



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U14** RECREATIONAL



SESSION 2

NASC, Inc.
©2002. All Rights Reserved. No part of this publication
may be reproduced, copied or transmitted in any form
without the prior written consent of NASC, Inc.

SoccerMadeSimple.com
www.MLScamps.com

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

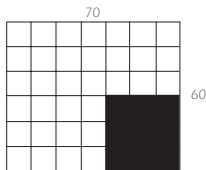
Key Coaching Points

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.

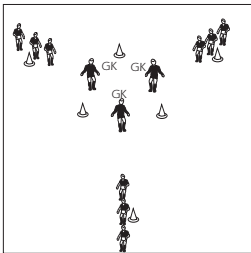


SESSION 2 - Week 5

2 hour practices, 2 recommended practices per week

Bermuda Triangle

Assumption: 12 players in group

**Purpose**

Team warm down.

Organization

Set out a 30 x 30 yard area containing a triangular goal measuring 6 yards. Put a cone 12 yards away from the goal line to station the players. Put a keeper in each 6 yard goal and 3 players behind each cone.

Game Objective

1. Keeper feeds ball to the first player in line who chests then volleys back to keeper. Return to end of line.
2. As with #1, but this time sprint to the players on your right.
3. Now as with #2, but keepers move to goal on their left hand side.

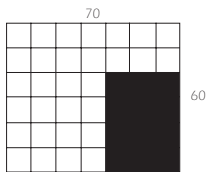
Progressions

Repeat #'s 1 & 2 with headers.

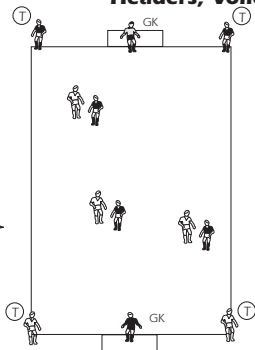
Key Coaching Points

1. Before moving to next goal, make sure your line has more than 1 person in it or stay until it does.
2. Good contact.
3. Good speed.

Headers, Volleys & Flicks



Assumption: 12 players in group



Purpose

To develop diagonal passes and running—headers, volleys and flicks.

Organization

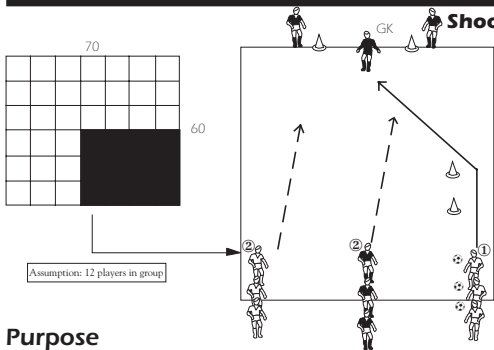
Set out a 30 x 40 yard area. Station a target player in each corner to play with the team attacking their goal line. Central players combine to make a pass forward to their (T) player who has 1 touch to chip or cross the ball into the goal area.

Game Objective

You can score only with a header, volley or flick so (T)'s must be ready to receive the ball and cross it towards goal. Attackers must move forward to attack the cross.

Key Coaching Points

1. Encourage improvisation and risk.
2. Be composed in front of goal.
3. Make good attacking runs to near, far and central positions.



Purpose

To develop width in attack, crossing and finishing.

Organization

Set out a 40 x 30 yard area. Position three groups of three at 10 yard intervals along the endline. One goalkeeper and two stoppers. Only players in the right channel should have a ball.

Game Objective

Player ① makes a run down the touchline with the ball. When he reaches the first disc, players ② and ② must begin their runs. Player ② sprints to the near post and player ② goes to the far post. When player ① reaches the second disc, he must either cross the ball or shoot directly on goal depending upon the posture of the goalkeeper. Repeat from the other side. Rotate positions.

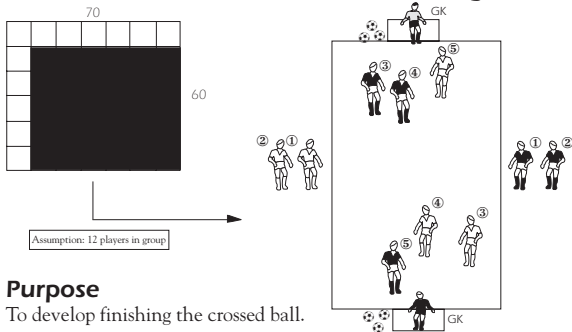
Progressions

Take the stoppers and use them as central defenders who mark the supporting attackers as they make their runs to goal.

Key Coaching Points

1. The supporting players should time their runs so that they accelerate onto the ball in front of the goal.
2. When crossing the ball, the wide player should angle his body so that his chest is facing into the field.
3. Cross should be to space in front of attackers between knee and chest height.

Crossing & Finishing



Purpose

To develop finishing the crossed ball.

Organization

Set out a 60 x 50 yard area. Play 5 v 5 with goalkeepers. Each team has 2 wide players, 1 central defender and 2 strikers. The goalkeepers have a supply of balls.

Game Objective

Teams compete against each other in an attempt to score goals from crossed balls with either a head volley or flick. The 2 wide players take it in turns to deliver crosses to the 2 strikers attacking the prime scoring area. The 2 strikers should look to make split runs (arriving in different areas) and cross over runs to drag the defenders out of position.

Progressions

1. Player ① dribbles to the end line and turns and plays the ball back for a first time cross by player ②.
2. All crosses delivered first time after an overlapping run by the wide players.
3. Put 1 wide player from each team on each side of the field. They now have to dribble past each other to cross the ball.

Key Coaching Points

Attacking the ball:

1. Don't run across the cross, but come down the line of it.
2. Try to get in front of the defender at the near post.
3. Time your run so you meet it moving forward.