



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U6



### SESSION 1

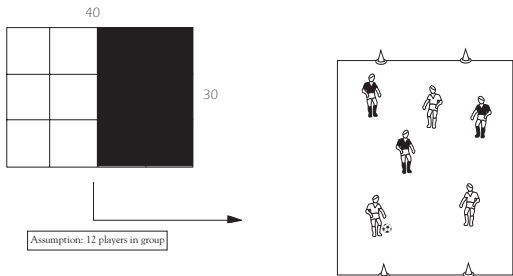
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## **SESSION 1 - Week 3**

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



### Purpose

To develop team play.

### Organization

Set out a 20 x 30 yard area. Play 3 v 3 with no goalkeepers. Repeat in another area for a total of 12 players.

### Game Objective

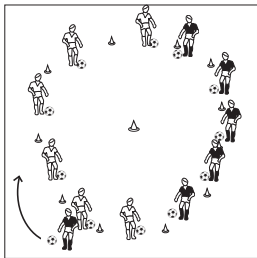
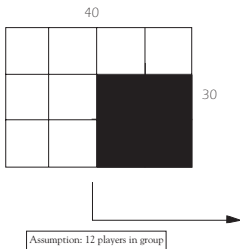
The object of the game is to score in the opposing goal through the interplay of players on the same team. This activity is designed to encourage attacking play. Coaches should not discuss defensive techniques at this point in their development.

### Story

The greatest player in the history of the game was the Brazilian superstar, Pelé. Pelé learned to play the game on the beaches of Rio de Janeiro with a handful of his friends. They used shirts as goal posts, coconut shells for side-lines, and a tennis ball as a soccer ball. Games were never more than 3 v 3 players. The youngsters would imagine what it would be like to some day represent their country as professional soccer players.

### Key Coaching Points

1. When attacking, spread out and make a big triangle.
2. Show kids how to score by kicking the ball through the goals.




## Purpose

To develop directional dribbling.

## Organization

Set out a circle of 11 discs in 20 x 20 yard area. Station a player in each of the gates made by 2 discs. 1 player remains outside the circle to act as the initial *beat the clock* dribbler.

## Game Objective

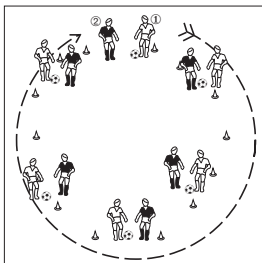
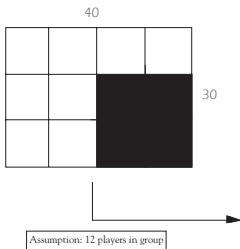
A  player dribbles around the outside of the circle. When he tags someone, he shouts out, “Sticky donut!” The two players then dribble around the circle in opposite directions. The first player back to the vacant gate fills the spot. The other player dribbles on and repeats the practice. Start without a ball first so players understand the game.

## Story

If the coach shouts out, “Grab a donut!,” all the players have to dribble their balls and try to get to the middle cone first. The first player to arrive at the cone, picks it up and pretends to eat the gooiest donut of them all—the Boston Creme!

## Key Coaching Points

1. Keep the ball within 2-3 feet between touches.
2. Look up between touches to get a better sense of direction and to avoid the other runner as he comes around.



### Purpose

To develop directional dribbling.

### Organization

Set out a circle of discs in 20 x 20 yard area. Group in pairs. Station the partners inside a pair of discs. Number the players ① and ②.

### Game Objective

On the coaches command “saddle up,” the ② player stands over the back of the ① player, who is on all 4’s. On the command “ride,” the ① player jumps off then crawls through ② legs and dribbles the ball in a clockwise direction around the outside of the circle. When he gets back to his partner, he goes through his legs and jumps on his back again to finish. Rotate positions.

### Story

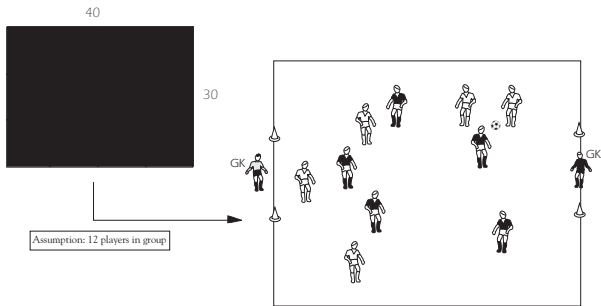
The Lone Ranger and his trusty steed Silver are galloping through the canyon . . . “Hi Ho Silver and away!”

### Progressions

1 of the cowboys is now the sheriff and goes in the other direction.

### Key Coaching Points

1. Keep the ball within 2-3 feet between touches.
2. Glance up and around between touches to get your bearings.



## 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.