



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U14** RECREATIONAL



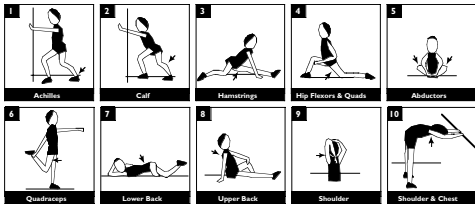
SESSION 2

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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

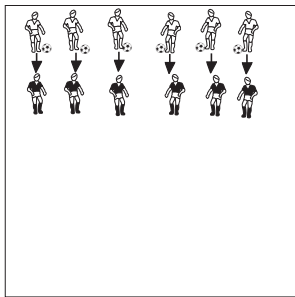
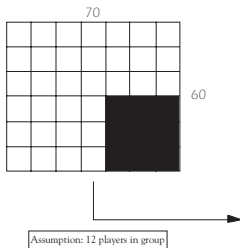
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



SESSION 2 - Week 7

2 hour practices, 2 recommended practices per week

Touch On The Ball







Purpose

To provide a passing and receiving warm up activity.

Organization

Set out a 30 x 30 yard area. Group in pairs, 5 yards apart as shown in the diagram. One ball per pair.

Game Objective

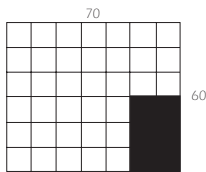
The  player passes the ball over a 5 yard distance to his  partner who is facing him. The  player stops the ball with the sole of his foot and runs backwards. The  player follows the ball and repeats the practice. Across the field and back.

Progressions

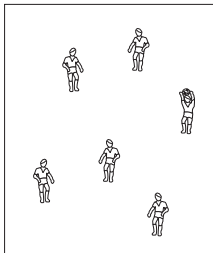
1. The above is repeated with underhand serves from the hands to the inside of the foot volley.
2. Same as above for the head.
3. Player must control then pass off with foot without the ball touching the ground.
4. After heading the ball, you must run forward around your partner, then run backwards to original position.

Key Coaching Points

1. Concentrate on the quality of the pass and the controlling touch.
2. Receiving player must be ready and alert to play the ball back.

Team Keep Up

Assumption: 12 players in group



Purpose

To develop ball control and communication skills.

Organization

Set out a 20 x 30 yard area. Groups of 6 with 1 ball per group. Repeat in another area for a total of 12 players.

Game Objective

The team of 6 moves about as a group, throwing the ball to each other. When a player tosses the ball to another player, he must call out a number. The receiving player must keep the ball up for that number of touches. He then plays the ball to another player who must attempt to keep the ball up for the same number of touches. Repeat for all players in the area until the ball drops to the ground. Pick the ball up and start again with a new number.

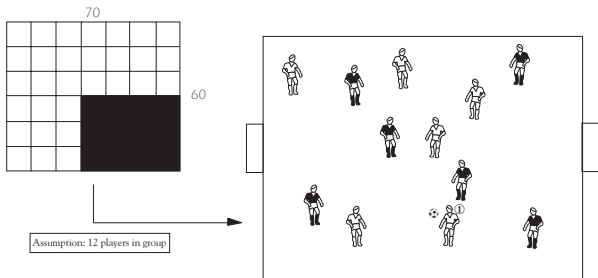
Progressions

Develop to passing the ball to each other with feet.

Key Coaching Points

1. Make your final touch into the air so the next player can get underneath it.
2. Take responsibility to get under the ball and control it.
3. Once the ball is on the ground, cover as much of the area as possible.

Throw/Head/Catch



Purpose

To develop defensive and offensive heading in a conditioned 6 v 6 game.

Organization

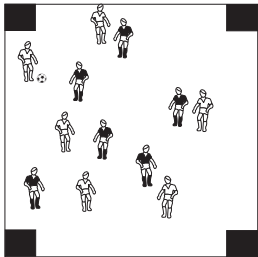
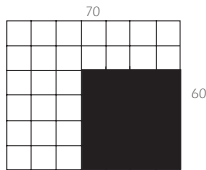
Set out a 40 x 30 yard area. Play 6 v 6 in the confines of the area. Make a goal at each end of the area.

Game Objective

Player ① throws the ball to a teammate who must head the ball to another teammate, who in turn must catch the ball. The correct sequence is throw, head, catch. Receiving players are only allowed two steps after catching the ball. Opponents may intercept the ball in the correct sequence; e.g., if ① throws the ball, ② must head the ball to another ③ player to intercept. To score you must head the ball into the goal.

Key Coaching Points

1. Focus on height, width and distance of headers.
2. Anticipate the placement of your header before the ball comes to you – read the game.
3. Keep your eye on the ball at all times.
4. Attack the ball at its highest point.





Purpose

To develop one touch passing, receiving and turning with the ball in a conditioned game.

Organization

Set out a 40 x 40 yard area. Create 5 x 5 yard squares in corners of the grid. Play 6 v 6.

Game Objective

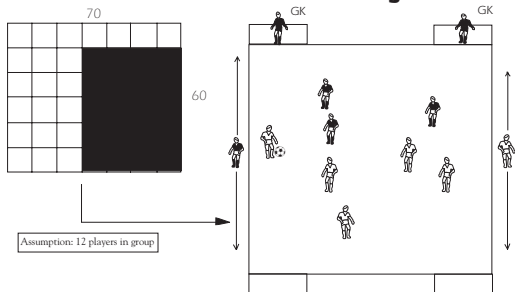
The  team has possession of the ball. The object of the game is to play the ball into one of the two attacking boxes for a player to run into and control the ball with the sole of the foot. The play is conditioned to encourage one touch passing and switching play. The  team is attacking to the right side of the diagram.

Progressions

Attack diagonally opposite goals (top right and bottom left in the diagram) This will encourage players to switch the point of attack.

Key Coaching Points

1. Disguise in passing.
2. Control and alter angle in 1 movement.
3. Attack at pace with and without ball.
4. Receive the ball side on so players can see the whole field.
5. Turn into the space away from the challenging defenders.
6. Play quickly.
7. Change the direction of play.

Attacking From Wide Angles**Purpose**

To develop attacking from width and changing point of attack.

Organization

Set out a 40 x 50 yard area with 2 goals at each end of the field as shown in the diagram. Play 5 v 5 in the middle area with 2 floating players on the outside of the area. The floating players play with the team that has possession. The floating players are restricted to 2 touches.

Game Objective

The object of the game is to score a goal in one of the 2 opposing goals. This may be achieved by play within the area or by getting the ball wide to a floating player to cross or shoot on goal. When a team has possession, the other team must drop back 2 of its players to defend the goal as goalkeepers. The floating players are restricted to 2 touches.

Progressions

The team in possession can score only from a cross by a floating player.

Key Coaching Points

In Attack

1. Switch the ball to the weak side.
2. Open up the field by receiving the ball side on.
3. Keep possession by spreading out side to side and end to end.
4. Cross early to the space behind the defense.

In Defense

1. Defender/goalkeeper on the weak side acts as cover and support until ball gets there.