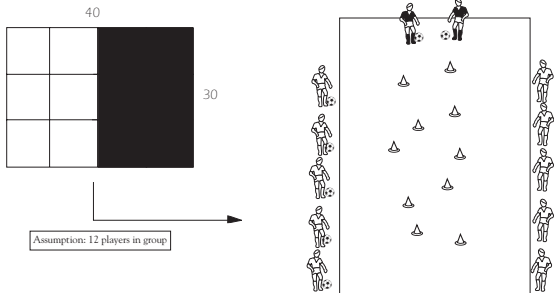
The two mid-point players take turns to dribble in and out of the discs in order to collect the discs on the far side of the grid. Players on the outside of the area must attempt to pass their ball to hit the dribbler on or below the knee as they cross. Count the number of strikes until all 4 cones have been retrieved.

Story

Super Mario has to make his way across the street to the hardware store.

Key Coaching Points

1. Use the inside of the foot when passing.
2. Move into line early when receiving the ball.
3. Take at least 2 steps back before striking the ball.




Samurai Jack

Purpose

To develop passing accuracy—playing the ball into space.

Organization

Set out a 20 x 30 yard area. Group in pairs. Position 5 players on each side-line, opposite partners. Station 2 players with a ball on the other 2 end lines. Station discs randomly across the middle of the area.

Game Objective

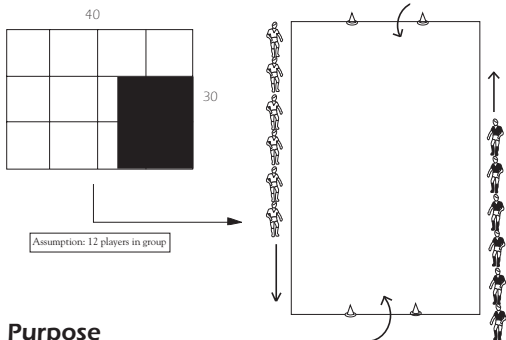
The  players must dribble across the area without being hit on or below the knee by soccer balls which are being passed back and forth by the  players.  players must attempt to pick up cones (Samurai swords) as they dribble across the area. Count the number of strikes in a one minute period. Rotate positions.

Story

In the distant past, an evil shape-shifter, named Aku, has brought destruction upon the land. As the citizens' last hope, a youngster is sent away to train as a Samurai warrior. But, when he returns as an adult to confront Aku, the warrior finds himself flung into the future through a time portal, landing in an unknown time and place. There, the locals dub him "Jack" and help him in his quest to return to the past and undo the evil brought by Aku.

Key Coaching Points

1. Use the inside of the foot when passing the ball for accuracy.
2. Strike through the mid-line of the ball thereby keeping the ball on the ground.



Purpose

To increase pressure when dribbling and shooting.

Organization

Set out a 15 x 20 yard area. Position players in 2 lines on each side of the area as shown in the diagram. Number each player from 1 - 6.

Game Objective

The coach calls out a number between 1 and 6. The numbered player from each team must run around the outside of the field and through the goal at the top or bottom of the diagram onto the field of play. The coach serves a ball into the middle of the area. Players must compete to win the ball and attempt to dribble or shoot the ball through the goal at the opposite end of the area from which they entered.

Story

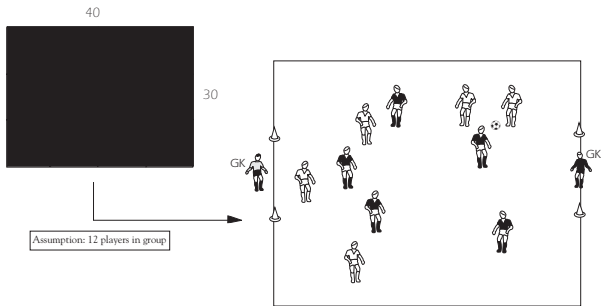
This game is a throw back to the Disney classic, *Bedknobs & Broomsticks*. All the animals from the jungle are assembled for the Animal Cup Final.

Progressions

1. Call 2 numbers—players must pass before they can score.

Key Coaching Points

1. Serve the ball to 1 player.
2. Tell attacker to stop the ball, then fake like he is trying to dodge the other player. The attacker is a cheetah ready to change 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.