



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U12** RECREATIONAL



### 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.



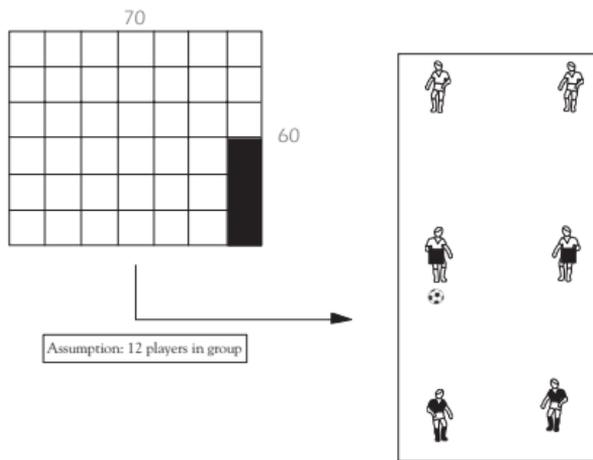
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## SESSION 2 - Week 1

2 hour practices, 2 recommended practices per week



## Purpose

To develop movement off the ball in attack.

## Organization

Set out a 30x10 yard area. Station 6 players in pairs at the top, center and bottom of the area. Make sure there is a supply of soccer balls and repeat in another area.

## Game Objective

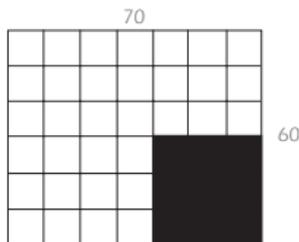
The pair in the middle starts with the ball and attempts to run with the ball over the top end line – if they are successful it is worth 1 point. If the top pair wins possession, they can counter attack by running at the pair on the bottom end line. Play continuously until one team has five points.

## Progressions

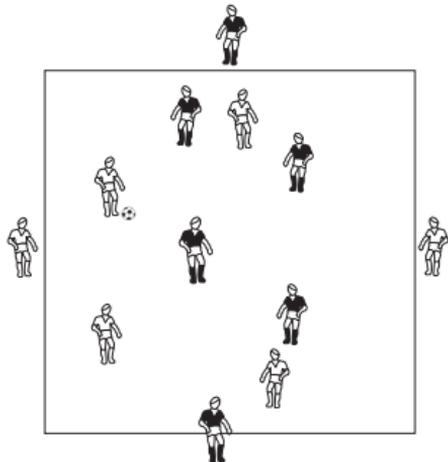
1. Each pair has a 10 second time limit to score when in possession.
2. Award double points for overlapping, blind side, and across the face runs.

## Key Coaching Points

1. Be positive, run at defenders.
2. Support your partner with good movement off the ball.
3. Remember your SAT's! The shape, angle and timing of your runs.
4. Communicate at all times.

**Turning, Dribbling, Running**

Assumption: 12 players in group

**Purpose**

To develop passing, support and moving into space.

**Organization**

Set out a 30 x 30 yard area. Play 4 v 4 within the area with 4 supporting players on the outside of the area. One ball per practice.

**Game Objective**

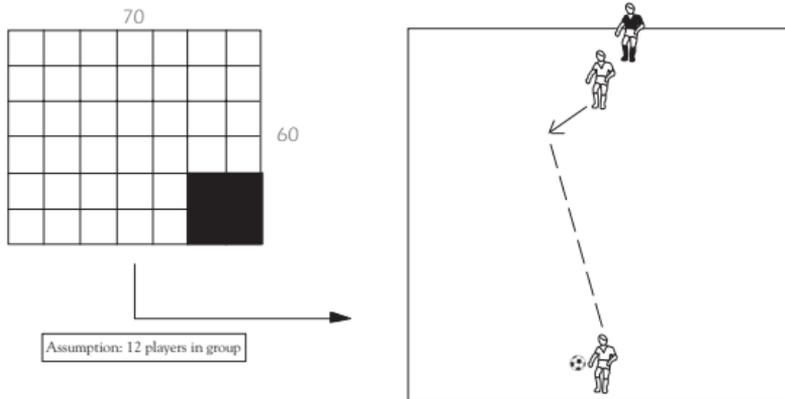
The  team has possession of the ball. A goal is scored when the ball is played to a teammate on the outside of the area. Each team has two supporting players on opposite sides of the area. The supporting players are allowed to move up and down the entire sideline.

**Progressions**

1. The support players can play the ball back into the field of play so that the game becomes continuous.
2. Whoever passes the ball to the target player then replaces them by taking their place.

**Key Coaching Points**

1. Play the ball to the support player as quickly as possible.
2. Make 1-2 combination passes around defenders.
3. Use turns and fakes when pressured by defenders.
4. Use your body to shield the ball from defenders.
5. Open up the play by receiving the ball sideways on, on your back foot.



## Purpose

To improve the technique of playing with back to goal.

## Organization

Set out a 20x20 yard area. Divide the players into groups of three. Station the players at the top and bottom of the area as shown in the diagram. Repeat in three other areas for a total of 12 players.

## Game Objective

The server passes the ball to the striker who has made a call of either, “to feet” or “to space”. The defender scores 1 point by getting a touch on the ball within 5 seconds, or 2 points for winning the ball. The striker scores 1 point for holding up the ball successfully and 2 points for turning with the ball past the defender and running the ball over the end line.

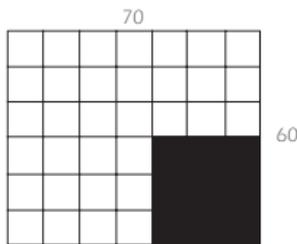
## Progressions

1. The server can vary the height and speed of the pass.
2. Defender attempts to win the ball and pass back to the server.

