



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** RECREATIONAL



SESSION 1

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SoccerMadeSimple.com
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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.



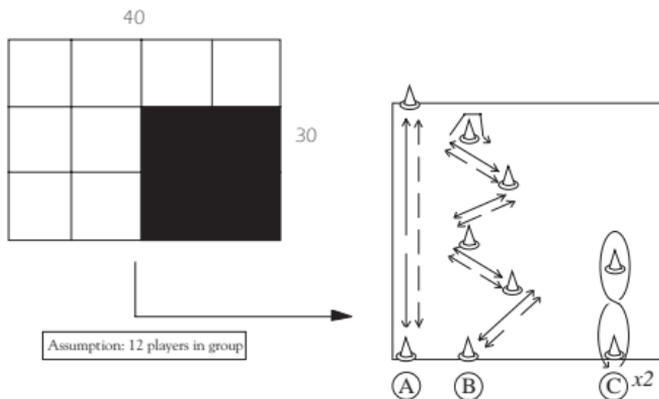
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SESSION 1 - Week 2

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



Purpose

To develop soccer speed and turns.

Organization

Set up a 20 x 20 yard area. Groups of 6. Place a pair at each of the 3 skills stations. Repeat in 1 other area for a total of 12 players.

Game Objective

- (A) Run up to the cone first without the ball, then with it.
- (B) Move to the next area with cones 5 yards apart in a zig-zag formation. Run around the cones without, then with, the ball.
- (C) At "C" cones, do 2 figure 8's without, then with, the ball.

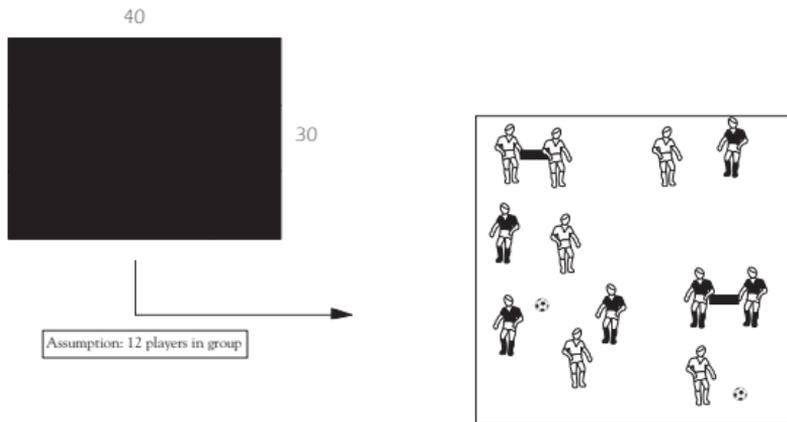
The coach should time the player without the ball first, then after a rest time, again with the ball. Combined time is the total.

Progressions

1. If the distance is too great for the players, shorten the distance between the cones.
2. Start with 5 foot juggles, then after "A" do 3 head juggles, then at "B" do 4 thigh juggles.

Key Coaching Points

1. Look at your times compared with and without the ball.
2. When turning, get low and speed up out of the turn.



Purpose

To develop running with the ball and turning.

Organization

Set out a 30 x 40 yard area. Divide group into 2 teams then take 2 pairs out of each group and ask them to hold a shirt between them. The remaining 8 players play 4 v 4. There are 2 balls in play at once.

