



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.



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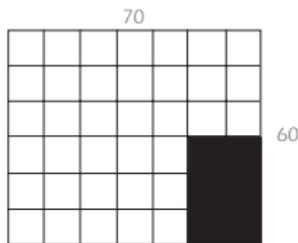
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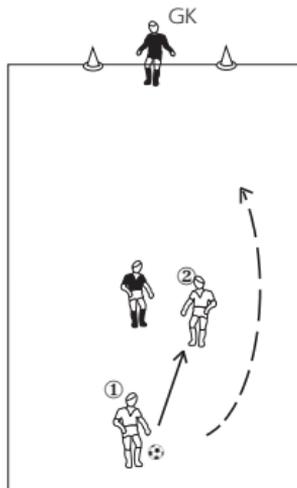
SESSION 1 - Week 4

2 hour practices, 2 recommended practices per week

Overlapping Run



Assumption: 12 players in group



Purpose

To develop the overlapping run.

Organization

Set out a 20 x 30 yard area. Groups of 4, one attacker, one defender, one support player and one goalkeeper. One ball per practice. Repeat in 2 other areas for a total of 12 players.

Game Objective

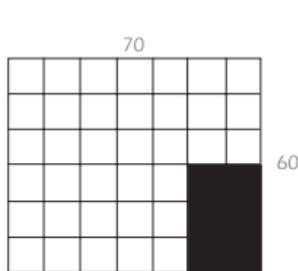
Player ① passes the ball to player ②, who is checking back to the ball with his back to the goal. Player ② holds the ball, shielding it from the defender, to allow player ① to make an overlapping run up the touchline. Player ② has the option to turn on the defender and dribble past him or to pass to player ① as he overlaps the play. Rotate positions.

Progressions

If the defender blocks the path of the overlapping run, player ② can use player ① as a decoy in order to dribble the ball inside to the goal.

Key Coaching Points

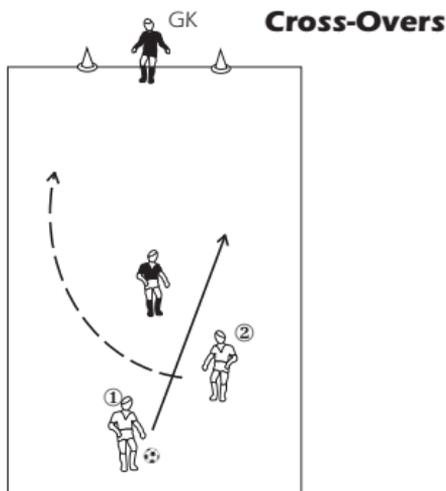
1. The overlapping runner must call for the ball to distract the defender.
2. The receiver must be able to shield the ball from the defender and turn in order to face the direction of play.
3. The player making the run must continue on past the ball – often players slow down or stop once they get in a position level with the ball.



Assumption: 12 players in group

Purpose

To develop cross-over runs.



Organization

Set out a 20 x 30 yard area. Groups of 4, one attacker, one defender, one support player and one goalkeeper. One ball per practice. Repeat in 2 other areas for a total of 12 players.

Game Objective

Player ① dribbles towards the defender. Player ② makes a crossover-run in front of the defender as player ① approaches. Player ① has the option to exploit the space created by ② up the right touchline or to pass the ball into the space in front of player ② on the left touchline. Rotate positions.

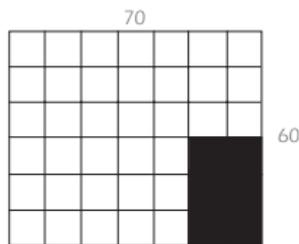
Progressions

Player ① passes the ball to player ②, who dribbles across the area in front of the defender. Player ① can either take the ball off ② as they cross or make a decoy run up the touchline causing the defender to hesitate and allowing player ② to beat him to the inside.

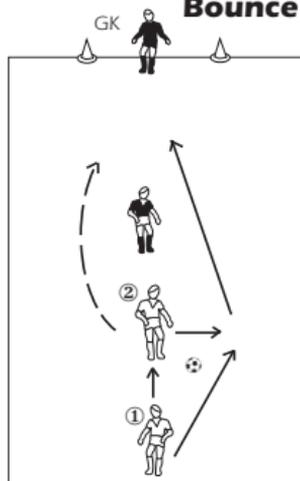
Key Coaching Points

1. The player dribbling the ball should do so on the farthest foot from the defender, thus screening the ball.
2. The two players must communicate clearly to establish which player is taking the ball.
3. After crossing over, then accelerate away into the space available.

Bounce Back Wall Pass



Assumption: 12 players in group



Purpose

To develop the overlap which leads to the 1-2 combination.

