



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U16** 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

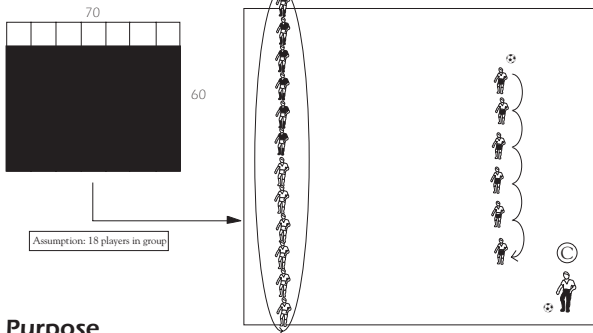
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



SESSION 1 - Week 1

2 hour practices, 2 recommended practices per week

Pass Back



Purpose

To develop speed and fitness.

Organization

Set out a 70x60 yard area. Divide the players into three teams, numbering the teams 1-3 as well as numbering the players 1-6 within each team.

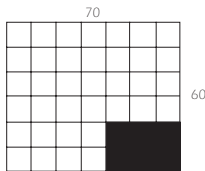
Game Objective

The coach starts the game by striking the ball anywhere inside the area. Team 1 chase the ball and sit in a single file, handing the ball backwards to the end of the line. All of the players from teams 2 and 3 make a single line as soon as the ball is kicked. A player each from teams 2 and 3 then sprint around the line as many times as possible before the other team have handed the ball to the back of the line. This is the number of push-ups/sit-ups that team 1 must do upon their return.

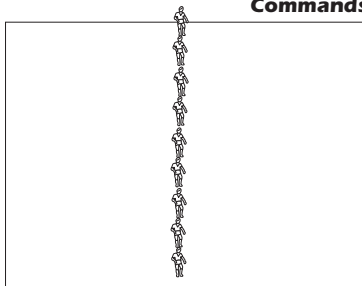
Key Coaching Points

1. All players must be warmed up and stretched off prior to the commencement of this exercise.
2. You are only as fast as your slowest player, so encourage your teammates!
3. This is a high intensity exercise so try to work at 90% of your maximum rather than flat out.

Commands



Assumption: 18 players in group



Purpose

To develop speed, lateral and explosive movements.

Organization

Set out a 30x20 yard area. Station nine players in a straight line with their feet shoulder width apart with a two-yard gap between them as shown in the diagram above.

Game Objective

Coach calls out the following commands for the players.

“Turn,” players jump to land facing in the opposite direction with their feet still shoulder width apart.

“Up and head,” players jump on the spot and head an imaginary ball.

“Stutter,” players make 10 foot contacts with the ground.

“Knees,” players do high knee sprints on the spot for 5 seconds.

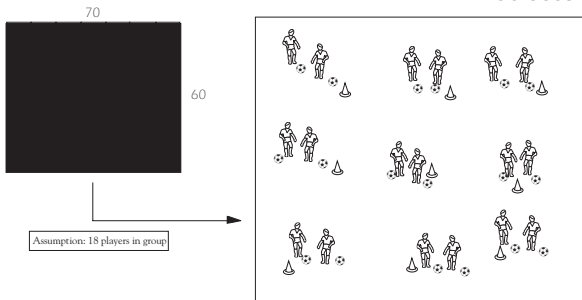
“Left Skip” or “Right Skip,” players skip sideways to the line on their left or right before returning to their original position.

“Left sprint” or “Right sprint,” players sprint and touch the line to their left or right at full speed.

Complete 3-5 sets with a 3 minute active recovery (light jogging) between sets.

Key Coaching Points

1. All players must be warmed up and stretched off prior to the commencement of this exercise.
2. Concentration is key, as although it seems simple, turning regularly can be disorientating.



Purpose

To develop match fitness.

Organization

Set out a 70x60 yard area. Position cones randomly inside the area approximately 6-8 yards apart. Divide the players into pairs.

Game Objective

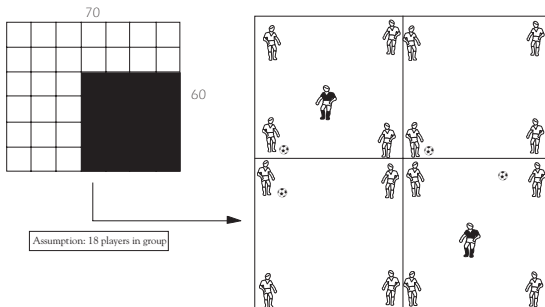
Players play against their partner in a 1v1 game for 60 seconds. The object is to hit your opponents' cone as many times as possible during the time limit, the winner being the player with the highest score. As soon as the time is up, all players jog around the area for sixty seconds in active recovery before sprinting to any cone. The player opposite them becomes their new opponent.

Progressions

1. Reduce the recovery period to 30 seconds.

Key Coaching Points

1. All players must be warmed up and stretched off prior to the commencement of this exercise.
2. Work at maximum effort during the sixty seconds and make full use of the recovery period.
3. Use the exercise to work on different techniques both defensively and offensively.



Purpose

To develop speed and fitness.

Organization

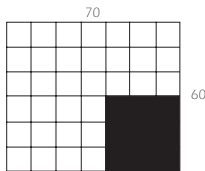
Set out a 40x40 yard area. Divide the area into four 10x10 boxes. Station four attackers in each box and two defenders diagonally opposite each other as shown in the diagram above.

Game Objective

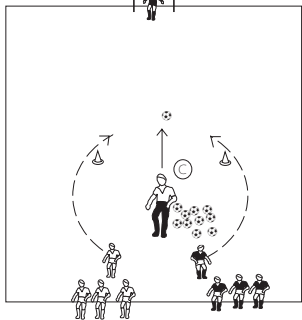
The defenders must try to regain possession in a 1v4 situation as quickly as possible. Once they have done so, they may move clockwise to assist another defender if they are still trying to regain possession until all of the balls have been cleared from the respective areas. Defenders can only move clockwise, even if this means running around more than one area. Play for a maximum of 90 seconds before switching roles.

Key Coaching Points

1. All players must be warmed up and stretched off prior to the commencement of this exercise.
2. As soon as you have cleared the ball from your area, work hard to assist the other defenders.
3. Give your maximum effort at all times during the practice, whether you are a defender or an attacker.

Race Of The Rising Stars

Assumption: 18 players in group

**Purpose**

To develop speed and anaerobic fitness.

Organization

Set out a 30x30 yard area. Make two stations at the bottom of the area and place another two diagonally away from the starting position as in the diagram above. Organize the players into four pairs with a goalkeeper in the goal. Coach has a supply of soccer balls and starts between the players. Repeat in one other area for a total of 18 players.

Game Objective

One coach starts the exercise by passing the ball 10-15 yards ahead in a straight line. The first two players sprint around the cone ahead of them before they compete for a strike at goal. Repeat the practice so every player competes five times and then take the players for a two-minute light jog followed by five minutes of stretching, focusing on the lower body. Repeat for between 3-5 sets with an active recovery between sets.

Progressions

1. Players have to run around their opponents' cone.

Key Coaching Points

1. React quickly at the start of the exercise.
2. Drive the arms through and pick the knees up.
3. Give 100% effort on each attempt, nothing less will help!