



# 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.



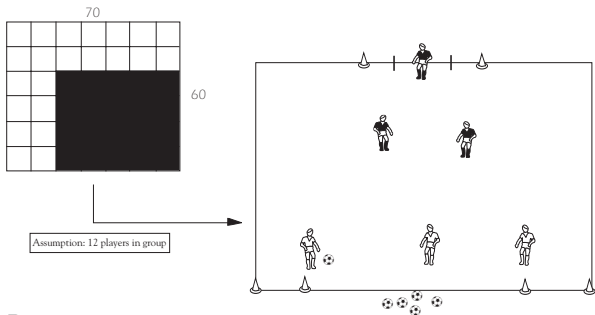
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## SESSION 1 - Week 7

2 hour practices, 2 recommended practices per week



### Purpose

To improve defensive play in numbers down situations.

### Organization

Set out a 50x40 yard area. Station a goalkeeper, two defenders and three attackers as shown in the diagram. Repeat in another area for a total of 12 players. Also set up two mini-goals at the opposite end of the field.

### Game Objective

The three attackers combine and try to score past the goalkeeper. The two defenders work together to try and get a touch on the ball. If the attackers score 1 point for scoring, the defenders score 1 point for intercepting a pass or stealing the ball. If the defenders can stop the attackers from shooting for more than 15 seconds, they also score 1 point. The first team to 5 points is the winner. Play with six balls and then change positions.

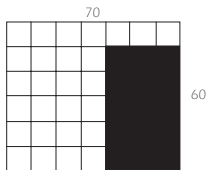
### Progressions

1. If the defenders win the ball and run it through either of the two goals, then change positions immediately.

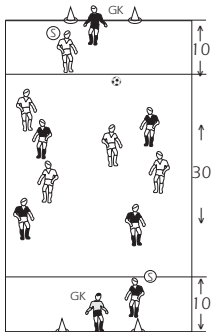
### Key Coaching Points

1. Nearest defender pressures the ball.
2. Second defender offers depth and balance when supporting.
3. Can the first defender make play predictable and force in one direction?  
Can the second defender step up and catch opponents offside if the attacker looks to pass?
4. Defensively, work as a pair and not individually.
5. The goalkeeper should communicate with the defenders at all times.

## Sweeper Game



Assumption: 12 players in group



### Purpose

To improve man to man marking and depth in defense.

### Organization

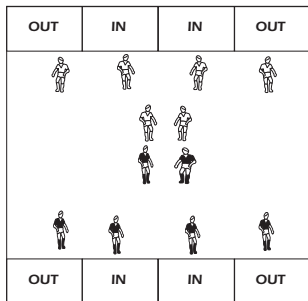
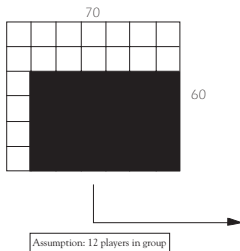
Set out a 30 x 50 yard area in 3 grids as shown in the diagram. Play 4 v 4 in the central area. Play 1 goalkeeper and 1 sweeper in each of the end zone areas.

### 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. Only the marking player and the sweeper (S) can challenge the shot. The sweeper can challenge any player.

### Key Coaching Points

1. Get as many defenders back goal side of the ball.
2. When the players are isolated 1-on-1, the defender should retreat, maintaining space between himself and the attacker before advancing to challenge for the ball.
3. Can the sweeper "step up" and intercept or win the ball.



## Purpose

To improve forcing play in one direction.

## Organization

Set out a 60x40 yard area. Mark out a ten-yard end zone divided into four boxes at both ends of the area. Station two teams of six as shown in the diagram.

## Game Objective

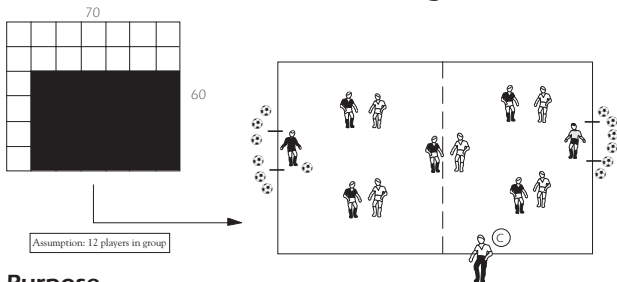
The two teams compete to score a point by running the ball into the opposition end zone in either the central boxes or the outer boxes as designated by the coach. Teams score 1 point by forcing their opponents to score in the "wrong" areas. The wrong areas are the ones not designated by the coach.

## Progressions

1. The coach can shout "switch" at any time and both teams must force their opponents into the "wrong box," either to the inside or outside as required.

## Key Coaching Points

1. Nearest defender pressures the ball and forces play in one direction.
2. Supporting defender moves close to provide cover.
3. Communicate so players know where and when to force players in which direction!
4. Work hard to adjust your position as the opposition moves the ball.



## 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 the remaining balls and position them behind the goalkeepers.

## Game Objective

The dark team starts with the ball and looks to attack the light team goal as quickly as possible. Any time a player from either team is caught in possession in the defensive half or plays a poor pass that results in a loss of possession in the defensive half, they must sprint around the coach and then around the back of the goal they are attacking before entering the field to continue playing.

## Progressions

1. Any player that is caught in possession NOT running with the ball at an opponent anywhere on the field must run around the back of the opposition goal.

## Key Coaching Points

1. Possession is key so don't waste it, especially in the defensive half.
2. Remember your passing priorities, but remember that the ball must arrive safely.
3. Use your first touch to move the ball out of your feet to avoid being caught in possession.
4. Encourage players to pressure the opposition in order to gain a numerical