Organization

Set out a 20 x 30 yard area. Groups of 4, one attacker, one defender, one support player and one goalkeeper. One ball per practice. Repeat in 2 other areas for a total of 12 players.

Game Objective

Player ① plays the ball to the feet of attacker ②, who comes off his defender towards the ball at an angle. Player ① moves to support as shown in the diagram. Player ② passes the ball into the space in front of player ①. Player ② turns the defender and calls for the return pass in the space behind the defender and in front of the goal. Finish with a 1 time shot. Rotate positions.

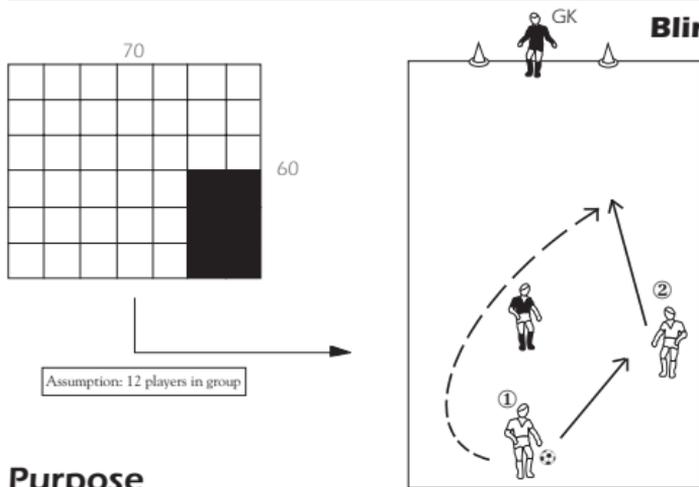
Progressions

If the defender closes down the 1-2 combination, player ① can overlap with the ball and take it to the endline to deliver a cross for player ②.

Key Coaching Points

1. The passes should be made at the correct pace and angle in front of the attackers to enable them to accelerate onto the ball.
2. Players must observe and react to the movements of the defender.
3. The return pass should be struck with the first touch before player ② moves into an off-side position.

Blind Side Runs



Assumption: 12 players in group

Purpose

To develop the blind-side run or diagonal run.

Organization

Set out a 20 x 30 yard area. Groups of 4, one attacker, one defender, one support player and one goalkeeper. One ball per practice. Repeat in 2 other areas for a total of 12 players.

Game Objective

Player ① passes the ball to player ②. Player ① runs to the goal and then cuts towards the corner. Player ② plays the ball into the space down the touchline for player ① to run onto. Player ① shoots with his first touch on goal. Rotate positions.

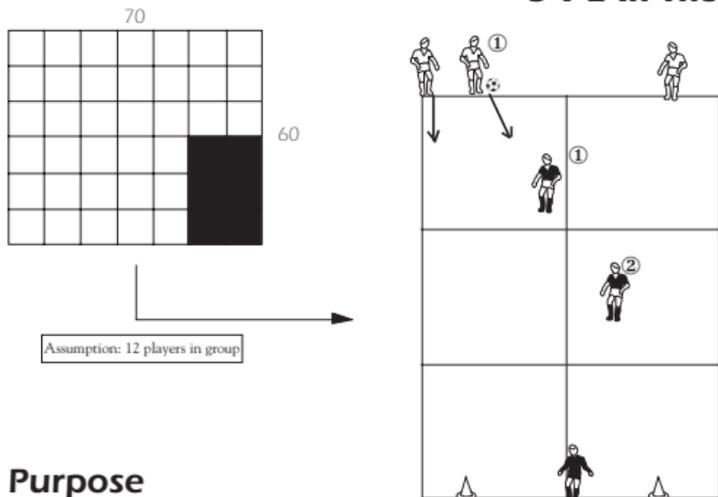
Progressions

Player ① crosses the ball for player ②, who has attacked the goal area. The defender attempts to mark player ② and clear the ball from the cross.

Key Coaching Points

1. The ball must be played into the space before player ① passes the defender and is thus in an off-side position.
2. The player making the run must call for the ball when he begins his cut to the corner.
3. Make a curved run so you can see the defender and the ball.

3 v 2 In The Final Third



Purpose

To develop deception, feints and beating an opponent.

Organization

Set out a 20 x 30 yard area in 20 x 10 yard grids. Groups of six. One ball per group. Position attackers and defenders as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective

Player ① is in possession of the ball. Player ① must combine with his teammates to beat defenders ① and ②, who both defend a 10 x 20 yard area. When they advance into the goal scoring area beyond the final defender, they must shoot on goal. Rotate positions

Progressions

Allow only one pass per area between teammates and encourage players to run with the ball.

Key Coaching Points

1. Attack the space to the side of the defender.
2. Are the attackers creating space off the ball by making diversionary runs?
3. Can you pass into the space behind the defender?
4. Play in the direction you are facing.
5. Attack at pace.