



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U16** COMPETITIVE



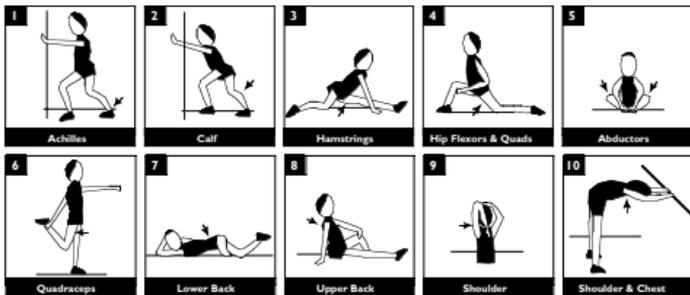
SESSION 1

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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

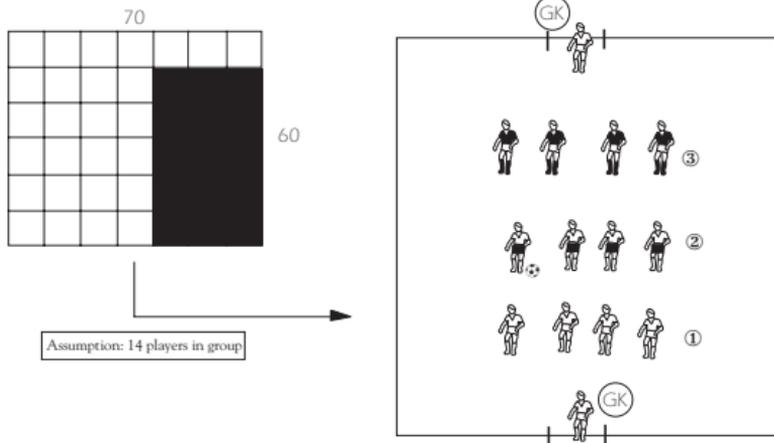
Key Coaching Points

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 2

2 hour practices, 2 recommended practices per week



Purpose

To develop swift transitional play.

Organization

Set out a 50x30 area. Station three teams of four inside the area as shown in the diagram above, with two goalkeepers positioned in the goals.

Game Objective

Team 1 in the middle starts with the ball and attacks the top goal. Whether they lose possession or score, the team 2 then attacks team 3 at the bottom goal, with team 1 remaining at the top. The game continues in this manner and the first team to score five goals is the winner.

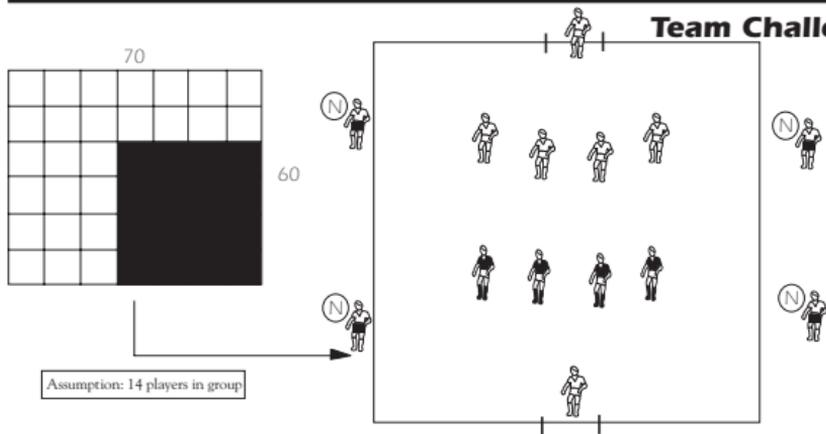
Progressions

1. Teams have a 20 second time limit to score.
2. Players are restricted to two touches.

Key Coaching Points

1. One possession is regained, look to get forward as quickly as possible.
2. Run with the ball if you have space. Pass or shoot if you don't.
3. Look to create numbers up situations whenever possible in attack.

Team Challenge



Purpose

To develop movement off the ball.

Organization

Set out a 40x40 area. Station two teams of four inside the area and another team of four on the perimeter as shown in the diagram above, with goalkeepers in the two goals.

Game Objective

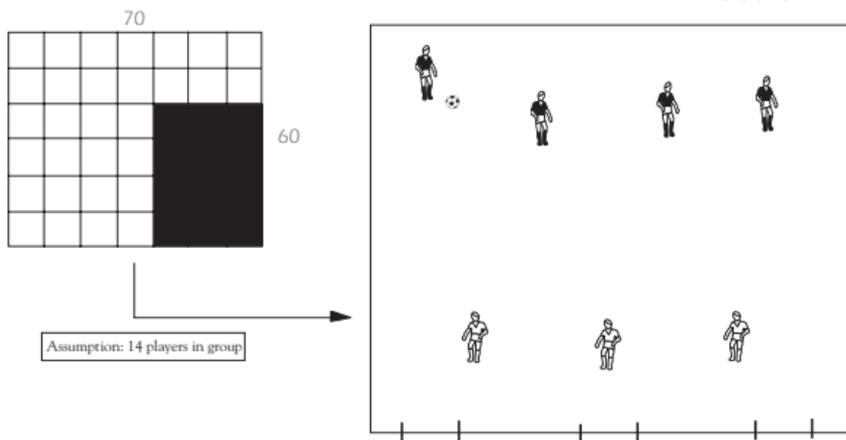
Team 1 starts with the ball and tries to score against team 2. Both teams are allowed to pass to the neutral team on the outside in order to retain possession. All players in the center must be moving when they receive the ball otherwise the opposition takes an indirect free kick. The first team to score moves to the outside and the neutral team comes into the middle. The first team to score five goals is the winner.

