



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U12** RECREATIONAL



SESSION 2

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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.



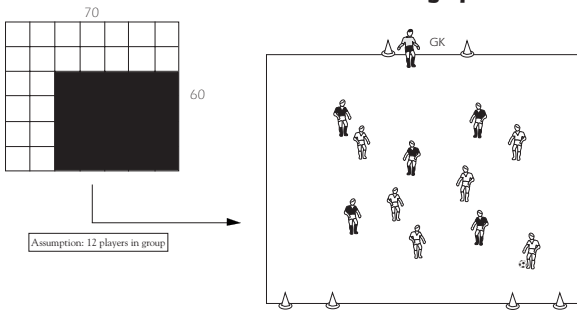
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SESSION 2 - Week 3

2 hour practices, 2 recommended practices per week

Creating Space In Attack

Assumption: 12 players in group



Purpose

To develop open-play in the attacking area.

Organization

Set out a 50 x 40 yard area. Play 6 v 5 plus a goalkeeper in the area.

Game Objective

The  players attack the goal at the top of the area. They must combine to create a scoring opportunity. The  defenders can score by clearing the ball through the corner goals at the bottom of the diagram.

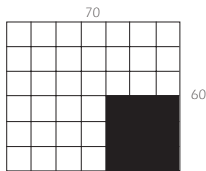
Progressions

1. Condition the game to 3 touches for the attacking team.
2. Play a regular game.

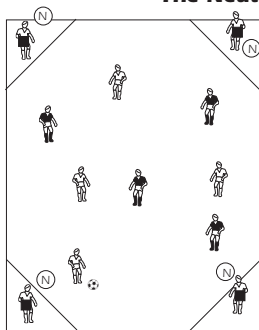
Key Coaching Points

1. Players should have full forward vision on receiving the ball.
2. Good angles and positions to receive.
3. Position with time and space to go forward.
4. Looking to pass forwards at all times.
5. Pass into spaces behind defense.
6. Pass the ball to the feet of the most advanced player.
7. An attacking pass should go beyond at least 1 defender.

The Neutral Zone



Assumption: 12 players in group



Purpose

To develop quick passing and support play.

Organization

Set out a 30x30 yard area with five yard triangles marked off in the four corners. Station two teams of four inside the area and one neutral player in each of the four triangles.

Game Objective

The two teams in the center compete to keep possession for as long as possible. The neutral players in the corners may not enter the field and must pass the ball back to the team that passed it to them. After five minutes the team with the highest number of consecutive passes switches with the neutral team.

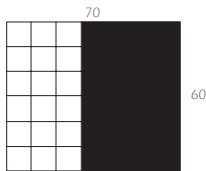
Progressions

1. For every five consecutive passes made, coach calls out the name of a neutral player the team in possession cannot use.
2. Players have a two-touch restriction.

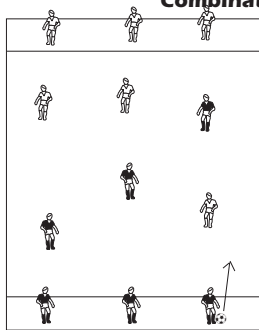
Key Coaching Points

1. Use your first touch to either pass the ball or move it into a position to do so.
2. Look to make simple passes first and foremost.
3. If under pressure, try to play the way you are facing.
4. Communicate with your teammates at all times.

Combination Play



Assumption: 12 players in group



Purpose

To develop movement off the ball when playing from the back.

Organization

Set out a 60x40 yard area with ten-yard channels along each end line. Station two teams of six players in the area as shown in the diagram.

Game Objective

A dark team defender starts by running the ball into the field, creating a 4v3 situation. If the dark team can successfully run the ball into the opposition end zone, the player in possession stays there. The ball is then passed to the defending team to attempt to score. If possession is lost during the attempt, the defender must return to the defensive zone. Note that players in the end zone cannot defend players entering this area. The light team can then bring an extra player into the field by passing to their defensive players. The first team to have all three defenders in the opposition end zone is the winner.

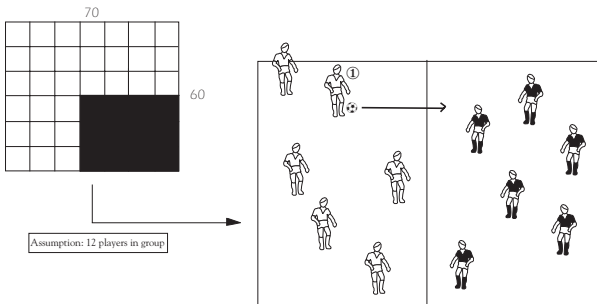
Progressions

1. The first team to get any three players into the opposition end zone is the winner.

Key Coaching Points

1. Create space long and wide.
2. Look to create and exploit 2v1 situations.
3. Communicate effectively so teammates know your position.
4. Use the movement of others as a distraction and run with the ball into the space they have created.

Transition Play



Purpose

To develop transition play.

Organization

Set out a 30 x 40 yard area in two 20 x 30 yard grids. Station six players in each grid. One ball per practice.

Game Objective

The team has possession of the ball. Player ① passes the ball into the opposing area. The team sends three players into the opposing area to defend. A goal is scored when the team makes 5 consecutive passes without an interception. Repeat in the opposite direction.

Progressions

1. Increase the number of defenders to four.
2. Make the area smaller.

Key Coaching Point

1. The team in possession should be very mobile, making runs off the ball to create space for the ball carrier.
2. Players off the ball should be accessible to the ball carrier at all times.
3. When you win the ball, turn and get it to your team immediately.