



THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U6



SESSION 2

NASC, Inc.

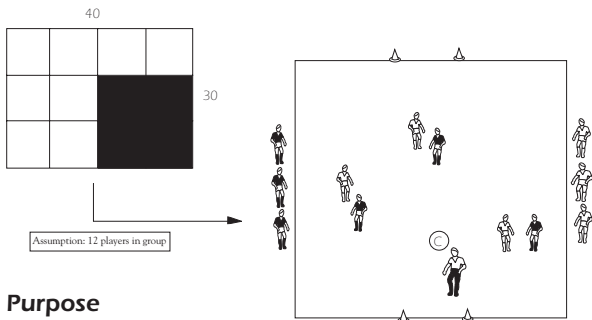
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SoccerMadeSimple.com
www.MLScamps.com



SESSION 2 - Week 7

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



Purpose

To encourage shooting and attacking.

Organization

Set out a 20 x 20 yard area. Divide the 12 players into 2 teams. 3 players from each team play against each other in the area. The other 3 players rest off the field between goals.

Game Objective

The object of the game is for the team in possession to attempt to score in the opposing goal. When a goal is scored, teams rotate. If the coach shouts out, "Change!," then the team on the field must run off the field and tag a resting player. The resting player enters the field of play.

Story

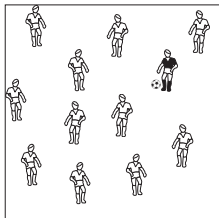
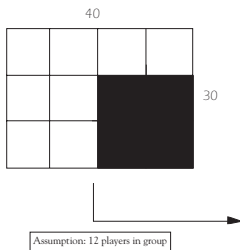
It's the Cartoon Cup Final between the Looney Tunes and Disney characters.

Progressions

Play with 2 balls.

Key Coaching Points

1. Stop the goal being scored then score yourself.
2. When you shoot, keep the ball low by using your laces.
3. If someone shoots, then be fast like a cheetah to get the rebound.
4. Get ready if the coach shouts, "Change!," to run in and score.








Purpose

To develop passing accuracy over a short distance.



Organization

Set out a 20 x 20 yard area. One defender starts in the area with a ball. The remaining players are randomly spaced in the area without balls.

Game Objective

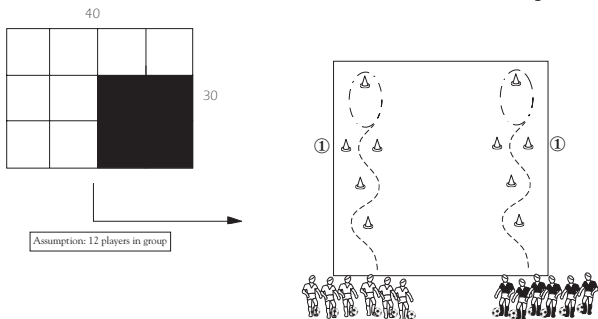
The  player must strike his ball to hit the  player on or below the knee. When a  player is hit, he too becomes a  player. Encourage the  player to dribble as close to the  target player before striking the ball.

Story

 player is Iceman who is trying to shoot down Maverick . The last Maverick to be "hit" becomes Top Gun.

Key Coaching Points

1. Head over the ball.
2. Strike the ball with the inside of the foot.
3. Keep the ball on the ground.



Purpose

To develop ball confidence and close control.

Organization

Set out a 20 x 20 yard area. Set out an obstacle course using the discs as shown in the diagram. Groups of 6 per team. Number players 1 – 6.

Game Objective

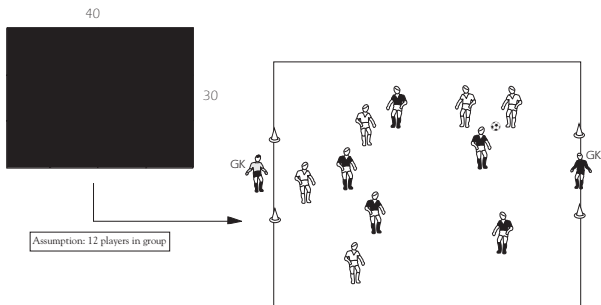
The coach calls out a number from 1 to 6. The respective player from each team dribbles in and out of the discs up to Gate ①. At this gate they must stand up and sit down on the ball 10 times. On their way back through the gate, they must jump up and down 10 times with the ball between their knees.

Story

Donkeys are notoriously slow, but they can be baited to speed up by dangling a carrot in front of their noses. The first team to finish gets the carrot.

Key Coaching Points

1. Keep the players buzzing by commenting and encouraging them throughout.
2. Try to use the inside and outside of both feet.



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 goal-keeper. 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.