Progressions

1. Goals scored as a result of an overlapping run, blind side run or a cross over run, are worth double.

Key Coaching Points

1. Players should never be static. If not directly involved, try to think one or two passes ahead in your movement.
2. Look to isolate defenders and create numbers up situations whenever possible.
3. Be creative and vary the types of movement you use.

Pass & Move

Assumption: 14 players in group

Purpose

To improve creation of space in attack.

Organization

Set out a 40x30 area. Mark three five-yard goals on the bottom end line. Station four attackers at the top of the area and three defenders at the bottom. Repeat in another area for a total of 14 players.

Game Objective

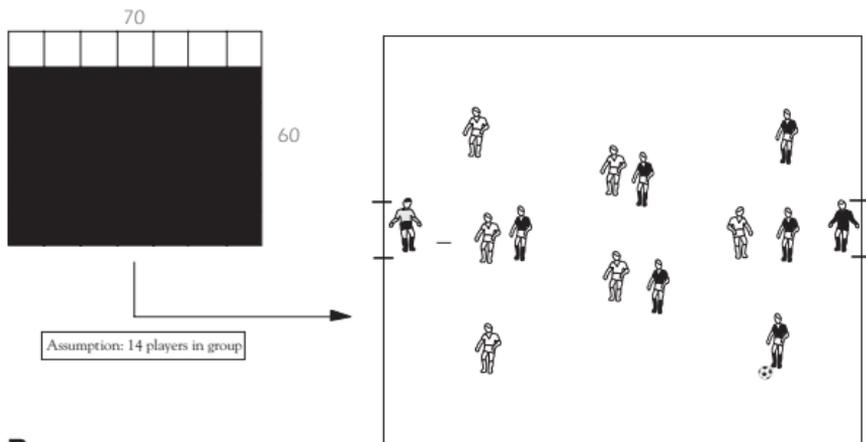
The dark team scores 1 point by running the ball through any one of the three goals at the bottom of the area. The light team scores 1 point by winning possession and running the ball across the top end line. The first team to ten points is the winner.

Progressions

1. Any points scored by the attackers using an overlapping run, blind side run or cross over run is worth two points.
2. A give and go is also worth 2 points.

Key Coaching Points

1. Spread out wide inside the area to create space.
2. Look to create 2v1 situations whenever possible.
3. Communicate with your teammates so they are aware of your position.
This can also confuse defenders.

Run Is The Rule

Assumption: 14 players in group

Purpose

To develop movement off the ball in a small sided game.

Organization

Set out a 70x50 area. Station two teams of six plus keepers inside the area as shown in the diagram above. Both teams play a 3-2-1 formation. Coach the dark team first and switch if required.

Game Objective

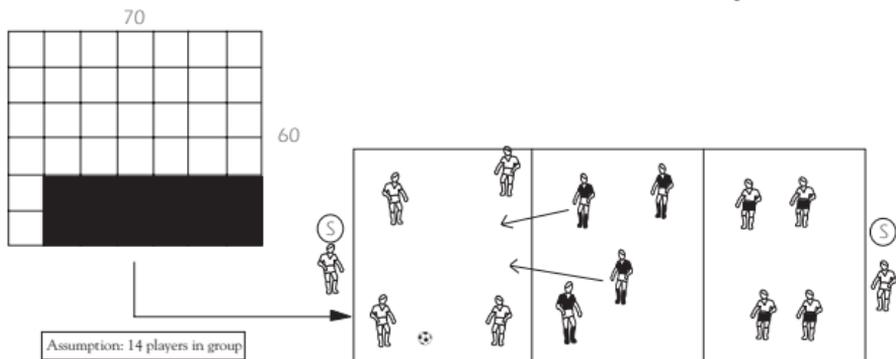
The dark team starts in possession, with both teams attempting to score past the respective goalkeepers. Every time the ball is played forward, the player making the pass must move to support with an overlapping run, blind side run or cross over run. The 3-2-1 formation emphasizes the need for quality supporting movement off the ball.

Progressions

1. If no supporting run is made, an indirect free kick is awarded to the opposition.

Key Coaching Points

1. Create space long and wide when attacking.
2. When players are running with the ball, look for opportunities to create numbers up situations.
3. When the ball is passed forward, the nearest player should make a supporting run as the ball travels.
4. Be creative with your movement as this confuses defenders.



Purpose

To develop short and long passing under pressure.

Organization

Set out a 20x60 area. Divide the area into three 20x20 zones. Station three teams of four inside the area as shown in the diagram above, with two servers on the outside.

Game Objective

Team 1 starts with the ball in the left area, keeping possession. Team 2 can send two players in to regain possession, and if successful, team 2 takes the place of team 1 in the left box, with the practice continuing as soon as all players are in the appropriate area. The teams in the end box have the option of passing within their area or to the furthest area. There should always be two defenders in the middle area. Servers may also serve as neutral players to maintain possession.

Progressions

1. All passes must be played under head height.

Key Coaching Points

1. Create space as long and as wide as possible within the area.
2. Move the ball quickly to create opportunities to switch the play.
3. Vary the types of pass, some long, some short.
4. Players in the furthest area should be alert and ready to receive a long pass.