



# 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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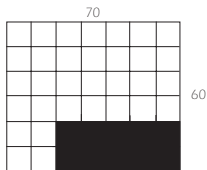
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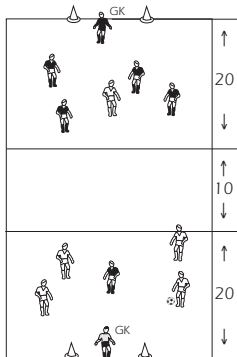
## SESSION 2 - Week 9

2 hour practices, 2 recommended practices per week

## Power Shot 1



Assumption: 12 players in group






### Purpose

To develop shooting from a distance.

### Organization

Set out a 20 x 50 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 4 v 1 in each large area, plus a goalkeeper.

### Game Objective

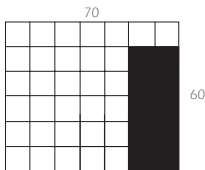
The four  players combine to dribble the ball past the lone  defender into the midfield area then shoot on goal. The lone  attacker in the other area follows up on rebounds from the goalkeeper. Repeat in the opposite direction. Rotate positions.

### Progressions

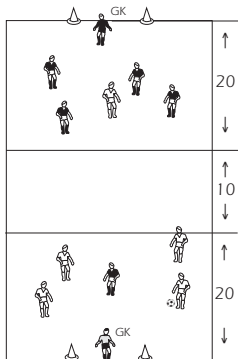
1. The lone defender can track the attacking player into the midfield area in an attempt to pressure the attacker or block the shot.
2. Change the ratio of attackers to defenders to 3 v 2.

### Key Coaching Points

1. Encourage players to penetrate the midfield area as quickly as possible and to shoot in one continuous movement.
2. Composure is an important prerequisite to successful shooting.
3. Strike through the middle or top half of the ball.



Assumption: 12 players in group






### Purpose

To develop shooting from a distance.

### Organization

Set out a 20 x 50 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 4 v 1 in each large area.


### Game Objective

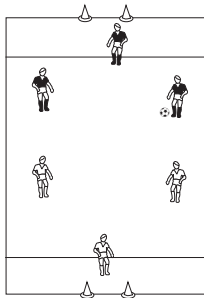
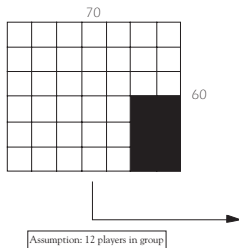
The four  players combine to advance the ball past the lone  defender into the midfield area. One player must pass the ball into the midfield space for a second attacker to run on to and shoot on goal. The lone  player in the other area follows up for rebounds from the goalkeeper. Repeat in the opposite direction. Rotate positions.

### Progressions

1. The lone defender can track the attacking player into the midfield area in an attempt to pressure the attacker or block the shot.
2. Change the ratio of attackers to defenders to 3 v 2.

### Key Coaching Points

1. The  player making the pass should play the ball into the space in front of the receiver.
2. Shoot after one controlling touch.
3. Assess the position of the goalkeeper in selecting your target.

**Big "S" Game (Shoot, Save or Score)****Purpose**

To develop attacking play.

**Organization**

Set out a 20 x 30 yard area and make an endzone 5 yards wide from the endline. Mark out a 10 yard goal. Play 3 v 3. Repeat in another area for a total of 12 players.

**Game Objective**

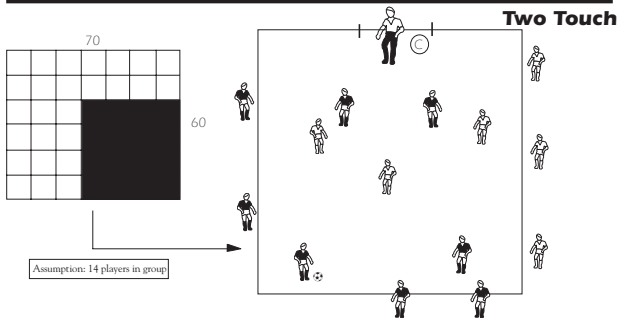
Play 3 v 3. Each team can elect 2 goalkeepers. These players are allowed to use their hands in the defensive end zone. They must also go forward as an outfield player during attacks on the opposing goal. Shot = 1 point; shot on target = 3 points; save = 1 point; 5 points for every goal. First team to 21 wins.

**Progressions**

Allow the players to pick scores for different skills.

**Key Coaching Points**

1. Try to shoot at every opportunity.
2. Keep shots low and away from the keeper.
3. Follow in for rebounds and deflections.



## Purpose

To develop attacking in numbers down situations

## Organization

Set out a 40x40 area. Station a team of three and a team of four inside the area, with coach playing as goalkeeper with a supply of soccer balls. The remaining players surround the perimeter ready to rotate into the practice.

## Game Objective

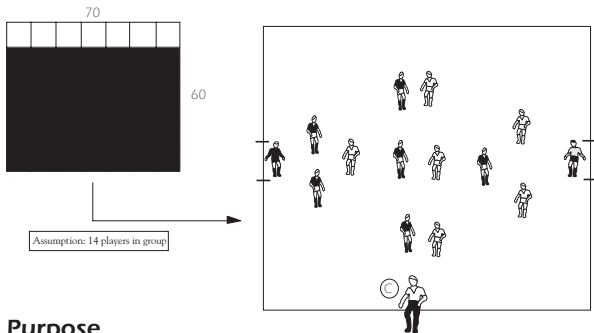
The team of four combines to keep possession for as long as possible (with a two-touch restriction), as the team of three try to score in the large goal. If the team of three players scores, they nominate an opponent to join their team to make two new teams of three and four. The new team of four then keeps possession as the new team of three tries to score. Play continuously for three minutes then rotate in the resting players.

## Progressions

1. The team of four players has no restriction on touches.

## Key Coaching Points

1. Spread the field long and wide when in possession.
2. Try to isolate defenders and take them on whenever possible.
3. The team of three must look to create numbers up situations at every opportunity.
4. Take shooting opportunities when they arise.



Assumption: 14 players in group

## Purpose

To improve intercepting when defending.

## Organization

Set out a 70x50 area. Select two teams of six plus goalkeepers and station at opposite ends of the area.

## Game Objective

The object of the game is to intercept as many passes as possible. All players have a two-touch restriction once they are in possession so they are unable to run with the ball. Players are not allowed to steal the ball from each other. Every intercepted pass is worth one point, a goal is worth two points and an interception that leads directly to a goal is worth five points.

## Progressions

1. Allow players to steal from each other as in a regular game.
2. Take away the touch restriction.

## Key Coaching Points

1. Identify good opportunities to intercept such as when the ball is played long, weighted incorrectly or when there is plenty of cover.
2. Do not take risks especially in the defending third when there is no cover or when outcome of your attempt is unsure.
3. Understand the defending triangle! Assess the position of the ball, the opponent and the goal before attempting to intercept.