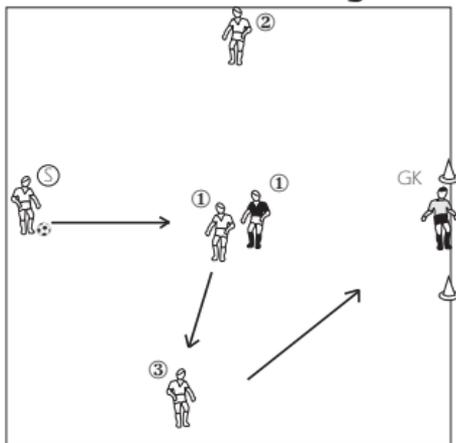
## Key Coaching Points

1. The striker should be half turned and break away quickly from the defender.
2. Adjust your body position as you move towards the ball to control it.
3. Can you turn as the ball travels?
4. If not, protect the ball by bending the knees and raising the arms for balance, controlling the ball with the furthest foot.

**Turning To Attack**



Assumption: 12 players in group



**Purpose**

To develop turning on an opponent in a functional practice.

**Organization**

Set out a 30 x 30 yard area. Groups of six. Play 3 v 1 in a grid with a server and a goalkeeper. Repeat in another area for a total of 12 players. This is a competition between defender and attacker to see how many goals are scored.

**Game Objective**

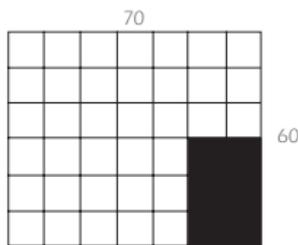
Player ① creates space by moving away and then turning back towards the server ⑤. The server passes to player ①, who must control the ball, turn and lay the ball off to either supporting player ② or ③. Player ① sprints past the defender to receive a return pass which he shoots on goal. Players ② and ③ follow in for rebounds.

**Progressions**

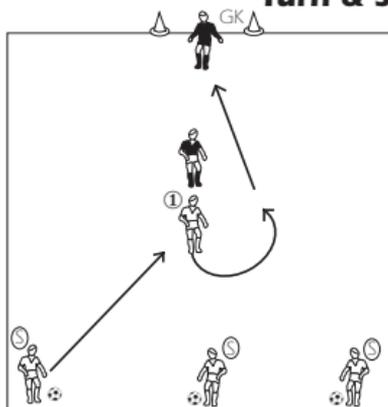
1. Vary the speed and height of the serves.
2. Allow players ② and ③ to shoot directly on goal.

**Key Coaching Points**

1. Go away at an angle to draw defender from the middle.
2. Can you make a little head check to see where the defender is?
3. 1st touch away from the defender.
4. If the defender is not tight, then turn and attack them.
5. Create space behind you to turn and move into.



Assumption: 12 players in group



## Purpose

To develop turning and shooting with your back to the goal.

## Organization

Set out a 20 x 30 yard area. Position one attacker ① 10 yards from the goal line and a defender 5 yards from the attacker. Position 3 servers 10 yards from attacker ① as shown in the diagram. One ball per server. Repeat in another area for a total of 12 players.

## Game Objective

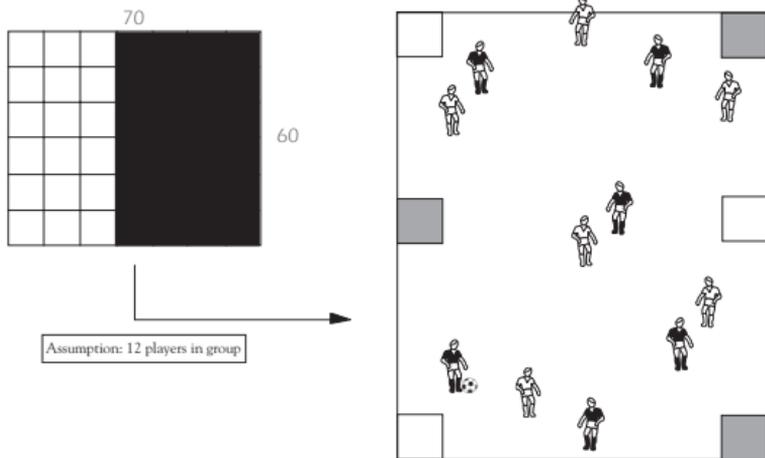
One of the servers plays the ball to the feet of player ①, who is standing with his back to the goal. As soon as player ① touches the ball, the defender can close in. Player ① can either turn and shoot or play the ball back to any of the servers for a first time strike on target. Repeat from all servers. Rotate positions.

## Progressions

1. The resistance from the defenders is increased.
2. Vary the height of the serves to use all controlling surfaces.

## Key Coaching Points

1. The servers should communicate with the attacker to inform him of his options. This is particularly important when a player has his back to goal.
2. If the attacker plays the ball back to the server, can the server play on angled ball to the back of the defense.
3. Make an angled run to receive the ball sideways on.
4. Before you receive the ball, check the location of the defender.



## Purpose

To develop switching the point of attack.

## Organization

Set out a 60x40 yard area. Mark out six 5x5 boxes around the perimeter of the area as shown in the diagram, three for each team. Station two teams of six anywhere inside the area.

## Game Objective

Each team is allocated three of the six boxes and scores 1 point by controlling the ball inside one of these areas. The first team to score five points is the winner.

## Progressions

1. If a team scores in one box, they can score double points by maintaining possession and scoring in a different box.
2. Upon the command "change", the boxes the two teams are attacking switch over.
3. Put a player from each team in the center boxes opposite each other, with no other players allowed into those areas.

## Key Coaching Points

1. Create space long and wide inside the area.
2. Look to move into supporting positions quickly.
3. Switch the point of attack to areas with fewer defenders at every opportunity.