



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U6



### SESSION 1

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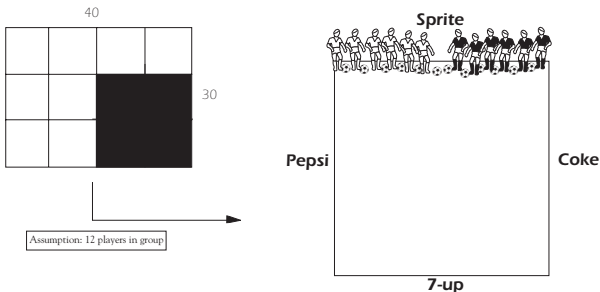
THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

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## SESSION 1 - Week 2

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

## Soda Fountain



### Purpose

To develop close control and change of direction.

### Organization

Set out a 20 x 20 yard area. All players start on one endline. 1 ball per player.

### Game Objective

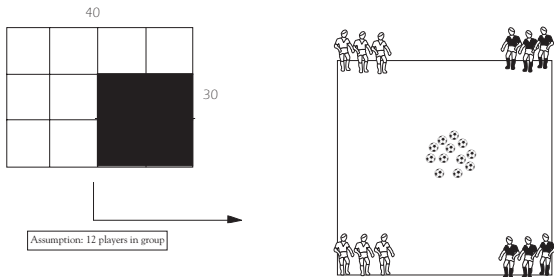
The coach calls out any of the directions, *Coke*, *Pepsi*, *7-Up*, *Sprite*. The players must dribble their ball towards the line which corresponds to the command. Other commands include 1.) *Milk Shake* – Kids do a forward roll, 2.) *Vertical with Dew* – All players run through the coaches legs, 3.) *AllSport*– All players circle up and link hands to make a human chain around the coach. 4.) *Juice Box* – Hop around on 1 leg, 5.) *YooHoo* – Coach shouts out, “YooHoo!” and kids respond with “BooHoo!”

### Story

It is a hot, hot day and everybody is gasping for their favorite fun time drink.

### Key Coaching Points

1. Run through without a ball first so that the players can learn the directions.
2. Change direction by using the sole of the foot to stop the ball and roll it behind you.

**Brontosaurus Barbeque****Purpose**

To develop turning and running with the ball.

**Organization**

Set out a 20 x 20 yard area. Groups of three. Station one group in each corner of the square. All balls are placed in the middle of the grid.

**Game Objective**

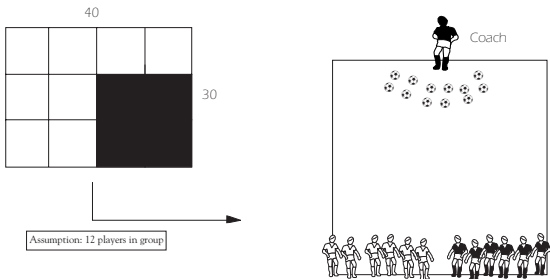
Each player is numbered 1, 2, 3 in each team. Number 1's run to the middle, turn with the ball and dribble back to the corner. Number 1 tags number 2, who runs to the middle, turns with the ball and dribbles back to the corner. Number 2 relays with number 3. The winning team is the first to have 3 balls in their corner.

**Story**

The brontosaurus burgers are cooking nicely until they run out of coals for the fire. Fred, Barney, Wilma and Betty race to the store to buy a new bag of charcoal.

**Key Coaching Points**

1. Keep the ball within 2-3 feet between touches as if the ball were Dino on a leash.
2. Try to stop the ball in the corner using the sole of the foot to trap the ball.

**The Spider's Web****Purpose**

To develop keeping the ball under close control.

**Organization**

Set out a 20 x 20 yard area. The coach  stands on one endline with his back to the players. The players are spread along the opposite endline. Place all the balls behind the coach.

**Game Objective**

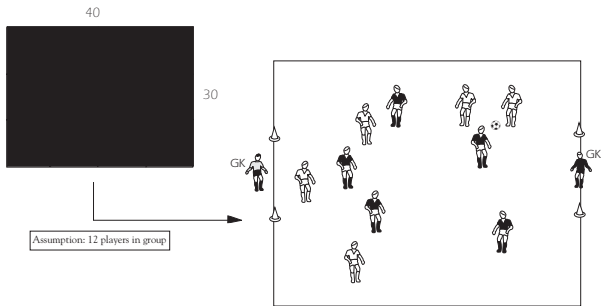
The players creep up to the coach, collect a soccer ball and dribble back to the start line. The coach chases the players back to the start line. Any player that is tagged joins the coach as a spider on the far endline.

**Story**

The coach is a spider, the kids are flies. The spider is sleeping in his web but awakes to find the flies stuck to his silky trap.

**Key Coaching Points**

1. Keep the ball within 2-3 feet between touches as if the ball were a puppy on a leash.
2. Try to stop the ball at the start line using the sole of the foot to trap the ball.



## 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.