



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** RECREATIONAL



SESSION 1

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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.



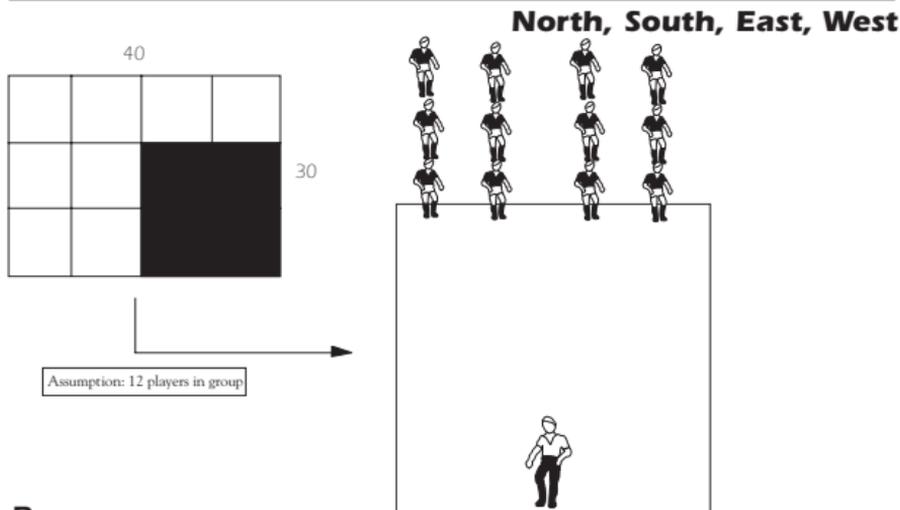
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SESSION 1 - Week 4

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



Purpose

To develop reaction speed with and without the ball.

Organization

Players jog out as a group of 4 together and listen to coaches' commands.

Game Objective

#1 = sprint forwards 5 yards, #2 = turn and go back, #3 = go to player's left, #4 = to player's right. Now #1 is also Revolution, #2 is Crew, #3 is Galaxy, #4 is MetroStars, etc. North-South-East-West.

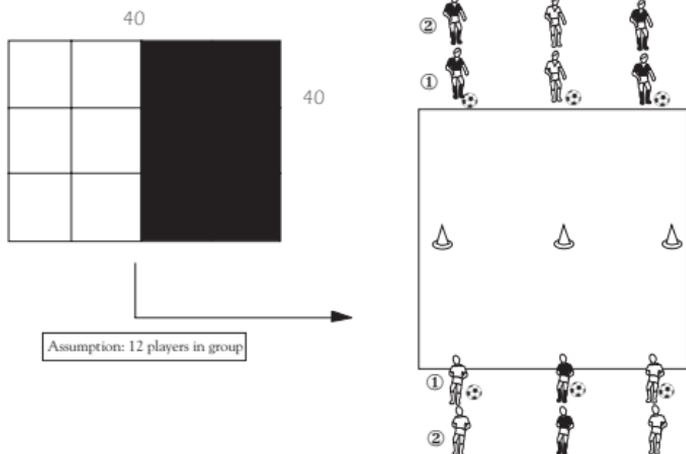
Progressions

1. Coach can start catching players out by pointing in the wrong direction.
2. Each player dribbles out with a ball. Coach holds: 1 arm up - #1, 2 arms up - #2, arm to player's left - #3, arm to player's right - #4.
3. Develop the game into straight sprints across the far line, but have the players start in different positions: (#1) on all 4's, (#2) on knees, (#3) laying face up, (#4) laying face down, (#5) facing the other way.

Key Coaching Points

1. Get upright as quickly as possible.
2. Keep your head still.
3. Move your arms forwards and backwards, not side to side.
4. Lean forwards and lift your knees.

Speed Turn



Purpose

To develop speed in the turn and passing skills.

Organization

Set out a 20 x 30 yard area. Station players on the end lines of the area as shown in the diagram. 1 ball per pair.

Game Objective

The players with a ball run to the middle cone, complete a turn, then dribble back to their teammate. The teammate then repeats. Coaches should look for players to get low and turn quickly. First team through wins.

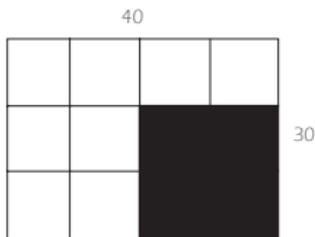
Progressions

1. The dribbling player turns at the cone, then chips the ball to his partner to catch.
2. Dribble, turn, then throw the ball for your partner to control.
3. Progress to pressure the receiving player so they must fake to avoid the onrushing player.

