



THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

# 10 Week Curriculum Planner **U10** RECREATIONAL



## 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.



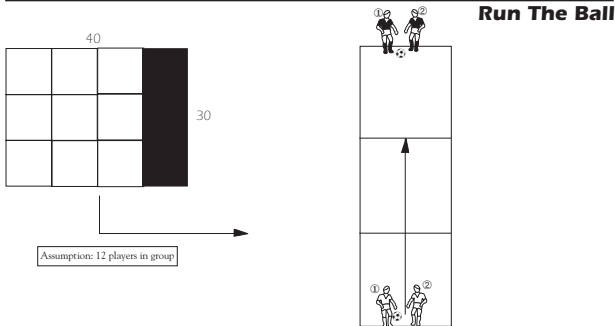
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## **SESSION 2 - Week 1**

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



## Purpose

To develop first touch and quick acceleration with the ball.

## Organization

Set out a 10 x 30 yard area in 10 x 10 yard grids. Group in fours. One ball per group. Repeat in two other areas for a total of 12 players.

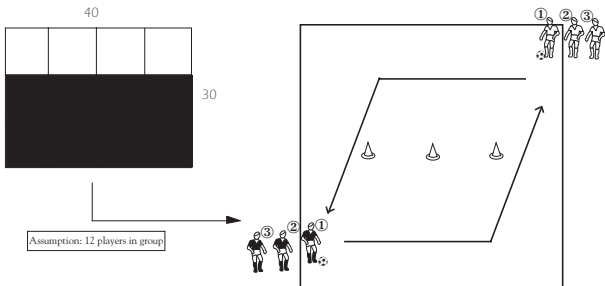
## Game Objective

Player ① dribbles the ball to the second line, stopping the ball on the second line with the sole of the foot. Player ① then passes the ball to ② and follows his pass to join ② on the endline. Player ① dribbles to the second line in the other direction and repeats the routine. Continue until players return to their original starting positions.

## Key Coaching Points

1. The first touch should push the ball 2-3 feet in front of the receiver. Might need 2 touches at first: 1 to stop the ball or control the pass and 2 to get the ball out in front.
2. Head up between touches.
3. Cover the ground as quickly as possible

## Run & Pass



### Purpose

To develop running with the ball.

### Organization

Set out a 20 x 40 yard area. Groups of 6. 2 teams of 3. One ball per team. Position players as shown in the above diagram. Repeat in another area for a total of 12 players.

### Game Objective

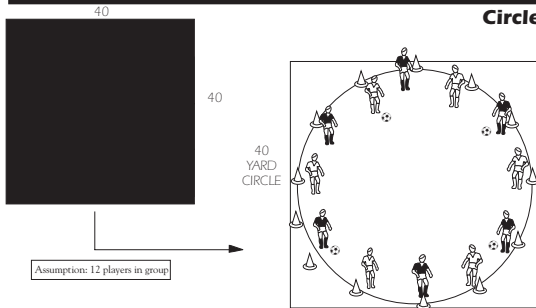
Player ① runs the ball to the third disc. He then plays a diagonal ball across to player ②. Player ① has run to the third disc in tandem with player ① and made a diagonal pass to player ②. Repeat.

### Progressions

Introduce 1 ball only, and this time chase your pass across so you force the nearest player to get the ball out of his feet.

### Key Coaching Points

1. Use the laces of the foot to make contact with the ball.
2. Pass using the outside of the foot.
3. Get the ball out in front of you so you can run after it.



Assumption: 12 players in group

## Purpose

To develop running with the ball.

## Organization

Set out a 40 yard circle. Have 3 or 4 balls and 12 players stationed on the circle's perimeter at cones.

## Game Objective

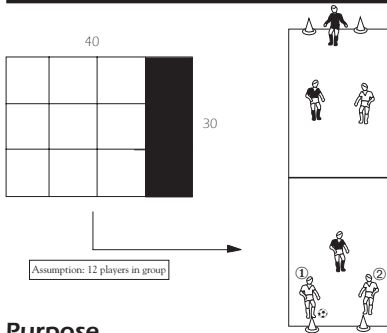
Players run with the ball across the area and pass using the outside of the foot to a corresponding player on the opposite side of the circle. Players in possession follow their pass and take the place of the player to whom they pass.

## Progressions

1. Put 2 cones in the area that a runner must go to with the ball—do a hook or chop turn to the next cone and away to pass the ball off.

## Key Coaching Points

1. Try to receive the ball with the outside of your foot and play it out in front.
2. Pass using your laces so you don't slow down.
3. Call the name of the person you are passing to.
4. Make eye contact before you pass.



## Purpose

To develop running with the ball as a team.

## Organization

Set out a 10 x 30 yard area with a half way line. Position players as shown in the diagram. 2 v 1, 1 v 1, and a goalkeeper. Repeat in another area for a total of 12 players.

## Game Objective

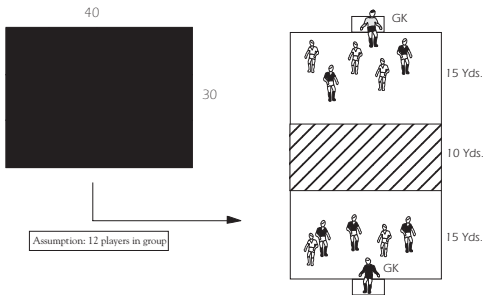
Player ① starts with the ball. Player ① combines with player ② to beat the defender and advance the ball into the next grid. The player who dribbles the ball into the area follows to create a 2 v 1 situation in the second grid. The object is to beat the 1st defender by running the ball into the attacking half for a shot on goal. If a defender wins the ball, he must get it back to his goalkeeper before the team can attack. When the team attacks, the team must play with a goalkeeper. Players must stay in their respective areas.

## Progressions

Take away the halfway line.

## Key Coaching Points

1. Attack by running at and past defenders.
2. Pass on the run by using the outside of your foot.
3. Get the ball out in front as you run.



## Purpose

To promote running with the ball and covering ground at speed.

## Organization

Set out a 30 x 40 yard area as shown in the above diagram. Play 3 v 2 in the end zone areas with a goalkeeper at each end of the field. Only the ball carrier can enter into the shaded area on the diagram.

## Game Objective

The object of the game is to advance the ball into the shaded area. Once a player advances the ball into this area, he is free to run with the ball without pressure from a defender (i.e., no defenders are allowed in the shaded area). The attacking player then enters the offensive area to create a 4 v 2 on goal. You cannot pass the ball into the middle, you can only run it in.

## Progressions

Put a player from each team in the shaded area to create a 2 v 1 with the ball carrier.

## Key Coaching Points

1. Control the ball in front of you so you can run onto it.
2. Pass with your laces so you don't lose speed.
3. Run straight using only a few touches.
4. Touch the ball forward with the foot closest to the ball so you don't disrupt your stride.