



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U16 RECREATIONAL



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

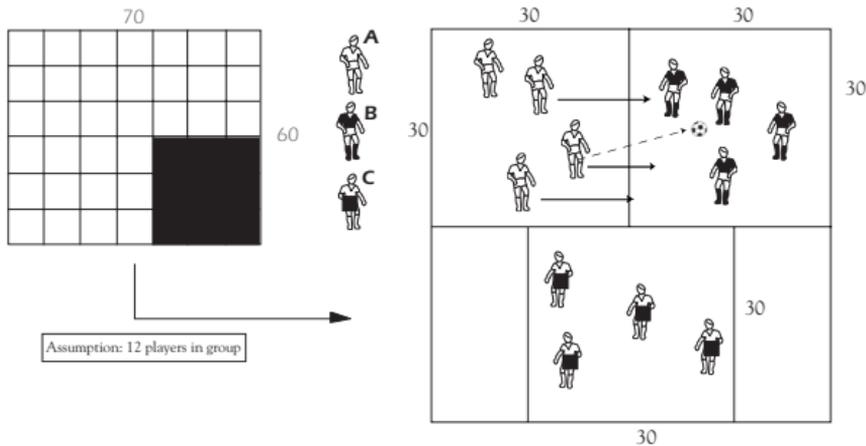
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



SESSION 1 - Week 3

2 hour practices, 2 recommended practices per week

4v4v4 Rotation



Purpose

To develop swift transition and movement off the ball.

Organization

Set out three 30x30 yard boxes as shown in the diagram. Station a team of four players in each of the three areas.

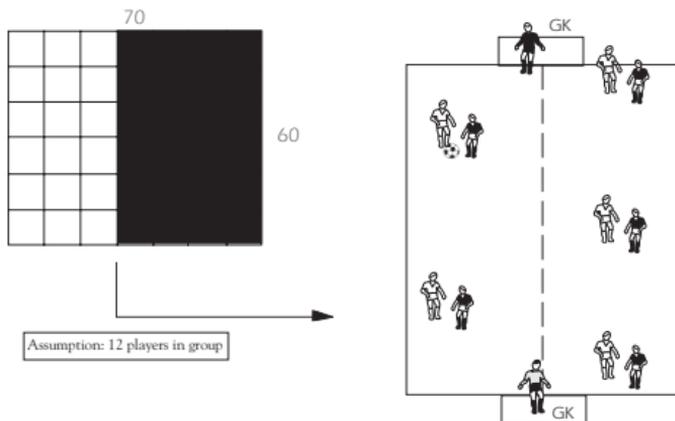
Game Objective

Team A starts by passing the ball to team B. Team A sends three players in to challenge for the ball. If they win possession they have the option of passing to their other player, or passing to team C. Team B will then send three players to try and regain possession. The defending team can only send three players to pressure the ball and the spare player must always be alone in an area. A point is scored for every five consecutive passes made by a team.

Key Coaching Points

1. When possession is won, look to move it into another area quickly.
2. If a team has regained possession and passed to the spare player, move to support at speed.
3. Use the extra player to your advantage by creating numbers up situations.
4. Look to use overlaps, blind side runs and crossovers whenever possible.

Diagonal Passing To Diagonal Runs



Purpose

Small-sided game to develop diagonal passes and runs.

Organization

Set out a 40 x 60 yard area, with a center line placed along the middle of the field. Play 5 v 5 + 1 goalkeeper.

Game Objective

The object of the game is to score a goal in the opposing goal from a pass made from the opposite 1/2 of the field. Players should make runs with the ball across the field. Teammates must look to make runs across the field in the opposite direction to exploit the space created by the ball carrier. Attackers can score only from a pass from the other side of the field and must shoot with a 1 time shot.

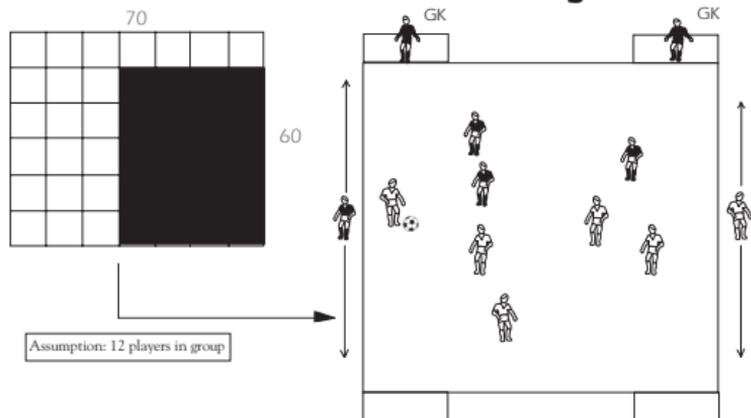
Progressions

Take the middle line away.

Key Coaching Points

1. When a player runs across the field, teammates must look to exploit the space created.
2. Passes and runs should be diagonal.
3. Players should call for the pass.
4. If the pass is not on, the ball carrier should fake to pass and take it himself.

Attacking From Wide Angles



Purpose

To develop attacking from width and changing point of attack.

Organization

Set out a 40 x 50 yard area with 2 goals at each end of the field as shown in the diagram. Play 5 v 5 in the middle area with 2 floating players on the outside of the area. The floating players play with the team that has possession. The floating players are restricted to 2 touches.

Game Objective

The object of the game is to score a goal in one of the 2 opposing goals. This may be achieved by play within the area or by getting the ball wide to a floating player to cross or shoot on goal. When a team has possession, the other team must drop back 2 of its players to defend the goal as goalkeepers. The floating players are restricted to 2 touches.

Progressions

The team in possession can score only from a cross by a floating player.

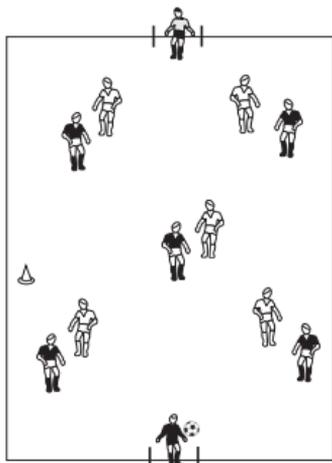
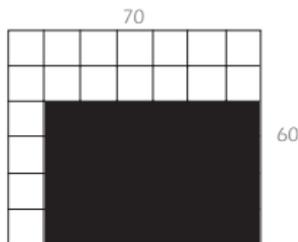
Key Coaching Points

In Attack

1. Switch the ball to the weak side.
2. Open up the field by receiving the ball side on.
3. Keep possession by spreading out side to side and end to end.
4. Cross early to the space behind the defense.

In Defense

1. Defender/goalkeeper on the weak side acts as cover and support until ball gets there.

Blind Side Runs**Purpose**

To develop blind side runs in a small-sided game.

Organization

Set out a 60x40 yard area. Station two teams of six players at opposite ends of the area.

Game Objective

The dark team starts in possession. The object of the game is to create scoring chances by using blind side runs in attacking areas. A successful pass onto a blind side run is worth 1 point, one that results in a shot on goal is worth 2 points and one that results in a goal is worth 3 points. The first team to 10 points is the winner.

Progressions

Only blind side runs in the attacking half score 1 point.

Key Coaching Points

1. Create space long and wide.
2. When ahead of the ball, look to make diagonal runs behind defenders.
3. Call for the ball to communicate effectively and distract defenders.
4. Vary the movement by making both "inside to outside" and "outside to inside" blind side runs.
5. Remember to attack and defend.