



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U14** COMPETITIVE



### 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.



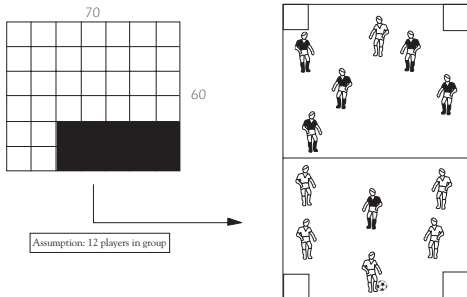
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## SESSION 1 - Week 4

2 hour practices, 2 recommended practices per week



### Purpose

To improve accuracy in defensive clearances.

### Organization

Set out a 50x20 yard area. Station two teams of six in the area as shown in the diagram. One team defends two boxes at their end of the field.

### Game Objective

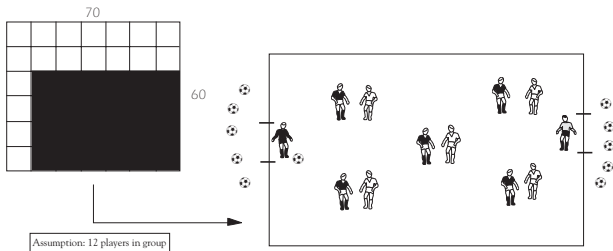
Each team must attempt to clear the ball from their side of the field, allowing only one bounce from an aerial ball or two touches from a ball along the ground. They can score a point by playing the ball into one of the corner boxes or for the lone player in the opposition area to catch. No plays are allowed to enter the end boxes.

### Progressions

1. The lone player in the opposition area must control the ball with chest, thigh or foot.
2. No bounces allowed for aerial balls and one touch for balls on ground are the restrictions.

### Key Coaching Points

1. Assess the flight of the ball as it is cleared.
2. Try to clear the ball before it lands and look for height and distance.
3. If time allows, use one touch to control the ball and look for the corners or the lone striker.
4. Concentrate on good techniques in clearances.



## Purpose

To develop play in a competitive environment.

## Organization

Set out a 60x40 yard area. Station two teams of six players at opposite ends of the area. Collect all the spare balls and put them behind the two goals.

## Game Objective

The dark team starts with the ball and looks to attack the light team goal as quickly as possible. All of the outfield players on a team must touch the ball at least once before a shot on goal can be attempted. If the opposition intercept a pass or steal the ball, they must do the same prior to scoring. Play is continuous for 15-20 minutes.

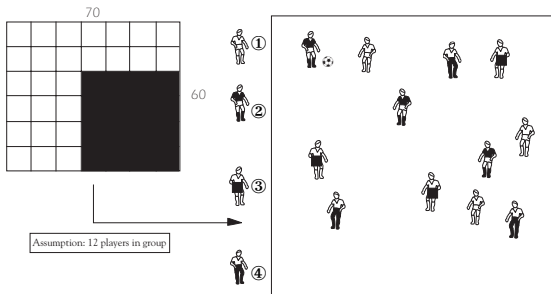
## Progressions

1. If a team regains possession in their defensive half, they can avoid passing to all players on their team if they can score in two passes or less.

## Key Coaching Points

1. Spread the field long and wide.
2. Look to break away from defenders and play with one or two touches.
3. Keep possession until all players have touched the ball, then look to penetrate.
4. Shoot at the first available opportunity.

**4 Team Possession**



**Purpose**

To develop movement off the ball and quick play.

**Organization**

Set out a 40x40 yard area. Station four teams of three players in the area.

**Game Objective**

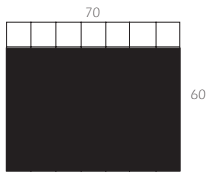
Three of the four teams combine to keep possession for as long as possible, creating a 9v3 situation. The three teams in possession cannot pass to members of their own group when they have the ball, effectively making the exercise 7v3. Once a player has passed the ball, they must make a run either around the back of the player they passed to or a run behind a defender into space. Pause play when possession changes hands until players are familiar with the game. The three teams in possession score 1 point for every five passes completed.

**Progressions**

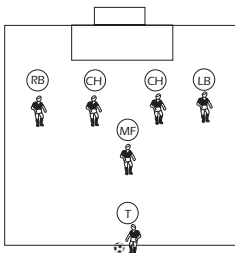
1. Divide the group into three teams of 4 players and now play 8 v 4.

**Key Coaching Points**

1. Create space long and wide.
2. Look to move the ball quickly away from the defenders.
3. Once the ball has been passed, make runs into supporting positions as quickly as possible.
4. React to changes in possession.



Assumption: 12 players in group



## Purpose

To develop midfield play in support of the defense.

## Organization

Set out a 70 x 50 yard area. 2 groups of 6, rotating in and out of the practice.

## Game Objective

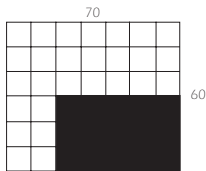
The target player plays the ball in the space behind the 4 defenders towards the goal box as shown on the diagram. The target player or coach calls out a number between 2 and 5. The 4 defenders must combine with the midfield player to make that number of passes before playing the ball back to the target player. The target player is allowed to move along the end line at the bottom of the diagram.

## Progressions

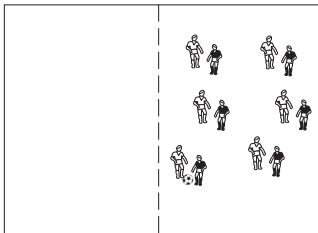
Introduce a goalkeeper and 4 attacking players. The attacking players pressure the 4 defenders and lone midfielder in their efforts to return the ball to the target player. Should the attacking players intercept the ball, they must attempt to score past the goalkeeper stationed in the goal at the top of the diagram. Additionally, 1 of the attacking players may be assigned to mark the target player and attempt to intercept balls played through to the target player on the end line.

## Key Coaching Points

1. Midfield player should look to make a triangle with defenders to play out from the back.
2. Passing across the back must be done quickly and crisply.
3. If there is a covering defender, take on attacking players 1 v 1.

**Creating Space In A Team**

Assumption: 12 players in group

**Purpose**

To develop possession, position and penetration in a pressurized environment.

**Organization**

Set out a 50 x 30 yard area. The field is divided by a 1/2 way line. Play 6 v 6.

**Game Objective**

The team in possession of the ball must attempt to make 3 passes before playing the ball into the other 1/2 of the area. A teammate must run onto the ball and control it in the far area to score a point. Players should make straight and angled runs as if attempting to beat an offside trap. Once a player receives the ball in the other 1/2, all players move to this area. Repeat in the opposite direction. First team to get 5 points, wins.

**Progressions**

1. Team without possession plays 5 v 6 with a defender in the other area so now quality of pass and run must be better.
2. Player who passes cannot receive the ball back. Therefore, pass and then clear the space.

**Key Coaching Points**

1. Assess the type of pass—straight, angled, on floor, in air?
2. Speed of thought and movement.
3. Need to play 1 or 2 touch to create space.
4. Keep possession until teams can penetrate.