



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U16** COMPETITIVE



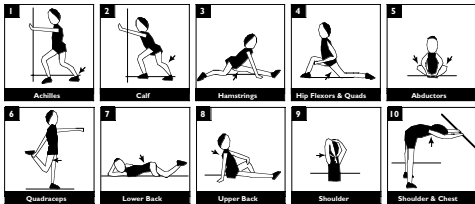
### SESSION 2

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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.



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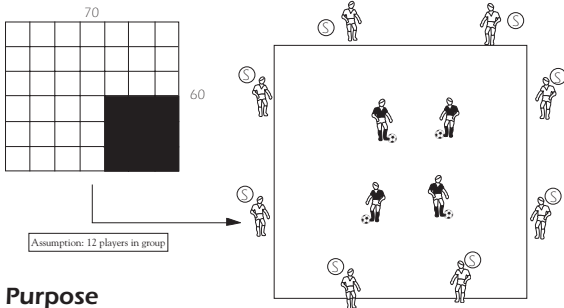
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## SESSION 2 - Week 3

2 hour practices, 2 recommended practices per week

## Movement Off The Ball



### Purpose

To develop one touch passing and turning with the ball in a conditioned practice.

### Organization

Set out a 30 x 30 yard area. Position 2 players (servers) on each side of the area. Four receiving players, each with a ball, play within the confines of the area.

### Game Objective

The 4 players pass the ball to a server on the outside of the area. The server plays the ball back to the 4 player. Player 4 turns with the ball and passes to a different server. Rotate positions. If you pass to outside player, 4 options. "Give and Go" = 1 - 2 pass;" Hold the ball" = pass then run up to player, open legs and play ball through for player to turn onto; "Overlap" = pass ball, hold it and run around receiving player for a return pass; "Takeover" = cross over and change places.

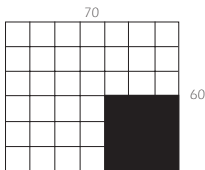
### Progressions

1. The outside server plays the ball with his first touch.
2. 4 players in middle with 3 balls. If a ball is stolen, then players must attempt to get another ball.

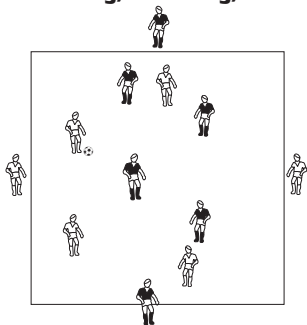
### Key Coaching Points

1. Call name of the person you are passing to and call for the return pass.
2. One-touch passes should be firm and to the feet.
3. Use your body to screen the ball and turn away from the defender.

### Turning, Dribbling, Running



Assumption: 12 players in group




### Purpose

To develop passing, support and moving into space.

### Organization

Set out a 30 x 30 yard area. Play 4 v 4 within the area with 4 supporting players on the outside of the area. One ball per practice.

### Game Objective

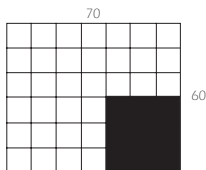
The  team has possession of the ball. A goal is scored when the ball is played to a teammate on the outside of the area. Each team has two supporting players on opposite sides of the area. The supporting players are allowed to move up and down the entire sideline.

### Progressions

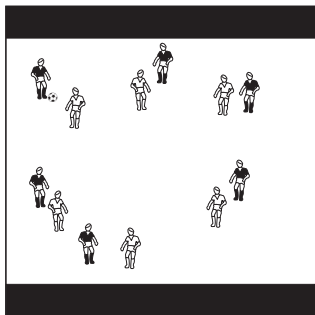
1. The support players can play the ball back into the field of play so that the game becomes continuous.
2. Whoever passes the ball to the target player then replaces them by taking their place.

### Key Coaching Points

1. Play the ball to the support player as quickly as possible.
2. Make 1-2 combination passes around defenders.
3. Use turns and fakes when pressured by defenders.
4. Use your body to shield the ball from defenders.
5. Open up the play by receiving the ball sideways on, on your back foot.



Assumption: 12 players in group




### Purpose

To practice in a small sided conditioned game.

### Organization

Set out a 30 x 30 yard area. Set out an end zone 5 yards wide from each endline. Play 6 v 6. One ball per group.

### Game Objective

The  team is in possession of the ball. The object of the game is to advance the ball to the attacking endzone. A goal is scored when a player dribbles the ball into the end zone and stops the ball with the sole of his foot. No defenders are allowed in this area. 3 points for every ball stopped in the area. 1 point for any 1 - 2's, overlaps or takeovers.

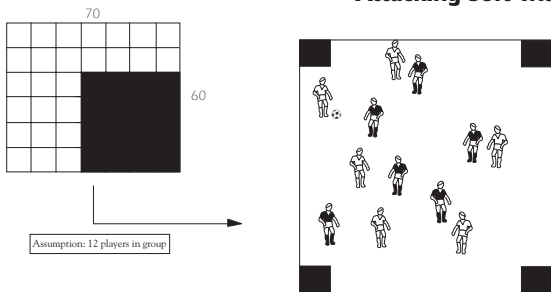
### Progressions

Make the end zones neutral such that either team can score in both end zones.

### Key Coaching Points

1. Encourage players to take on defenders at every opportunity.
2. Look for switching of the direction of play in the above progression.
3. Keep possession at all times.
4. Your first look should always be for a forward pass.
5. When the ball is won, play forward.

## Attacking Soft Triangles





### 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

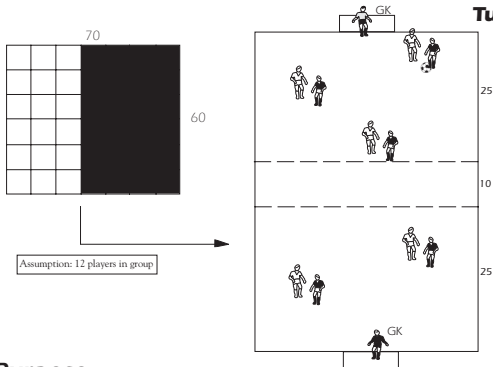
The  team has possession of the ball. The object of the game is to play the ball into one of the two attacking boxes for a player to run into and control the ball with the sole of the foot. The play is conditioned to encourage one touch passing and switching play. The  team is attacking to the right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



Assumption: 12 players in group

### Purpose

To develop running and turning with the ball.

### Organization

Set out a 40 x 60 yard area. Play 5 v 5, plus a goalkeeper. Make a 10 yard channel in the middle of the area.

### Game Objective

The object of the game is for the team in possession to advance the ball into the middle area in preparation for an attack on goal. From the middle zone, the team in possession may either attack the opposing goal or turn and attack its defensive goal. No player, other than the player carrying the ball, may enter the middle area.

### Key Coaching Points

1. Spread the players out deep and wide.
2. Attack by running with the ball.
3. Turn and change direction.
4. Move from defense to attack quickly.
5. Encourage improvisation and risk taking.