



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U10** COMPETITIVE



### SESSION 2

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# STANDARD STRETCHING INTRODUCTION

## 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

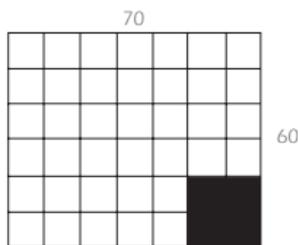
### Key Coaching Points

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.



## **SESSION 2 - Week 1**

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



Assumption: 12 players in group



## Purpose

To practice selecting the controlling surface for the aerial ball.

## Organization

Set out a circle of discs within a 20 x 20 yard area. Station six players around the circle and six players inside the circle. All outer players have balls.

## Game Objective

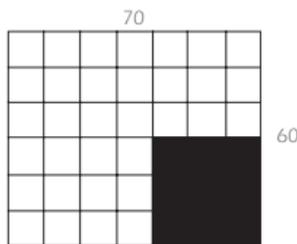
Players  inside the circle move to any player on the outside of the circle. The  player calls the name of the surface that he wants the  player to control the ball with. The  server then tosses the ball to the head, chest, thigh or foot of the  player, who must control the ball according to the command and play the ball back along the ground. The  player moves to a new server. Rotate positions.

## Progressions

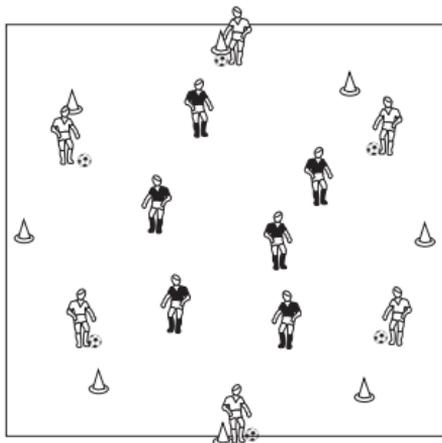
1. Control and volley so that the ball does not touch the ground.
2. Make the server give a more difficult serve—get out of your comfort zone.

## Key Coaching Points

1. Control with the first touch. Pass on the half volley or volley (no bounces).
2. Establish a balanced position before making contact with the ball.



Assumption: 12 players in group



### Purpose

To practice selecting the controlling surface for the aerial ball.

### Organization

Set out a circle of discs within a 30 x 30 yard area. Station six players around the circle and six players inside the circle. All outer players have balls.

### Game Objective

Players inside the circle move to any player on the outside of the circle. The player calls the name of the surface that he wants the player to control the ball with. The server then tosses the ball to the head, chest, thigh or foot of the player, who must control the ball off to the side and turn to play the ball to a different player on the outside of the circle. The player moves to a new server. Rotate positions.

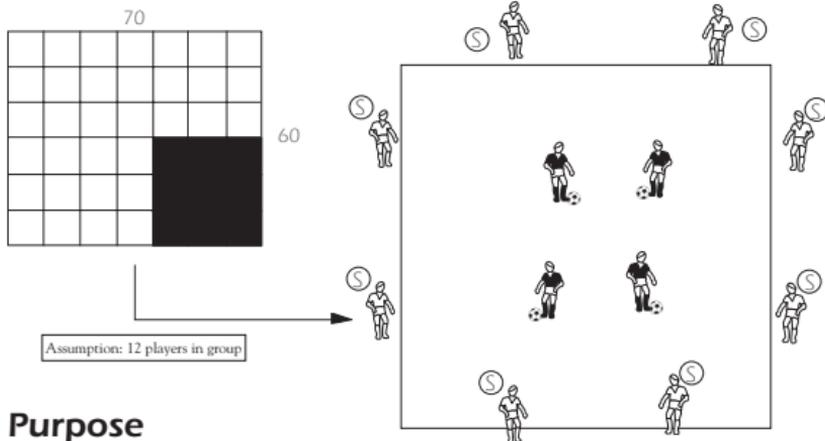
### Progressions

Play the ball to the person on the opposite side of the circle to the server thus accentuating the turn. Vary the type of pass used by making the area bigger.

### Key Coaching Points

1. Establish a balanced position before making contact with the ball.
2. Make eye contact before you pass to an outfield player.
3. Turn sharply and move away quickly.
4. Your pass should always be to the outside player.
5. Do not approach the server in a straight line—approach at an angle.

## Movement Off The Ball



### Purpose

To develop one touch passing and turning with the ball in a conditioned practice.

### Organization

Set out a 30 x 30 yard area. Position 2 players (servers) on each side of the area. Four receiving players, each with a ball, play within the confines of the area.

### Game Objective

The 4 players pass the ball to a server on the outside of the area. The server plays the ball back to the 4 player. Player 4 turns with the ball and passes to a different server. Rotate positions. If you pass to outside player, 4 options. "Give and Go" = 1 - 2 pass;" Hold the ball" = pass then run up to player, open legs and play ball through for player to turn onto; "Overlap" = pass ball, hold it and run around receiving player for a return pass; "Takeover" = cross over and change places.

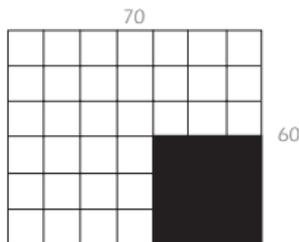
### Progressions

1. The outside server plays the ball with his first touch.
2. 4 players in middle with 3 balls. If a ball is stolen, then players must attempt to get another ball.

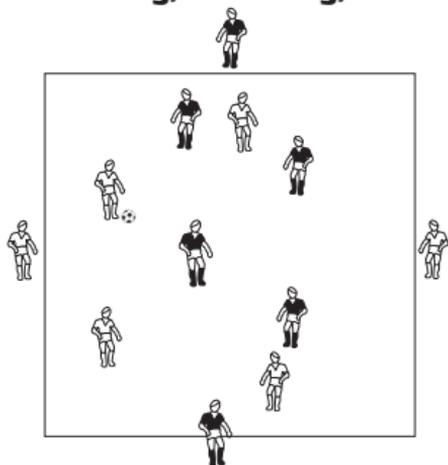
### Key Coaching Points

1. Call name of the person you are passing to and call for the return pass.
2. One-touch passes should be firm and to the feet.
3. Use your body to screen the ball and turn away from the defender.

### Turning, Dribbling, Running



Assumption: 12 players in group



### Purpose

To develop passing, support and moving into space.

### Organization

Set out a 30 x 30 yard area. Play 4 v 4 within the area with 4 supporting players on the outside of the area. One ball per practice.

### Game Objective

The  team has possession of the ball. A goal is scored when the ball is played to a teammate on the outside of the area. Each team has two supporting players on opposite sides of the area. The supporting players are allowed to move up and down the entire sideline.

### Progressions

1. The support players can play the ball back into the field of play so that the game becomes continuous.
2. Whoever passes the ball to the target player then replaces them by taking their place.

### Key Coaching Points

1. Play the ball to the support player as quickly as possible.
2. Make 1-2 combination passes around defenders.
3. Use turns and fakes when pressured by defenders.
4. Use your body to shield the ball from defenders.
5. Open up the play by receiving the ball sideways on, on your back foot.