



THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U10** RECREATIONAL



SESSION 2

NASC, Inc.
©2002. All Rights Reserved. No part of this publication
may be reproduced, copied or transmitted in any form
without the prior written consent of NASC, Inc.

SoccerMadeSimple.com
www.MLScamps.com

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.



MLS CAMPS

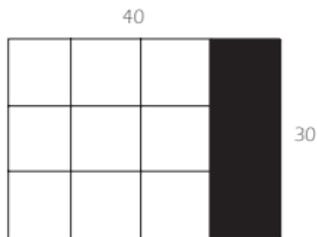
THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

www.MLScamps.com

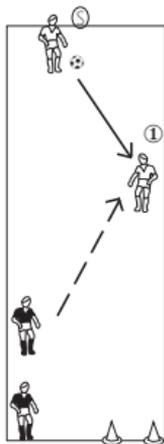
SESSION 2 - Week 8

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

Covering Defense



Assumption: 12 players in group



Purpose

To develop forcing play down the touchline.

Organization

Set out a 10 x 30 yard area in 10 x 10 yard grids. Groups of 4. One ball per group. One server (S), 1 attacker (A) and a 2 defenders (D). Repeat in 2 other areas for a total of 12 players.

Game Objective

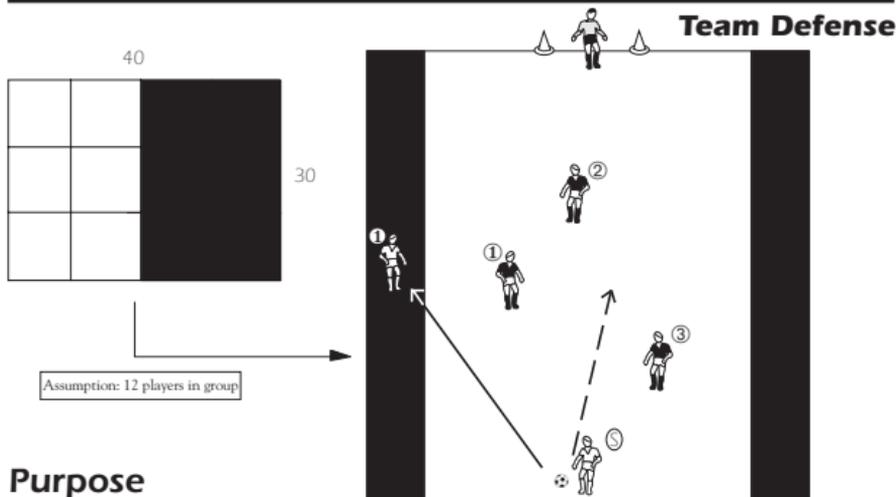
Player (S) passes the ball to player (A). As soon as the ball is played, the defender (D) can move to challenge player (A). Player (A) must try to beat the defender (D) down the touchline and dribble the ball through the two discs in the corner of the grid. The defender (D) must try to force the attacker across the grid and away from goal. The second defender covers the inside so that if the primary defender is beaten, he can challenge for the ball.

Progressions

Allow the server to become an attacker, building up to a 2-on-2. Now score a goal by simply dribbling over the end line.

Key Coaching Points

1. The primary defender must adopt a position that blocks the attacker's route to goal and down the touchline.
2. The covering defender must communicate information to the primary defender.
3. The 2 defenders work together by moving up or dropping back to cover each other.



Purpose

To develop cover and forcing play in a small sided game.

Organization

Set out a 20 x 30 yard area with sideline channels. Play 2 v 3 in the area with a goalkeeper. The server is both server and attacker. Repeat in another area for a total of 12 players.

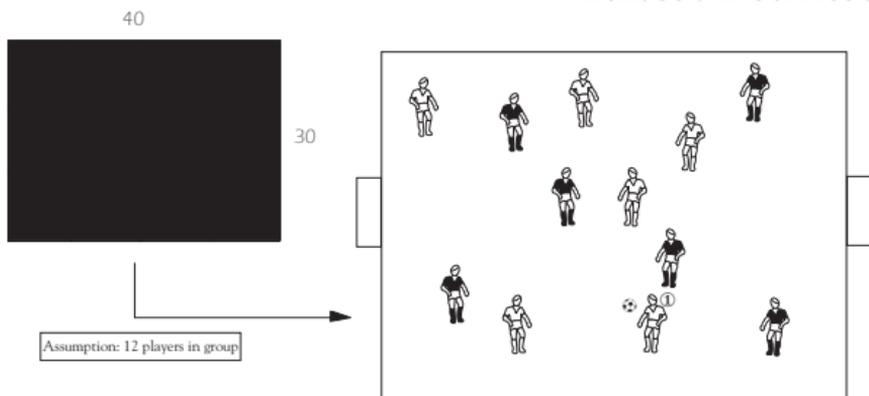
Game Objective

The server (S) plays the ball into the channel to player (1). Player (1) dribbles down the touchline. Defender (1) must close him down and play the role of primary defender. Defender (2) is the supporting defender. He communicates with defender (1) whether he wants the attacker forced down the touchline or across the field. Defender (3) marks the server (S) who moves up to support player (1). The defenders must attempt to prevent a shot on goal.

Key Coaching Points

1. The man nearest the ball must always move to challenge the attacker.
2. Supporting defenders should communicate with the primary defender and take command of the situation.
3. The covering defender should never be more than 10 yards from the primary defender.
4. The closer your player is to the goal, the closer you are to them.
5. The defense should focus on pressure, balance and support.

Balboa's Blockheads



Purpose

To develop heading.

Organization

Set out a 30 x 40 yard area. Play 6 v 6 in the confines of the area. Create a goalbox 2 yards square at each end of the area approximately 5 yards in from the endline.

Game Objective

Player ① throws the ball to a teammate who must head the ball to another teammate, who in turn must catch the ball. The correct sequence is thus head-catch-head-catch. One bounce is allowed between touches. Opponents may intercept the ball in the correct sequence. e.g. if ① throws the ball, ② must head the ball to another player to intercept. To score you must head the ball into the goal.

Note: players are only allowed two steps after catching the ball.

Key Coaching Points

1. Focus on height, width and distance of headers in front of own goal.
2. Anticipate the placement of your header before the ball comes to you – read the game.
3. Keep your eye on the ball at all times.
4. In attack, try to head the ball down on goal.