Key Coaching Points

1. Get low and turn sharply.
2. Get the ball out of your feet after turning.
3. Make a good pass after your final turn.
4. Slow down to the cone—speed up away from the cone.

Inside The Circle



Purpose

To practice selecting the controlling surface for the aerial ball.

Organization

Set out a circle of discs within a 20 x 20 yard area. Station six players around the circle and six players inside the circle. All outer players have balls.

Game Objective

Players  inside the circle move to any player on the outside of the circle. The  player calls the name of the surface that he wants the  player to control the ball with. The  server then tosses the ball to the  player, who must control the ball according to the command and play the ball back along the ground. The  player moves to a new server. Rotate positions.

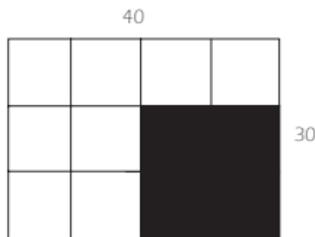
Progressions

Control and volley so that the ball does not touch the ground.

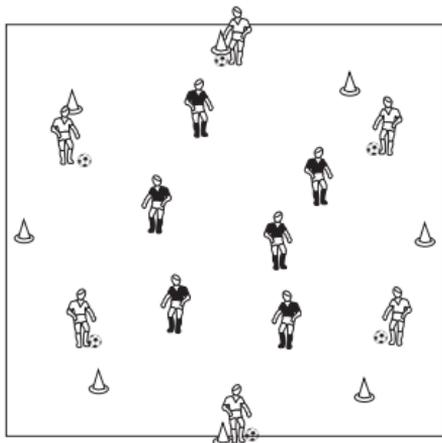
Key Coaching Points

1. Control with the first touch. Pass on the half volley or volley (no bounces).
2. Establish a balanced position before making contact with the ball.

Turn, Pass & Move



Assumption: 12 players in group



Purpose

To practice selecting the controlling surface for the aerial ball.

Organization

Set out a circle of discs within a 20 x 20 yard area. Station six players around the circle and six players inside the circle. All outer players have balls.

Game Objective

Players inside the circle move to any player on the outside of the circle. The player calls the name of the surface that he wants the player to control the ball with. The server then tosses the ball to the head, chest, thigh or foot of the player, who must control the ball off to the side and turn to play the ball to a different player on the outside of the circle. The player moves to a new server. Rotate positions.

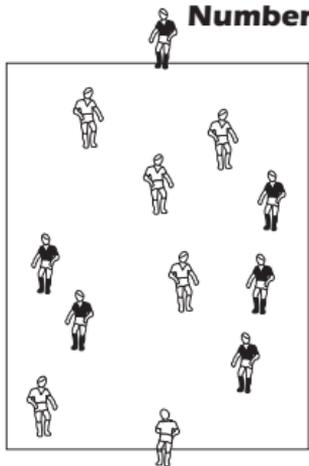
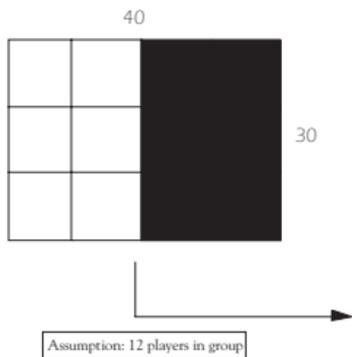
Progressions

Play the ball to the person on the opposite side of the circle to the server thus accentuating the turn. Vary the type of pass used.

Key Coaching Points

1. Establish a balanced position before making contact with the ball.
2. Make eye contact before you pass to an outfield player.
3. Use the drag back and step over turn.

Numbers Up Game



Purpose

To develop dribbling to pass.

Organization

Set out a 20 x 30 yard area. Play 5 v 5 + 2 target players stationed on the end lines. 1 ball per practice.

Game Objective

The object of the game is to play the ball to the target player stationed on the end line. The player making the final pass to the target player then joins the target player on the end line. First team with all 6 players on their end line wins. If the ball goes out of play, pass the ball in. When a team gets a player on the end line, the other team starts from that line with the ball.

Progressions

You can only pass after attempting a turn or fake.

Key Coaching Points

1. Use fakes and turns to keep possession.
2. Make forward runs in front of the ball.
3. Win the ball and go forward.