



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U16** RECREATIONAL



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

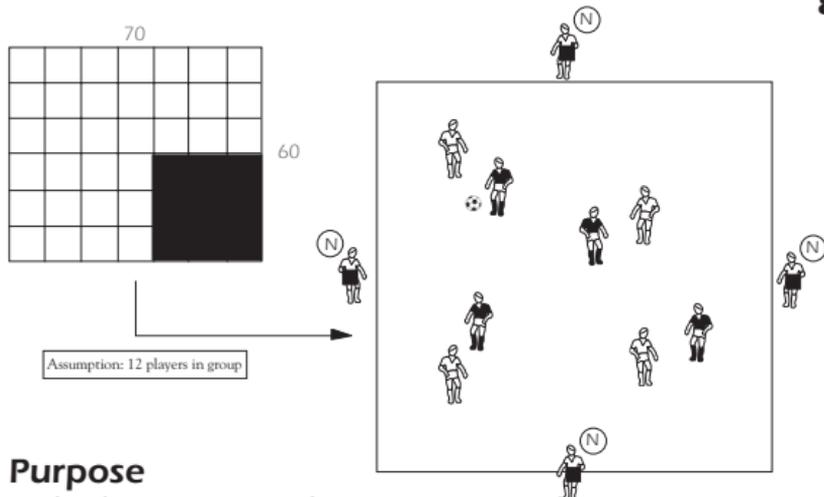
Key Coaching Points

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.



SESSION 2 - Week 2

2 hour practices, 2 recommended practices per week



Purpose

To develop possession and penetration in attack.

Organization

Set out a 30x30 yard area. Three teams of four. Station two teams in the area – one team on the outside with a player behind each line.

Game Objective

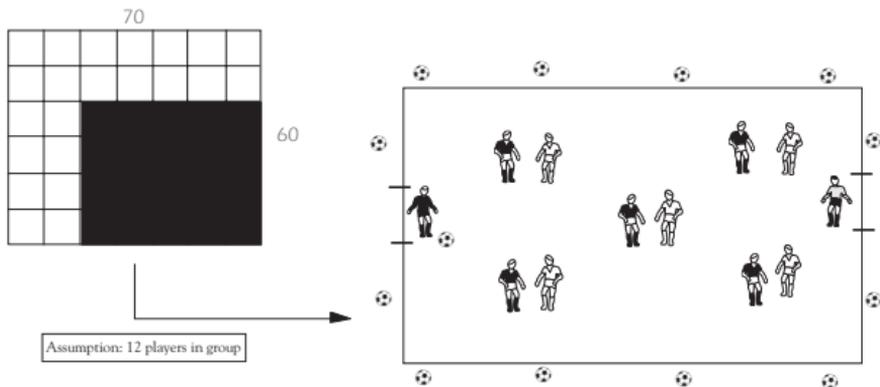
The dark team tries to keep possession for a minimum of ten passes, using the players on the outside who are neutral. If the light team wins possession before 5 passes are made, they score 1 point. If the dark team makes 10 consecutive passes they score 1 point, but can score 3 points if they can pass to a player on the outside who can successfully switch play across the box with one touch. As soon as the dark team loses possession, play stops, and then the light team then repeats the exercise.

Progressions

1. Allow only two neutral players to play with each side.

Key Coaching Points

1. Pass or create an angle to pass with your first touch.
2. Move into supporting positions quickly with an open body position.
3. Communicate at all times, verbally and visually.
4. When under pressure, protect the ball and try to play the way you're facing.
5. Movement off the ball – make runs behind defenders into space whenever possible.



Purpose

To develop play in a competitive environment.

Organization

Set out a 50x40 area. Station two teams of six players at opposite ends of the area. Position the remaining balls around the area.

Game Objective

The dark team starts with the ball and looks to attack the light team goal as quickly as possible. Once the ball has left the goalkeepers hands, no passes over two yards are allowed, otherwise an indirect free kick is awarded to the opposition. Players must look to use takeovers to switch possession between players and the game is continuous for 10-15 minutes maximum.

