



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U12** COMPETITIVE



SESSION 1

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SoccerMadeSimple.com
www.MLScamps.com

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.



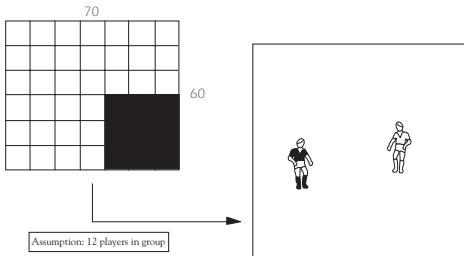
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SESSION 1 - Week 2

2 hour practices, 2 recommended practices per week



Purpose

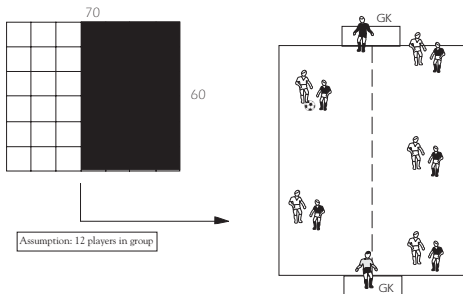
To develop soccer specific fitness—speed.

Organization

Set out a 30 x 30 yard area. The following activities can be performed as individuals within a pair or as pairs working together. The activities should be performed only after a proper warm up. Organize pairs so they have enough space to perform these activities.

Game Objective

1. Individual “Lean-Fall-Run.” Lean forward with body straight until you must step forward to catch yourself, then sprint for 10 yards. Repeat 5 times.
2. Individual - sit down, legs out in front. Simulate sprinting action with arms for 10 seconds, then slow for 5, then sprint again. Repeat 5 times.
3. Partner - partner holds sprinter at shoulders. Sprinter sprints for 10 seconds, then rests for 5. Repeat 5 times.
4. Partner - wrap arms around sprinter’s waist from behind to offer dragged resistance. Sprint for 10 yards. Repeat 5 times.
5. Individual - lie face down. Scramble up to feet and sprint 10 yards. Repeat 5 times.
6. Individual - jump up, bring knees to chest, grab knees, land and bound for a total of 10 yards. Repeat 5 times.
7. Individual - hop over a cone side to side, then back to front on same leg. Repeat 5 times. Repeat on other leg.
8. As with #7, but keep both feet together.
9. Partner - stand side to side and jump up against partner to hit shoulder to shoulder. Land and sprint forward 10 yards in a race. Repeat 5 times.

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.

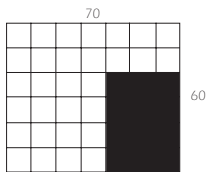
Progressions

Take the middle line away.

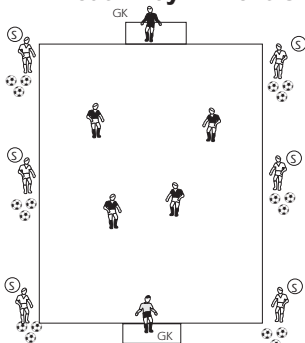
Key Coaching Points

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.

1 Touch Play In Front Of Goal



Assumption: 12 players in group



Purpose

One touch play in and around the penalty area.

Organization

Set out a 30 x 40 yard area with goals at each end line. Play 2 goalkeepers, 6 servers and 4 attackers. The servers should have a supply of balls.

Game Objective

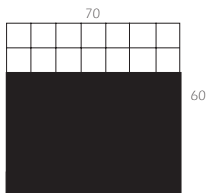
One of the servers (S) plays the ball into the (team) team. The receiving player must play the ball to 1 of his teammates in the area with his first touch. This is repeated with all players inside the area until all have touched the ball. Score 3 points for a goal, 2 points for a shot on target and 1 point for a close miss.

Progressions

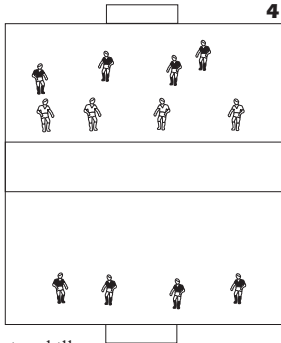
1. 2 of the servers become defenders. Receiving players have 2 touches.

Key Coaching Points

1. Assess the quality of finishing.
2. Receive the ball sideways on.
3. Can you make an angled pass for the player to run onto?
4. Communication between players.



Assumption: 12 players in group



Purpose

To develop attacking and defensive skills.

Organization

Set out a 70 x 50 yard area with a 10 yard middle area. Station 8 players in 2 teams of 4 in 1/3 of the area and 4 players in 1 team in the other 1/3.

Game Objective

The ball starts in the area at the top of the diagram. The 4 players in possession must attempt to advance the ball into the middle area. The team advancing the ball into this area then carries the ball into the opposing 1/3. Now they must attempt to advance the ball to the end line at the bottom of the diagram beyond the 4 players in the bottom 1/3. Defensive players must attempt to prevent the team in possession from getting the ball to either the middle area for the end line. Play continues from end to end with the winner being the first team to get to 5 points/goals.

Progressions

Develop so that 4 defenders become 3 defenders plus a goalkeeper. Now you have 4 attackers trying to beat 3 defenders and score past the goalkeeper.

Key Coaching Points

1. Good supporting positions at good distance and angles.
2. Quality of pass and quality runs.
3. Spread out wide and deep when we attack.
4. Move from defense to attack at controlled speed.