



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U12** COMPETITIVE



### SESSION 2

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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.



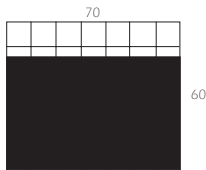
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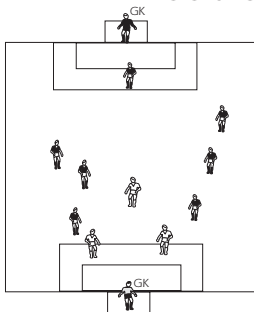
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## SESSION 2 - Week 8

2 hour practices, 2 recommended practices per week

**Defensive Offense**

Assumption: 12 players in group

**Purpose**

Building up play from the defense.

**Organization**

Set out a 70 x 45 yard area. Play 7 v 3 + 1 goalkeeper at each end of the field. If using a full size field, play from 1 goal line to the edge of the other penalty area.

**Game Objective**

The 7 attackers receive the ball from their own goalkeeper and attack the opposing goal. The attackers must decide on either a long ball to the front strikers or a short ball to a midfielder for a wall pass back to a supporting player.

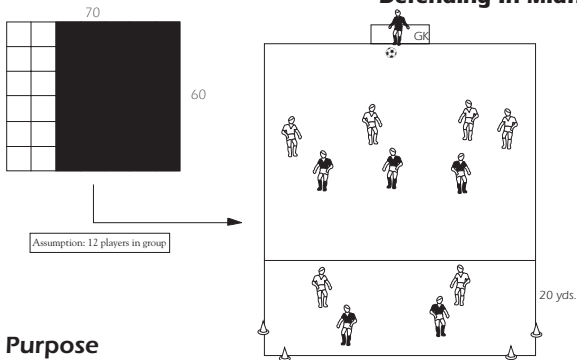
**Progressions**

Attacking team has only 2 touches each. The 3 defenders have unlimited touches.

**Key Coaching Points**

1. Movement off goalkeeper by back player.
2. Midfield players push forward to create a space to play ball through.
3. Support positions of back four.
4. Run out behind the ball to compact the space.
5. Support of front strikers with and without the ball.
6. Creativity and options for all attackers.

## Defending In Midfield

**Purpose**

Defending in midfield areas.

**Organization**

Set out a 50 x 60 area. Play 2 v 2 in the area furthest from goal and 3 v 4 in the defensive area around goal. Make 2 small goals on the end line for the defense to play out through.

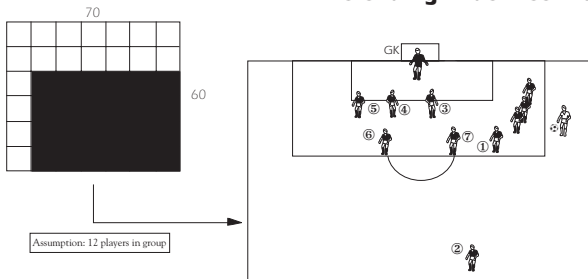
**Game Objective**

1 team in the area furthest from goal, combine to play the ball in to the 3 attackers in the opposite area. The 2 defenders in the area furthest from goal attempt to intercept passes as they are played through. The 4 defenders in the defensive area must pressure the ball, marking tightly when close to the ball or goal. Defenders from the area furthest from goal may enter into the defensive area to support the 4 defenders and to serve as midfield players for clearances from the back. If defenders intercept the ball, they should attempt to play the ball through either of the small goals at the bottom of the diagram.

**Key Coaching Points**

1. Midfield players must track forward runners.
2. If playing a flat back four, make sure they push up together.
3. Keep play in front of you in defense—force it across the goal and make it predictable.
7. As a back four, can we apply pressure, support and balance.

## Defending Wide Free Kicks



Assumption: 12 players in group

### Purpose

Defending a wide free kick.

### Organization

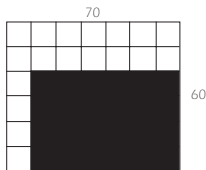
Set out a 40 x 60 yard area. Play 1 v 10 + 1 goalkeeper. Station 3 players in a wall in front of the lone attacker.

### Game Objective

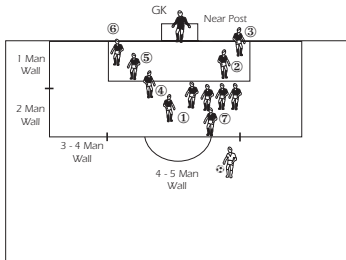
Player ① lines up the wall, then retreats 10 yards from the ball, preparing to attack a short free kick. The keeper should be just off center of the goal, facing out about 1 yard off the line and aware of the danger of an inswinging kick. The other defenders take up zonal positions and set up to mark potential attackers who enter their area. Player ② is a lone target player the defenders should try to clear to.

### Key Coaching Points

1. Be alert.
2. Clear the ball high, wide and far.
3. Push out after the clearance, but be aware of lingering attackers.
4. Call for the ball.
5. Mark man in your own zone.
6. Concentrate!


**Defending Central Free Kicks**

Assumption: 12 players in group


**Purpose**

Defending free kicks and making all players aware of the need for quick organization.

**Organization**

Set out a 60 x 40 yard area. Play 1 v 10 + 1 goalkeeper. The attacker  takes the direct free kick.

**Game Objective**

The team must react quickly to the free kick situation. The defenders should mark man for man in their own zone. The wall can delay the kick by forcing the referee to move them back a full 10 yards. The players are organized as the above diagram suggests. The goalkeeper should be 2 yards off his line. Player  ① lines up the wall with the near post, then retreats to pressure the indirect kick.

**Progressions**

See how quickly the team reacts to free kicks around the penalty area.

**Key Coaching Points**

1. Goalkeeper determines how many players go in the wall.
2. Forward and midfield players go in the wall.
3. Tallest player to smallest in the wall in line with the near post.
4. Wall must stay together, do not split up.
5. Outfield player lines up the wall, then retreats to a position where he can pressure an indirect kick.