



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U12 RECREATIONAL



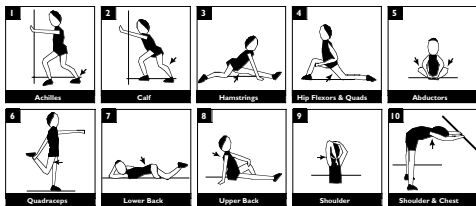
### SESSION 1

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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.



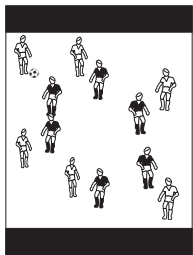
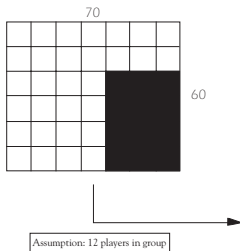
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## **SESSION 1 - Week 8**

2 hour practices, 2 recommended practices per week



## 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

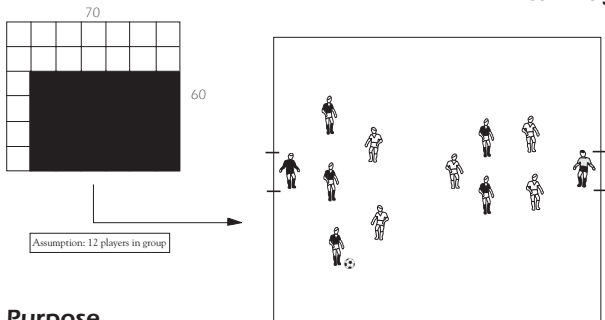
Each player is assigned a man marker on the opposition. Players can only challenge their assigned man marker. The object for the defensive team is to prevent their counterpart from receiving the ball. A goal is scored when the attacking team controls the ball in the offensive endzone.

## 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.



### Purpose

To develop high pressure defending in a small sided game.

### Organization

Set out a 60x40 yard area. Station two teams of six at opposite ends of the area.

### Game Objective

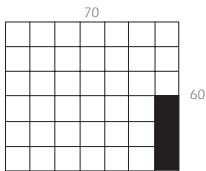
The exercise is played as a normal small sided game, but players are not allowed to steal the ball and can only dribble past one player before they must pass the ball. If a player is tagged by an opponent whilst in possession of the ball, an indirect free kick is awarded to the opposition team.

### Progressions

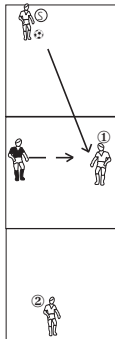
1. Every time a player is tagged, the opposition scores a goal, with the first team to five winning the game.
2. Every time a player is tagged, they must run around the opposition goal before rejoining the game.

### Key Coaching Points

1. Look to close opposition players down as the ball travels towards them.
2. Mark players when they are not in possession but in a position to support.
3. Look to angle your runs towards opposition players to reduce their passing options.
4. Defend actively and force the opposition to make mistakes.



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 plays the ball to player ①. The defender can move in to intercept the ball as soon as 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.

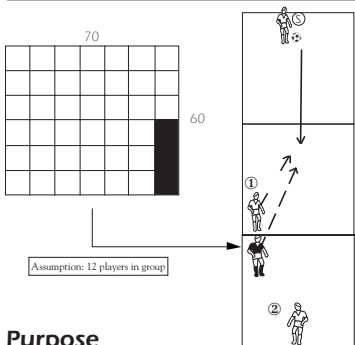
### Progressions

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

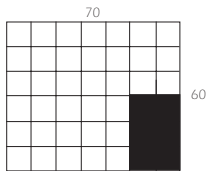
Server ⑤ plays the ball into the space in front of player ①. The defender must close down the space between himself and the attacker and prevent player ① from turning on the ball to pass to player ② from the attacking zone.

### Progressions

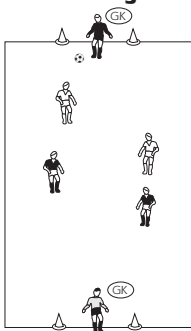
Player ② can move in to support the primary defender.

### 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 Of Goal**

Assumption: 12 players in group

**Purpose**

To improve man to man marking.

**Organization**

Set out a 20 x 30 yard area. Groups of 6, play 2 v 2 with a goalkeeper at each endline. Repeat in another area for a total of 12 players.

**Game Objective**

Each player is assigned a man marker on the opposition. Players can only challenge the player they are assigned to man mark. The defending team must prevent the opposition from getting a shot on goal. The attacking team must attempt to score into the opposition's goal.

**Progressions**

Mark any player you want.

**Key Coaching Points**

1. Shadow the attacking player at all times.
2. Keep play in front of defenders at all times.
3. Defenders should attempt to force the play in one direction to allow a second supporting defender to close off the passing options.
4. Remember that the closer your player is to the ball or goal, the closer you are to them.
5. Guiding triangle is ball—supporting attacker—goal. Always be inside it.