MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week
Curriculum Planner
U10 COMPETITIVE

SESSION 1

SoccerMadeSimple.com
www.MLScamps.com

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.
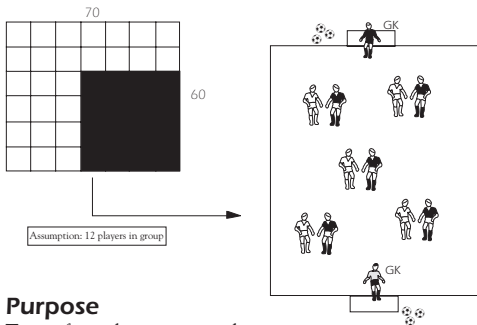
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SESSION 1 - Week 8

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

70

60

Assumption: 12 players in group

Purpose
To reinforce shooting attitude.

Organization
Set out a 40 x 40 yard area. Play 5 v 5 in the field of play with goalkeepers at each end. Goalkeepers should have a supply of balls. Only goalkeepers can roll the ball into play.

Game Objective
The object of the game is to shoot on goal at any opportunity. The coach should stop the game after 5 minutes and tell the team how many shooting opportunities they had, how many shots they took, how many were on target, how many were off target, how many goals were scored, and the location of each goal.
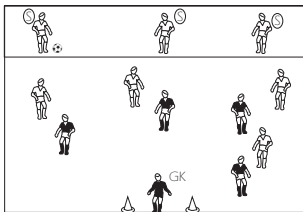
Progressions
Play again for 5 minutes and see if there is any difference in outcomes.

Key Coaching Points
1. If possible, select shot over dribble or pass.
2. Look for secondary opportunities.
3. Look to aim for the far post and hit the target.
4. For power shots, follow through and land on your striking foot.
5. Keep the ball low and away from the goalkeeper.

Game - 670
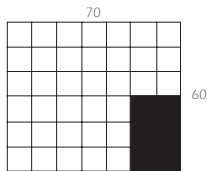
Purpose
To develop shooting on the turn in a functional practice.

Organization
Set out a 20 x 30 yard area with a 5 yard channel at the top of the grid. Three servers are placed in the channel, play 4 v 4 and a goalkeeper in the larger area.
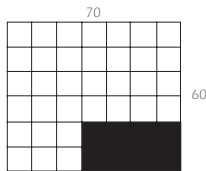
Game Objective
The server plays the ball to any player in the area. The object of the game is to turn the defender and shoot on goal. If the defender marks tightly, the receiver can either a.) pass to a teammate in the area or b.) pass the ball back for any server to shoot on goal. The servers have only 1 touch, and when they are shooting, they are scoring for whoever passed them the ball. If the ball takes a deflection, then the last person the ball touched is the scorer.

Progressions
1. Put all players in the area and pair them up. The spare player plays with 2 others.
2. Play knock out (elimination). Any players who are not out of the game become servers.

Key Coaching Points
1. Check toward the ball at an angle so you can see the goal when you turn.
2. Shoot low and early.
3. Shoot past players and use them as a screen.
4. Secondary opportunities.

Game - 671

Columbus Crew's Wrecking Crew
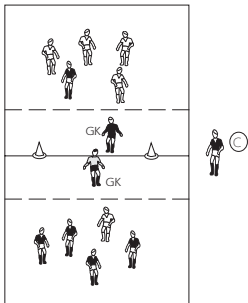
Purpose
To develop quick shooting in and around the penalty area.

Organization
Set out an area of 40 x 20 yards with a goal on the 1/2 way line. Make a 5 yard area on each side of the goal and put 2 goalkeepers on either side of the goal line. Play 4 v 1 on each side of the goal line. No players are allowed in the goal area.

Game Objective
The 4 players combine to get a shot on goal by beating the defender. If the defender wins the ball, he shoots on the same goal. If a goal is scored, the game restarts in the other 1/2 of the field. If the goalkeeper saves the ball, he gives it to the coach who serves another ball into the area. First team to score 10 goals, wins.

Progressions
1. Play 3 v 2 on each side of the goal.
2. All throw-ins must result in a 1 touch shot or volley on goal.

Key Coaching Points
1. Shoot through and around player.
2. Keep the ball low.
3. Try to shoot the ball straight back from the other side of the goal.
4. If you cannot shoot, then give a pass that allows a 1st time shot by someone else.

Game - 672
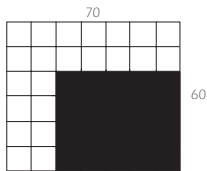
Assumption: 12 players in group
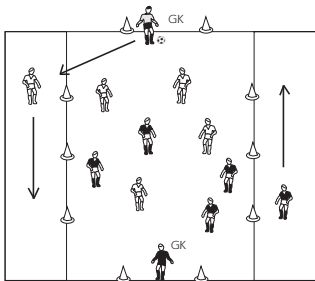
Purpose
To develop width in attack.

Organization
Set out a 40 x 50 yard area with 5 yard channels along each sideline. Station one player in each channel. Play 4 v 4 in the central area with a goalkeeper at each end.

Game Objective
The goal of the game is to get the ball to your team's wide player stationed in the channel. The wide player sprints the distance to the opposing goal line and delivers a cross to the prime scoring area for his teammates who are attacking the goal. Repeat in opposite direction.

Progressions
When the wide player gets the ball in the channel, the nearest player from the defending team can enter the channel one disc behind where the ball crossed the line. The defender then pursues the wide player down the channel challenging the cross.

Key Coaching Points
1. Get the ball to the wide player as quickly as possible.
2. Draw the defender beyond the near post, creating space behind him for an attacker penetrating the mid-goal area.
3. Make decoy runs such as the crossover or diagonal run to confuse the defense.

Game - 673