



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U14** 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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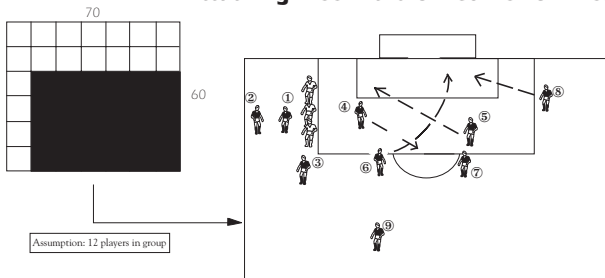
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SESSION 2 - Week 6

2 hour practices, 2 recommended practices per week



Attacking Free Kicks On Corner Of Area














Purpose

To develop an attacking free kick on the side of the penalty area.

Organization

Set out a 60 x 40 yard area. Play 9 v 3. Use 9 attacking players  and 3 defenders  in a wall.







Game Objective

Player  ① stands in front of the ball, then moves the moment player  ② is about to strike the ball. Player  ② can either cross the ball in or play to player  ③ for a shot on goal. Player  ④ leaves the area to create a hole for player  ⑤ to run into. Players  ⑤ and  ⑥ cross as they run into the area. Player  ⑦ stays on the outside of the penalty area for a loose ball. Player  ⑧ covers the far post. Player  ⑨ is the supporting defender who can play the ball back in to the penalty area.

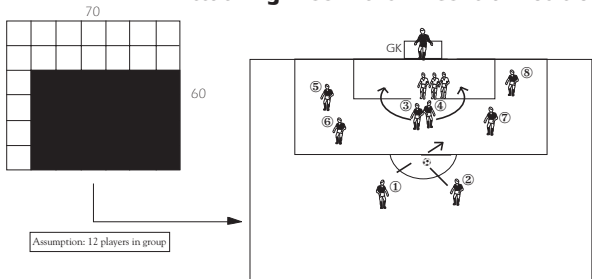
Progressions

How many goals out of 5 free kicks.

Key Coaching Points

1. Timing and angle of runs by attackers.
2. Attackers should make good contact and redirect the ball.
3. Player  ② should cross the ball with pace and swerve.
4. Players  ⑤ and  ⑥ make a sharp cross over run as player  ② begins his run up.
5. Player  ⑤ must get to the near post in front of the defenders.
6. Player  ⑥ must stop the ball from going across the area.

Attacking Free Kicks In Central Positions



Assumption: 12 players in group

Purpose

Attacking free kicks from central positions for direct and indirect situations.

Organization

Set out a 60 x 40 yard area. Play 8 v 3 + 1 goalkeeper. Players ① and ② make their own 2 man wall about 2 yards in front and to the side of the defensive wall.

Game Objective

Player ① runs over and in front of the ball.

Player ② strikes the ball as player ① steps over the ball, aiming for the attacker's decoy wall.

Players ③ and ④ split up and spin off for rebounds.

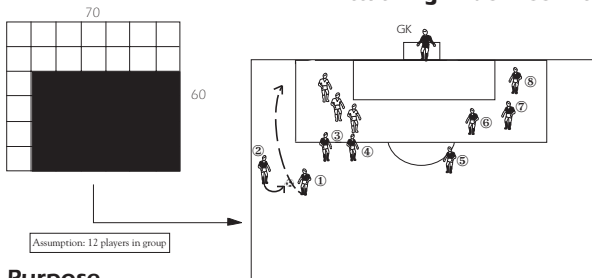
Players ⑤ ⑥ ⑦ and ⑧ attack the ball when played in.

Player ② is looking to strike the ball on target with pace and swerve.

Key Coaching Points

1. Simplicity is the key to success.
2. Observe the goalkeeper's view.
3. Attack any rebounds.
4. The 2 people in attacking wall do not break until ball is kicked.
5. Player not striking the ball should act as a screen.
6. All players should know signals and their role.
7. Take only 1 touch when striking on goal.
8. Always demand the wall is 10 yards back.

