



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** COMPETITIVE



SESSION 2

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STANDARD STRETCHING INTRODUCTION

Warm Up



Purpose

To warm up players' muscles and increase blood flow.

Organization

Have the players pair up and form 2 lines.

Game Objective

Players jog around the area following the coach's commands, then stretch.

Progressions

- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap thighs against palms to stretch quads
- Side to side - face in or out and move along by clicking heels together
- Skipping - skipping forwards using arms to help bound; get as high as possible
- Sideways skipping - jog sideways by crossing one foot behind the other
- Leaps - jump up for imaginary header; try alternating bounding leg
- Down for rolls - spring to floor and do a sideways roll, then quickly back up
- Bouncing - jog, then bounce against partner's shoulder, land, continue
- Swap places - swap places with partner as quickly as possible; communicate
- Leap frog - back player leaps over players in front; each does same
- Hopping & bounding - use one foot and both feet together
- Back to front - back pair race against each other to be first to the front

Key Coaching Points

Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



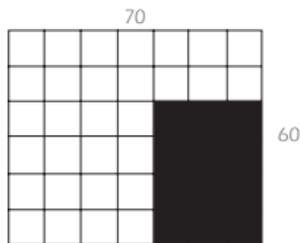
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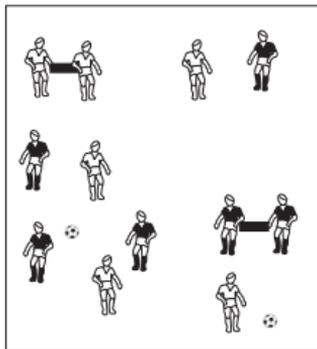
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SESSION 2 - Week 2

1 hr. 45 min. practices, 2 recommended practices per week



Assumption: 12 players in group



Purpose

To develop running with the ball and turning.

Organization

Set out a 30 x 40 yard area. Divide group into 2 teams then take 2 pairs out of each group and ask them to hold a shirt between them. The remaining 8 players play 4 v 4. There are 2 balls in play at once.

Game Objective

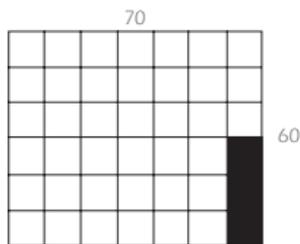
The players paired with shirts  are floating goals. The teams can score only in their own goal.  must move around the area trying to get close to the ball. A goal is scored by a pass, header or shot in the goal. You can score from both the front and back sides of the goal.

Progressions

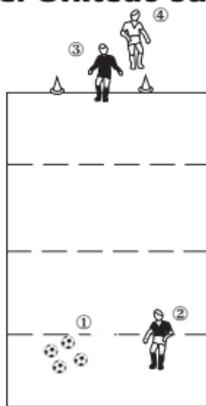
Develop to using only one ball.

Key Coaching Points

1. As you receive the ball, look up to see an open player and the goal.
2. Should you pass, dribble or shoot the ball?
3. Can you pass the ball to an open player near the goal?
4. Try to receive the ball standing sideways so you can see the whole field.

D.C. United's Super Shoot Out

Assumption: 12 players in group

**Purpose**

To develop running with the ball and finishing skills

Organization

Set up the 10 x 30 area for 4 players. Player ① should have 4 balls. Player ② is the score/timekeeper, Player ④ is the retriever and Player ③ is the goalkeeper. Player ① has 5 seconds to make a shot on goal. Player ② keeps score and does the time. The shot must be taken before 5 seconds are up.

Game Objective

Player ① should cover ground quickly and attempt a shot on goal. Every goal scored counts 3 points. Every save gets the goalkeeper 3 points. Rotate positions to get a winner.