Game Objective

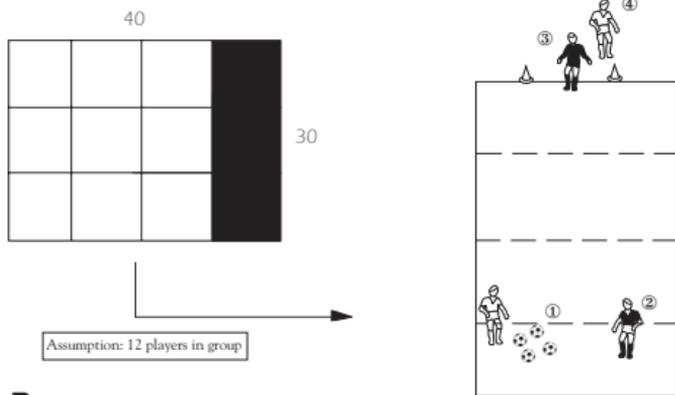
The players paired with shirts  are floating goals. The teams can score only in their own goal.  must move around the area trying to get close to the ball. A goal is scored by a pass, header or shot in the goal. You can score from both the front and back sides of the goal.

Progressions

Develop to using only one ball.

Key Coaching Points

1. As you receive the ball, look up to see an open player and the goal.
2. Should you pass, dribble or shoot the ball?
3. Can you pass the ball to an open player near the goal?
4. Try to receive the ball standing sideways so you can see the whole field.

D.C. United's Super Shoot Out**Purpose**

To develop running with the ball and finishing skills

Organization

Set up a 10 x 30 yard area for 4 players. Player ① should have 4 balls. Player ② is the score/timekeeper, Player ④ is the retriever and Player ③ is the goalkeeper. Player ① has 5 seconds to make a shot on goal. Player ② keeps score and does the time. The shot must be taken before 5 seconds are up.

Game Objective

Player ① should cover ground quickly and attempt a shot on goal. Every goal scored counts 3 points. Every save gets the goalkeeper 3 points. Rotate positions to get a winner.

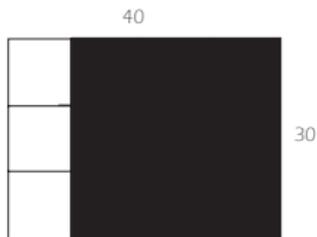
Progressions

- Now, player ② stands 5 yards behind player ①. Player ④ times and keeps score from the moment the player in possession touches the ball. Player ② can start chasing to put pressure on player ① as soon as the ball is touched. For every missed shot or tackle, the defender gets 3 points. Rotate.

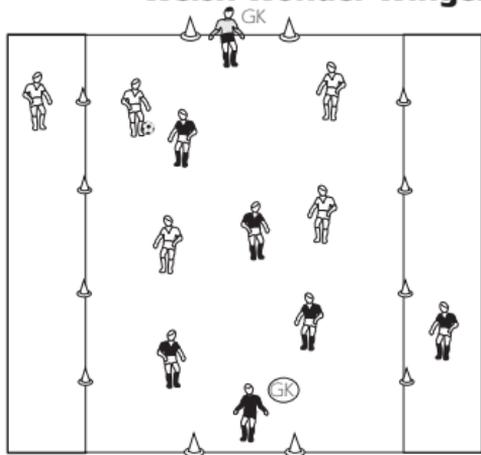
Key Coaching Points

- If the goalkeeper charges out, do a single fake and go round the keeper.
- If the keeper comes, then stays, you may consider chipping the keeper.
- If the keeper stays on the line, then try to pass the ball past him.
- Shoot if you can while the keeper is moving and shoot low across them.

Welsh Wonder Wingers



Assumption: 12 players in group



Purpose

To develop width in attack, crossing and finishing.

Organization

Set out a 30 x 30 yard area with 5 yard channels along each sideline. Play 4 v 4 in the larger area with a goalkeeper. Station one player in each channel.

Game Objective

The object of the game is to get the ball to your wide player as quickly as possible. As soon as the wide player receives the ball he sprints the distance to the goal line and crosses the ball in towards the goal to his teammates who are attacking the near and far post.

Progressions

When the wide player receives the ball, the nearest defender may enter the channel one disc behind where the ball crossed the line. The defender pursues the wide player down the channel.

Key Coaching Points

1. Look to get the ball wide as quickly as possible.
2. Stagger the running of the attacking support players so as not to overshoot the cross.
3. The wide player must angle his body into the field of play as he crosses the ball.