



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

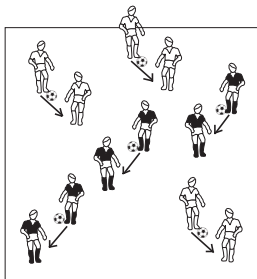
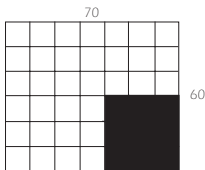
Key Coaching Points

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 3

2 hour practices, 2 recommended practices per week



Purpose

To develop passing and receiving in a conditioned practice.

Organization

Set out a 30 x 30 yard area. Group in pairs. One ball per pair.

Game Objective

Players are grouped in pairs. Each pair passes the ball back and forth within the confines of the area. After a pass has been made, the player must make a curved run around another player from a different pair. A curved run permits the player to see both the ball and the field at all times.

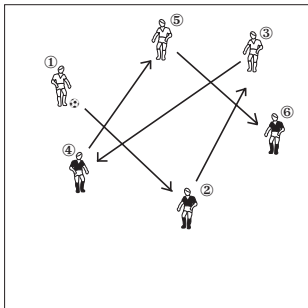
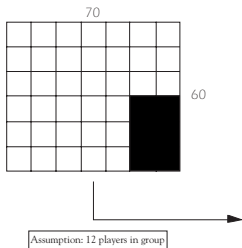
Progressions

1. Put a pair of defenders in the area to develop resistance. If they get your ball, you and your partner are defenders.
2. Each team has a time limit to see how many passes they can complete.

Key Coaching Points

1. Pass the ball into the space in front of your partner to run onto.
2. Do not force the pass. Wait for the right moment or dribble to a new position where the passing angle is improved.
3. Cover as much of the area as possible.
4. Communicate with your partner.
5. Try to receive the ball on your back foot so you open up the field of play.

Possession Play



Purpose

To develop ground passing and receiving.

Organization

Set out a 20 x 30 yard area. Groups of six. One ball per group. Number the players from 1 to 6. Repeat in another area for total of 12 players.

Game Objective

Player ① is in possession of the ball. All players are jogging around the area. Player ② calls for the ball. Player ① turns to face player ② and passes the ball to him. Player ② dribbles off with the ball until player ③ calls for the ball. Repeat practice through player ⑥. Player ⑥ passes to player ①.

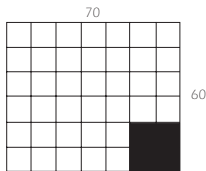
Progressions

1. 2 groups now play in 1 large 40 x 40. Still 2 groups of 6 with 2 balls.
2. The passes must be short-long-short-long, etc. and move into line with the ball.

Key Coaching Points

1. Select the controlling surface.
2. Receive the ball on your back foot so you can open up the field.
3. After receiving the ball, run with it across the front of another player.
4. Use the outside of the foot to pass off with.

Receive & Pass



Assumption: 12 players in group









Purpose

To practice selecting the controlling surface for the aerial ball.

Organization

Set out a circle of discs within a 20 x 20 yard area. Station six players around the circle and six players inside the circle. All outer players have balls.

Game Objective

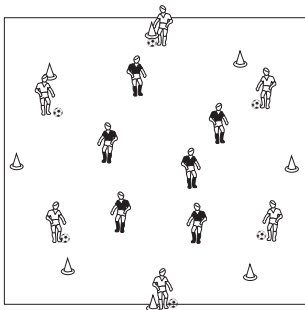
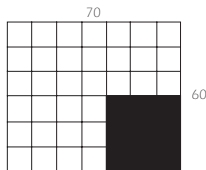
Players  inside the circle move to any player on the outside of the circle. The  player calls the name of the surface that he wants the  player to control the ball with. The  server then tosses the ball to the head, chest, thigh or foot of the  player, who must control the ball according to the command and play the ball back along the ground. The  player moves to a new server. Rotate positions.

Progressions

1. Control and volley so that the ball does not touch the ground.
2. Make the server give a more difficult serve—get out of your comfort zone.

Key Coaching Points

1. Control with the first touch. Pass on the half volley or volley (no bounces).
2. Establish a balanced position before making contact with the ball.



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Organization

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Game Objective

Players inside the circle move to any player on the outside of the circle. The player calls the name of the surface that he wants the player to control the ball with. The server then tosses the ball to the head, chest, thigh or foot of the player, who must control the ball off to the side and turn to play the ball to a different player on the outside of the circle. The player moves to a new server. Rotate positions.

Progressions

Play the ball to the person on the opposite side of the circle to the server thus accentuating the turn. Vary the type of pass used by making the area bigger.

Key Coaching Points

1. Establish a balanced position before making contact with the ball.
2. Make eye contact before you pass to an outfield player.
3. Turn sharply and move away quickly.
4. Your pass should always be to the outside player.
5. Do not approach the server in a straight line—approach at an angle.