



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

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



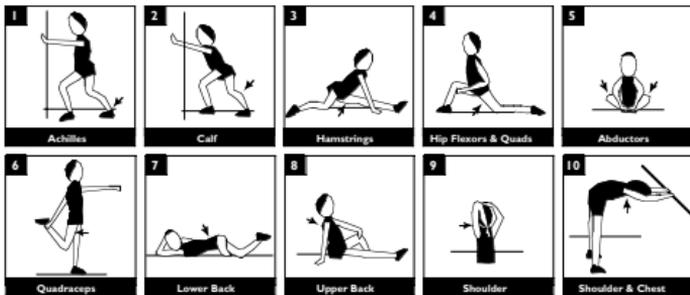
### SESSION 2

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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.



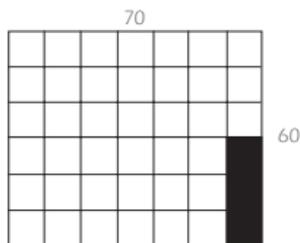
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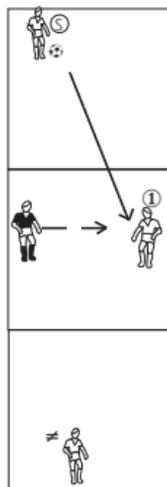
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## SESSION 2 - Week 9

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



Assumption: 12 players in group



### Purpose

To develop intercepting the ball.

### Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

### Game Objective

Server (S) plays the ball to player (1). The defender (D) can move in to intercept the ball as soon as (S) plays the ball. The defender has two options a.) To intercept the ball or b.) remain goal side of the attacker and prevent him from turning or crossing over the attacking line. Repeat in the opposite direction. Rotate positions. Player (1) tries to get the ball to player (2).

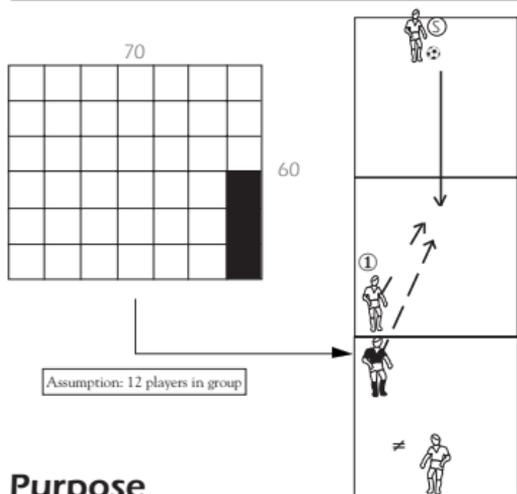
### Progressions

Player (2) covers the primary defender who is challenging for the ball.

### Key Coaching Points

1. Cover the ground as quickly as possible.
2. Make the decision to commit or contain - don't get caught in-between.
3. If the defender over-commits and does not intercept the ball, he must recover and try to get goal side of the ball if at all possible.

## Defending From Behind



### Purpose

To develop preventing an attacker from turning with the ball.

### Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

### Game Objective

Server ⑤ plays the ball into the space in front of player ①. The defender ① must close down the space between himself and the attacker and prevent player ① from turning on the ball to pass to player ② from the attacking zone.

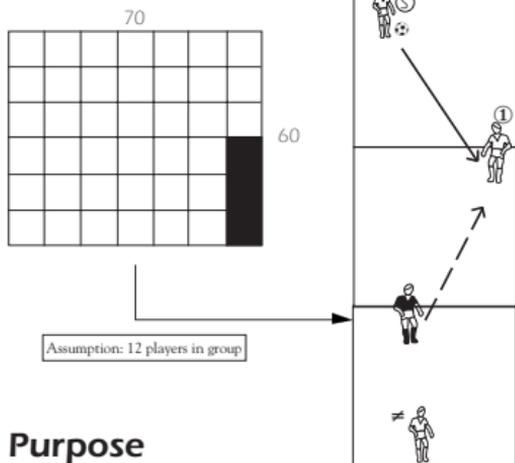
### Progressions

Player ② can move in to support the primary defender.

### Key Coaching Points

1. Close down the space to the attacker as quickly as possible.
2. The defender should keep the attacker and the ball in view at all times.
3. Adopt a "touch tight" position where you are within touching distance.
4. Select the correct moment to tackle...be patient, wait for the 1/2 turn.

## Defending In Front



### Purpose

To develop defending from a position goal side of the ball.

### Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

### Game Objective

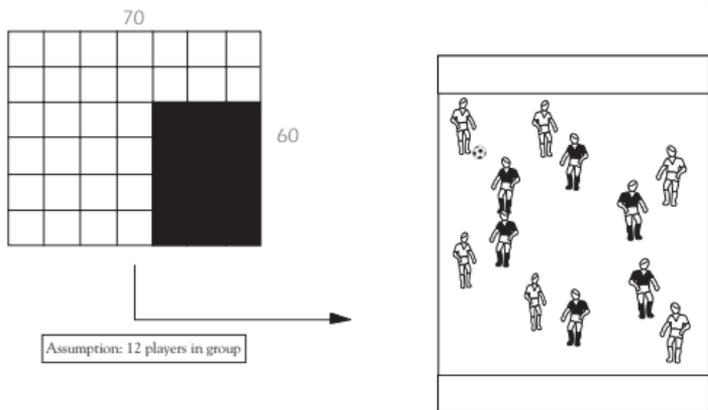
Server (S) plays the ball to player (1). The defender (D) can move into close down the receiver as soon as (S) plays the ball. The defender (D) must prevent the attacker from crossing over the attacking line and passing the ball to player (2).

### Progressions

Player (2) can step up to be the supporting defender to deny space inside and behind the primary defender.

### Key Coaching Points

1. Close down the space to the attacker as quickly as possible.
2. The defender should block the attacker's route to goal.
3. The defender should maintain the space between himself and the attacker by shifting back in retreat.
4. Don't get beaten by the attacker's 1st touch.
5. Don't run across in a straight line, get between the ball and target then go down the line.
6. Can you win the advantage by faking to tackle so the attacker becomes predictable?



## Purpose

To develop man to man marking.

## Organization

Set out a 30 x 40 yard area. Create a 5 yard endzone from each endline. Play 6 v 6. One ball per practice.

## Game Objective

Each player is assigned a man marker on the opposition. Players can only challenge their assigned man marker. The object for the defensive team is to prevent their counterpart from receiving the ball. A goal is scored when the attacking team controls the ball in the offensive end zone.

## Progressions

2 touch only to increase the speed of the play and to ensure pressure on ball is immediate.

## Key Coaching Points

1. Defenders are forced to make the value judgement as to whether to challenge/intercept the ball or remain goalside.
2. The defenders should attempt to deny the space to the goal and thus keep the opposition playing square or in front of the defense.