



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U12 RECREATIONAL



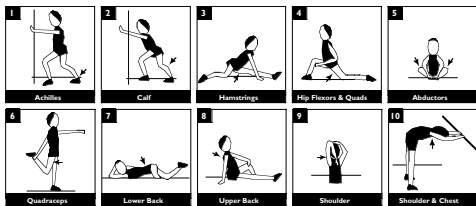
SESSION 2

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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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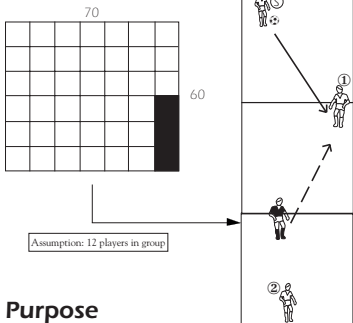
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SESSION 2 - Week 8

2 hour practices, 2 recommended practices per week

Defending In Front



Purpose

To develop defending from a position goal side of 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

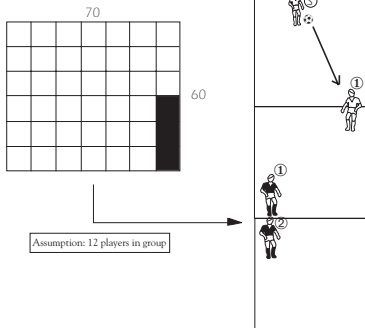
Server (S) plays the ball to player (1). The defender can move in to close down the receiver as soon as (S) plays the ball. The defender must prevent the attacker from crossing over the attacking line and passing the ball to player (2).

Progressions

Player (2) can step up to be the supporting defender to deny space inside and behind the primary defender.

Key Coaching Points

1. Close down the space to the attacker as quickly as possible.
2. The defender should block the attacker's route to goal.
3. The defender should maintain the space between himself and the attacker by shifting back in retreat.
4. Don't get beaten by the attacker's 1st touch.
5. Don't run across in a straight line, get between the ball and target then go down the line.
6. Can you win the advantage by faking to tackle so the attacker becomes predictable?



Purpose

To develop the role of the covering defender.

Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

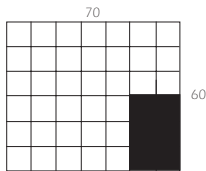
Game Objective

Server (S) plays the ball to player (D1). Defender (D1) closes down the space to player (D1) while the covering defender (D2) positions himself on the inside and within 10 yards of the primary defender. The covering defender communicates information to the challenging defender and becomes the challenging defender if the initial defender is beaten.

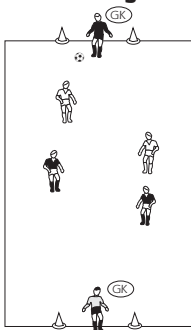
Key Coaching Points

1. The challenging player should force the opponent down the touchline blocking the opponent's route inside.
2. The covering defender should be at the correct angle and distance from the primary defender.
3. The covering defender should communicate with the first defender when and where to challenge for the ball.

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.

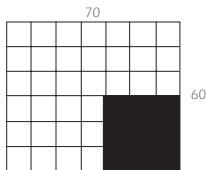
Progressions

Mark any player you want.

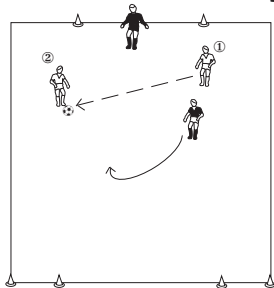
Key Coaching Points

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.

Recovery Runs



Assumption: 12 players in group



Purpose

To develop recovery runs in attacking players.

Organization

Set out a 30x30 yard area. Divide the players into groups of four. Station two defenders at the top of the area and an attacker in the center as shown in the diagram, plus a goalkeeper. Also make two small goals at the end of the area. Repeat in three areas for a total of 12 players.

Game Objective

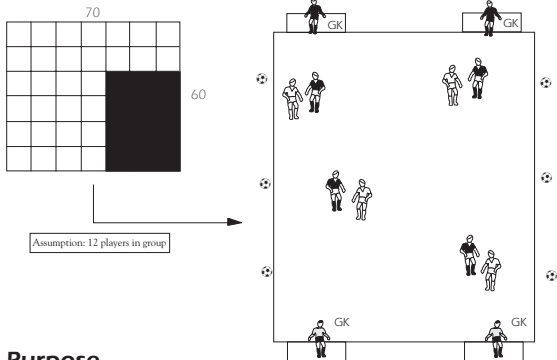
Player 1 starts by passing the ball to player 2. The attacker cannot move until player 1 has passed the ball. Player 2 attempts to run the ball out through the small goal in the bottom corner of the area. The attacker must make a recovery run in order to prevent player 2 from doing so. If the attacker wins the ball, they now attempt to score.

Progressions

1. Allow the defenders to run the ball over the end line rather than just through the goals.

Key Coaching Points

1. Only try to intercept the pass if it is obvious you can win the ball easily.
2. Angle your recovery run so you do not head for the ball, but rather the space into which the ball may be played.
3. Adopt a good defensive position with knees slightly bent, half-turned and within arms length of the player in possession.
4. Look to force the play infield, away from the goals.

Defensive Pressure**Purpose**

To develop the need to pressure the ball in defense.

Organization

Set out a 30 x 40 yard area with 2 goals at each end of the field. Play 4 v 4 in the middle area with goalkeepers stationed in each of the goals. Balls are placed around the field so that as soon as a ball goes out, the closest ball is played in.

Game Objective

As soon as a player receives the ball from a goalkeeper or an outfield teammate, he should attempt a shot on goal. The defending team must attempt to pressure the ball carrier and closely mark all other attacking players.

Progressions

Play 5 v 5 with 1 regular goal on each end line in a 30 x 50 yard area.

Key Coaching Points

1. Make early decisions. The player nearest to the player with the ball must challenge.
2. Do not get beaten by an attacker's 1st touch.
3. Get there early, then establish your position.
4. Clear communication between defenders is key.