Attacking Wide Free Kicks



Purpose

To develop attacking free kicks from wide positions.

Organization

Set out a 60 x 40 yard area. Play 8 v 3 + 1 goalkeeper. Position players as shown in the diagram.

Game Objective

3 defenders make a wall between the ball and the goal. Players ③ and ④ stand in front of the wall and act as a decoy.

D.C. UNITED:

Player ① runs over and in front of the ball to the goal line.

Player ② hits the ball between the attackers' wall to the far post.

Attacking decoy players spin off for rebounds and players ⑥, ⑦ and ⑧ attack the cross.

Player ⑤ waits for any rebounds.

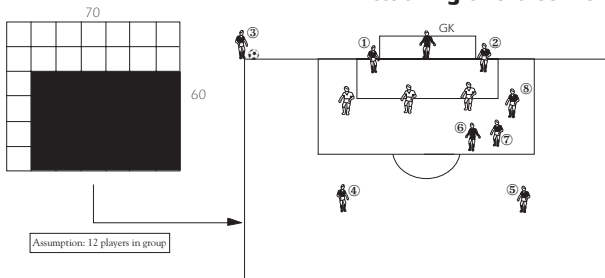
K.C. WIZARDS:

Player ① runs over the ball and player ② approaches the ball as if to shoot. Instead, the ball is passed to player ① to cross first time.

Key Coaching Points

1. Inswinging shots must be hit with swerve and power.
2. Crosses should arrive in front of the attackers between knee and chest height.
3. Timing and angle of runs into danger area.
4. Be committed to reach the ball first.

Attacking Short Corners



Purpose

To develop a near post corner in attack when no short marker.

Organization

Set out a 60 x 40 yard area. Play 8 v 3 + 1 goalkeeper. Position players as shown in the diagram.

Game Objective

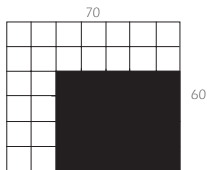
Player ① makes a run towards player ③, receives the ball and plays it back to player ③ at an angle away from the goal line. Player ③ then delivers the ball into the area with a cross or a shot. Repeat and rotate.

Progressions

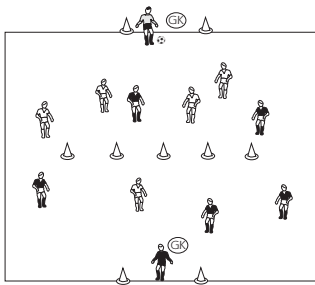
Can players ④ or ⑤ score with a 1 touch shot if the ball is played across to them.

Key Coaching Points

1. Attack the ball in the area.
2. Players ⑥, ⑦ and ⑧ should start their run as player ③ strikes the ball.
3. When heading on goal, use an angled run to meet the ball face on.
4. Timing of runs.
5. Quality of delivery.
6. Good pass by player ① at an angle.
7. Good flick on at front post by player ②.

Width & Forward Runs

Assumption: 12 players in group

**Purpose**

To develop spreading the play from side to side to create width in attack.

Organization

Set out a 50 x 40 yard area. Place 5 discs across the middle of the area 10 yards in from each sideline. Play 5 v 5 with a goalkeeper at each end.

Game Objective

The ball is not allowed to travel through or over the discs. The object of the game is to get the ball wide in the near side of the field and attack the flanks of the attacking area. Although the ball must not travel over the discs, players may make runs over the discs.

Progressions

1. Decrease the number and width of the discs in the area.
2. Players can pass the ball through the discs if they play a 1-2 combination to do so.

Key Coaching Points

1. Create space on the flanks by drawing defenders from the attacking space.
2. Diagonal runs, blind-side runs and overlapping runs should be encouraged to exploit space.
3. Supporting players must get forward in attack to meet the crosses to the prime scoring area.