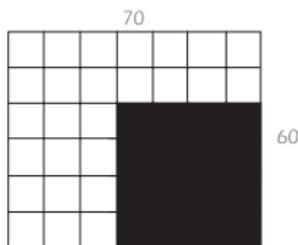
Progressions

1. Now, player ② stands 5 yards behind player ①. Player ④ times and keeps score from the moment the player in possession touches the ball. Player ② can start chasing to put pressure on player ① as soon as the ball is touched. For every missed shot or tackle, the defender gets 3 points. Rotate.

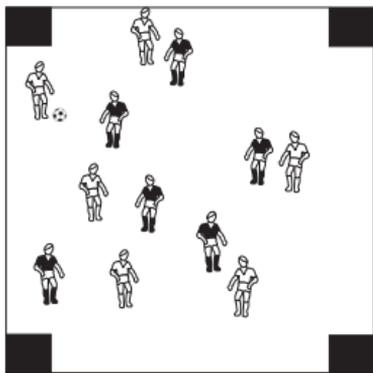
Key Coaching Points

1. If the goalkeeper charges out, do a single fake and go round the keeper.
2. If the keeper comes, then stays, you may consider chipping the keeper.
3. If the keeper stays on the line, then try to pass the ball past him.
4. Shoot if you can while the keeper is moving and shoot low across him.

Attacking Soft Triangles



Assumption: 12 players in group



Purpose

To develop one touch passing, receiving and turning with the ball in a conditioned game.

Organization

Set out a 40 x 40 yard area. Create 5 x 5 yard squares in corners of the grid. Play 6 v 6.

Game Objective

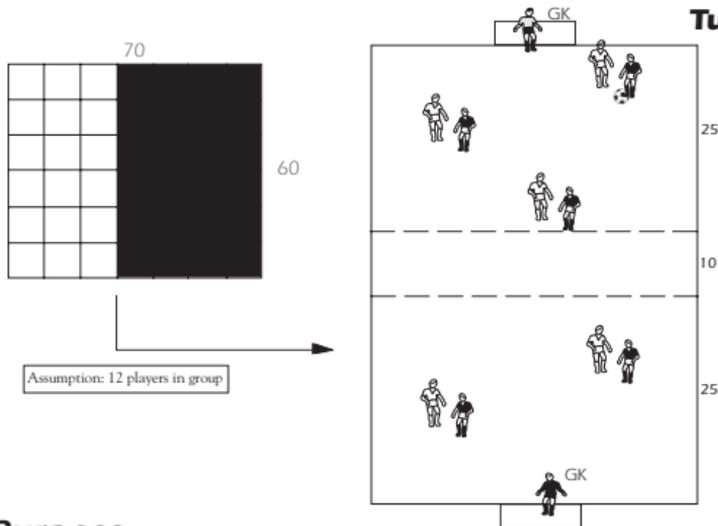
The  team has possession of the ball. The object of the game is to play the ball into one of the two attacking boxes for a player to run into and control the ball with the sole of the foot. The play is conditioned to encourage one touch passing and switching play. The  team is attacking to the right side of the diagram.

Progressions

Attack diagonally opposite goals (top right and bottom left in the diagram) This will encourage players to switch the point of attack.

Key Coaching Points

1. Disguise in passing.
2. Control and alter angle in 1 movement.
3. Attack at pace with and without ball.
4. Receive the ball side on so players can see the whole field.
5. Turn into the space away from the challenging defenders.
6. Play quickly.
7. Change the direction of play.



Purpose

To develop running and turning with the ball.

Organization

Set out a 40 x 60 yard area. Play 5 v 5, plus a goalkeeper. Make a 10 yard channel in the middle of the area.

Game Objective

The object of the game is for the team in possession to advance the ball into the middle area in preparation for an attack on goal. From the middle zone, the team in possession may either attack the opposing goal or turn and attack its defensive goal. No player, other than the player carrying the ball, may enter the middle area.

Key Coaching Points

1. Spread the players out deep and wide.
2. Attack by running with the ball.
3. Turn and change direction.
4. Move from defense to attack quickly.
5. Encourage improvisation and risk taking.