



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U6



### SESSION 1

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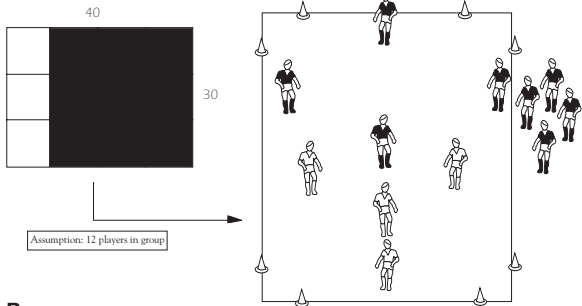
# MLS CAMPS

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## SESSION 1 - Week 7

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



## Purpose

To encourage players to spread out.

## Organization

Set out a 30 x 30 yard area with a goal in each corner. Play 2 teams of 4 v 4 with another team of 4 players waiting to play the next game.

## Game Objective

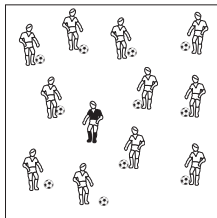
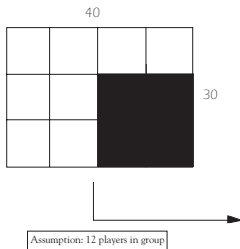
The object of the game is to score a goal by dribbling the ball through any of the 4 corner goals. Players should be encouraged to spread out and play in the entire area, changing directions and attacking all goals. Rotate teams every 2 minutes. As a further progression, players may opt to pass or shoot the ball through the goals.

## Story

The Dutch revolutionized the way the game is played through the application of small sided 4 v 4 games in training. Players were encouraged to experiment and try new skills while touching the ball much more frequently than in a regular 11 v 11 game.

## Key Coaching Points

If the players get bunched up, the coach should shout out, "Team 1, Runaway Train!" (or "Team 2!"). All the players of that team must then run up to the coach and crawl through his legs before they are back in the game.



### Purpose

To develop turning and running with the ball.

### Organization

Set out a 20 x 20 yard area. 1 ball per player except for the lone catcher. All players must stay within the confines of the area.

### Game Objective

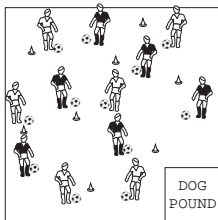
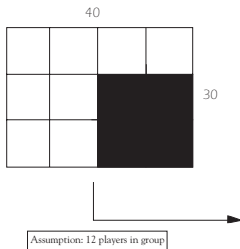
The players are chased by the catcher. Any player, who either a.) dribbles outside the box or b.) has their ball kicked outside the box by the catcher, becomes a catcher. Play until only one remains.

### Story

The evil temptress Cruella de Ville is scouring the streets in search of dalmation puppies.

### Key Coaching Points

1. Keep the ball on a leash 2-3 feet long.
2. Try to look up and around between touches.
3. Use your body to shield the ball from the defenders.
4. Turn away from danger.



## Purpose

To develop close control and fast footwork.

## Organization

Set out a 20 x 20 yard area. Set out 8 random cones inside the area and a 5 yard square in the corner as shown in the diagram. All 12 players have a ball and must stay within the confines of the area.

## Game Objective

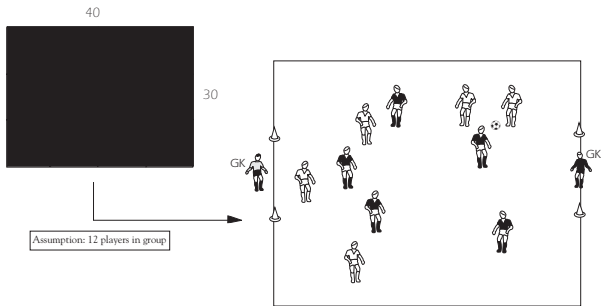
The players must dribble around the area. When the coach shouts out “Dog catcher!,” the players have to stop their ball at one of the cones inside the area. The four players that remain must dribble their ball into the dog pound to do a fun penalty that the coach has called for; e.g., Australian push-ups.

## Story

A stray dog is walking around the park. The only way he can escape the dog catcher is to hide behind the trees (cones).

## Key Coaching Points

1. Push the ball 2-3 feet in front at all times as if it were a puppy on a leash.
2. Keep your head up between touches.



## 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.