MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner
U10 COMPETITIVE

SESSION 1

SoccerMadeSimple.com
www.MLScamps.com

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 1 - Week 7

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

Only Line Drill You'll Ever Need

70

60

Assumption: 12 players in group

GK
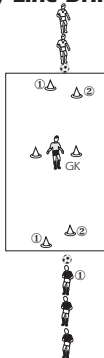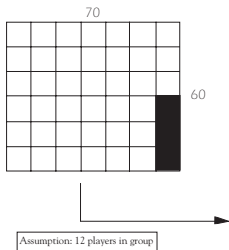
Purpose
To develop shooting on the turn.

Organization
Set out a 10 x 30 yard area, positioning players on opposite end lines as shown in the diagram. Groups of 6. Repeat in 1 other area for a total of 12 players.

Game Objective
Player ① starts with a ball and moves to △①, does a turn around it, then goes around △② . As soon as he gets past △② , he must shoot. Player ① follows his shot into goal for second shot opportunities from rebounds. ① then becomes the goalkeeper. As soon as a player shoots, the next dribbler from the other team can go. First team to 10 goals, wins. A player cannot shoot until he does a fake at ①△ , then another fake at △② .

Key Coaching Points
1. Shoot on the turn.
2. Follow your shot.
3. Keep the shot low.
4. Speed in the fake.

Assumption: 12 players in group
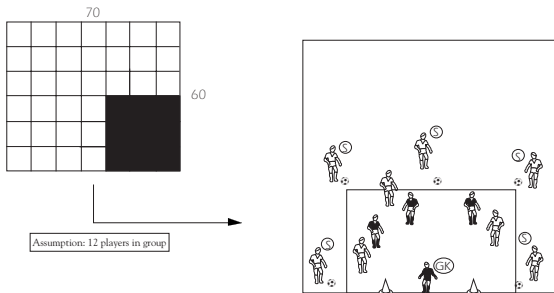
Purpose

To develop finishing in the prime scoring area.
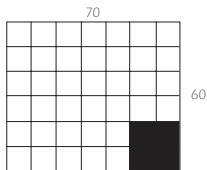
Organization

Set out a 30 x 30 yard area and recreate the 18 yard box around the goal. Position five players around the periphery of the area. Play 3 v 3 inside the area. One ball per server.
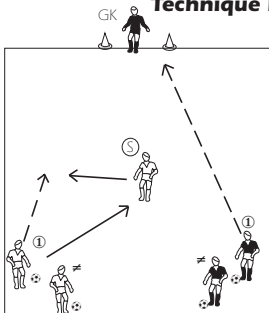
Game Objective

Servers take turns to serve the ball into the goal area to one of the team nominated by the coach inside the area. The player can either a.) turn on the ball and shoot directly on goal or b.) play the ball back to the server who shoots on goal, or c.) pass to another teammate. Servers score for the team passing them the ball. Servers are allowed only 1 touch. Rotate positions.

Key Coaching Points

1. Assess the quality of the receiving players first touch.
2. Servers must communicate with their attacking teammates to inform them of their options.
3. Turn and shoot in one continuous movement.
4. Follow in for rebounds.
5. Shoot early—shoot low.
6. Be creative—backheels—toe pokes.

Technique In 2's

70

60

Assumption: 12 players in group

Purpose
To develop striking the moving ball and finishing.

Organization
Set out a 20 x 20 yard area. Groups of six. Four balls per group. Position players as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective
Player ① passes the ball to the server Ⓢ who passes the ball back into the path of player ①. Player ① shoots low and to the far post. Player ① runs to the area of the far post to pick up any rebounds or shots wide of the far post. Player ≠ and ≠ repeat the practice. Rotate positions.

Progressions
1. The server moves to provide passive resistance to the striker.
2. The player directly behind the striker moves in to pressure the attacker.

Key Coaching Points
1. Concentrate on accuracy.
2. Strike through the middle top-half of the ball.
3. The far post run must be timed so that the player arrives at the ball at full speed.
4. Shoot low and to the far post.

Game - 661

Shooting Under Pressure

Assumption: 12 players in group
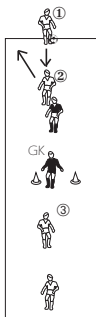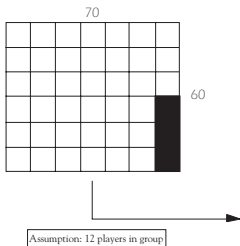
Purpose

To develop combination play leading to a shot on goal.

Organization

Set out a 10 x 30 yard area. Groups of six. Play 2 v 1 on each side of the goal. One ball per group. Repeat in another area for a total of 12 players.

Game Objective

Player ② checks away from his defender and calls for the ball from player ①. Player ① passes the ball to the feet of player ②. Player ② plays the ball back and to the side of player ① who shoots first time on goal. Repeat the practice in the opposite direction with the defender being goalkeeper and the goalkeeper going out to defend.

Progressions

1. Allow player ② the option to turn the defender and shoot himself.

Key Coaching Points

1. Player ① must communicate with the other attacker to determine if player ② turns the defender or lays the ball off.
2. Direct the ball low and to the corners of the goal.
3. Encourage the second attacker to follow-in on rebounds from the goalkeeper.

Shoot In Attack
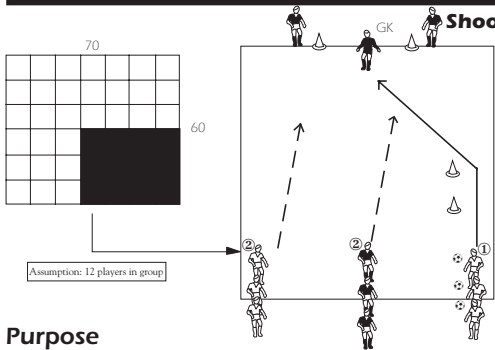
Purpose
To develop width in attack, crossing and finishing.

Organization
Set out a 40 x 30 yard area. Position three groups of three at 10 yard intervals along the endline. One goalkeeper and two stoppers. Only players in the right channel should have a ball.

Game Objective
Player ① makes a run down the touchline with the ball. When he reaches the first disc, players ② and ② must begin their runs. Player ② sprints to the near post and player ② goes to the far post. When player ① reaches the second disc, he must either cross the ball or shoot directly on goal depending upon the posture of the goalkeeper. Repeat from the other side. Rotate positions.

Progressions
Take the stoppers and use them as central defenders who mark the supporting attackers as they make their runs to goal.

Key Coaching Points
1. The supporting players should time their runs so that they accelerate onto the ball in front of the goal.
2. When crossing the ball, the wide player should angle his body so that his chest is facing into the field.
3. Cross should be to space in front of attackers between knee and chest height.

Game - 663