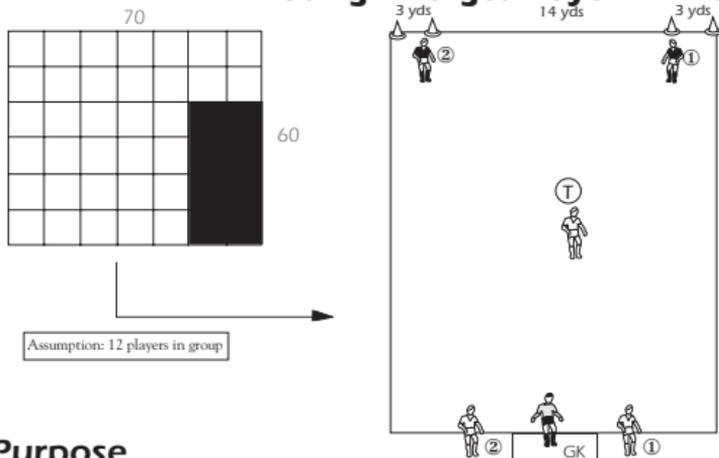
Progressions

1. Players have a maximum of five seconds in possession.

Key Coaching Points

1. Look to create space long and wide.
2. Run with the ball into space using good technique.
3. Create 2v1 situations whenever possible.
4. Move into supporting positions quickly.
5. Communicate effectively to ensure possession is maintained.

Using A Target Player In The Final 1/3



Purpose

A functional practice for attacking, using the front player.

Organization

Set out a 20 x 40 yard area. Station 2 mini-goals at the top and in the corners of the area, 3 yards wide. Play 3 v 2 + a goalkeeper. Repeat in 1 other area for a total of 12 players.

Game Objective

Ⓜ① plays the ball into the ⓂⓉ player. Player ⓂⓉ has the option to turn and play forward with Ⓜ① and Ⓜ② who are making overlapping runs. Another option is for player ⓂⓉ to play the ball back to Ⓜ②, who plays a diagonal thru ball to either players Ⓜ① or Ⓜ②. Ⓜ① and Ⓜ② are allowed to enter the field as defenders when the ⓂⓉ player touches the ball.

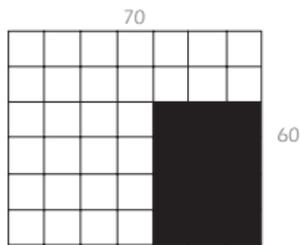
Progressions

Start with a defender marking the target player with the other defender on the end line. If the defending team intercepts the ball, they may score by playing the ball through the min-goals at the top of the diagram.

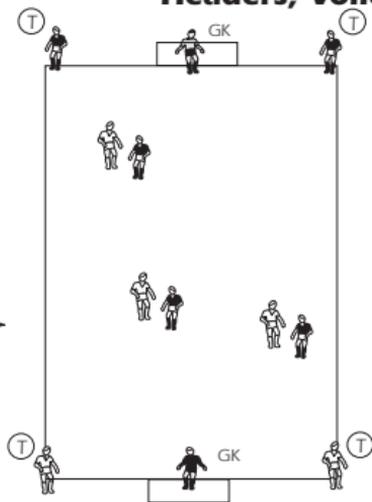
Key Coaching Points

1. If the target player turns, run the ball across the field to draw defenders out of central positions.
2. Make the correct choice of pass back, shoot or cross for a goal.
3. Make good runs towards the goal.
4. The target player should check away from the defender.

Headers, Volleys & Flicks



Assumption: 12 players in group



Purpose

To develop diagonal passes and running—headers, volleys and flicks.

Organization

Set out a 30 x 40 yard area. Station a target player in each corner to play with the team attacking their goal line. Central players combine to make a pass forward to their (T) player who has 1 touch to chip or cross the ball into the goal area.

Game Objective

You can score only with a header, volley or flick so (T)'s must be ready to receive the ball and cross it towards goal. Attackers must move forward to attack the cross.

Key Coaching Points

1. Encourage improvisation and risk.
2. Be composed in front of goal.
3. Make good attacking runs to near, far and central positions.