



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U12** COMPETITIVE



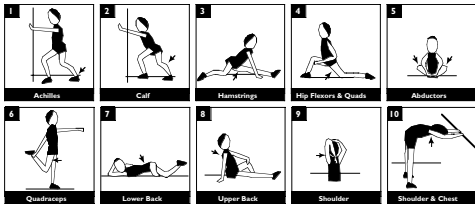
### SESSION 2

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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

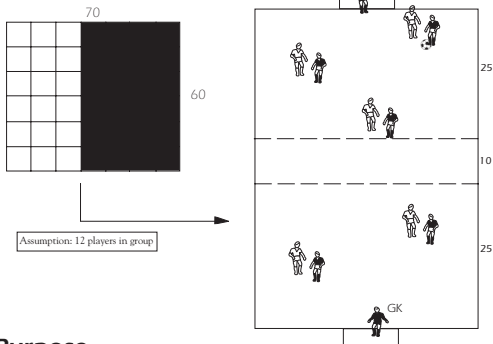
### Key Coaching Points

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.



## **SESSION 2 - Week 3**

2 hour practices, 2 recommended practices per week



### 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.

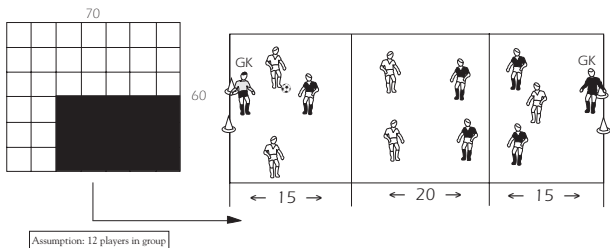
### Game Objective

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 their 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.

## Midfield To Attack



## Purpose

To develop midfield play.

## Organization

Set out a 50 x 30 yard area. Set out 3 grids according to the dimensions shown in the above diagram. Play 2 v 1 in the defensive and offensive zones and 2 v 2 in the mid-field zone. One ball per practice.

## Game Objective

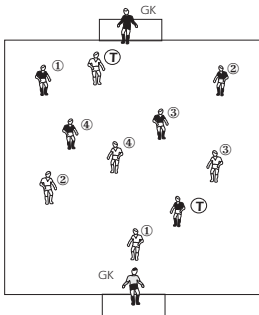
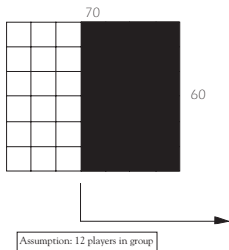
The goalkeeper serves the ball to either a defender. The ball is played to a player in the mid-field who in turn passes to the lone striker in the attacking area. The object of the game is to get the ball from the defensive zone, through the mid-field zone and into the attacking zone to get a shot on goal. Players must stay within their respective zones.

## Progressions

1. Allow mid-field players to shoot from mid-field.
2. Allow one mid-field player to advance into the attacking area to create a 2 v 2.

## Key Coaching Points

1. Midfield players should take their markers away from the ball.
2. 1 midfield go short, the other midfield go long.
3. Try to play the ball into strikers off your front foot—play around the corners.
4. Let the ball run across your body to create a passing angle.
5. Good midfield players take up positions that keep the triangle shape.



## Purpose

To develop movement off the ball.

## Organization

Set out a 40 x 60 yard area. Play 5 v 5 with goalkeepers at each end. Each team should assign a target player.

## Game Objective

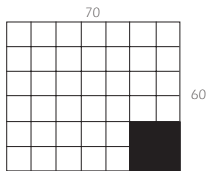
The object of the game is to incorporate the target player in the approach to goal through a wall pass or 3rd man run. Defenders are not allowed to tackle the target player but can intercept passes to them.

## Progressions

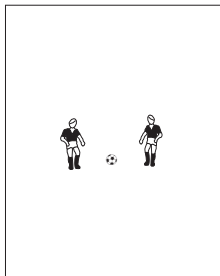
Allow 1 player from each team to try to tackle ①.

## Key Coaching Points

1. Keep attacking triangles.
2. Move forward without the ball.
3. Play the way you are facing if there is pressure on the ball.
4. May have to go backward to go forward.
5. Attack the far post area.
6. Target players must get open for a pass by checking to the ball.



Assumption: 12 players in group



## Purpose

To develop soccer specific fitness in pairs.

## Organization

Set out a 20 x 20 yard area. Group in pairs. 1 ball between 2. Repeat in 5 other areas for a total of 12 players.

## Game Objective

Perform each of the following exercises 10 times, then switch with partner:

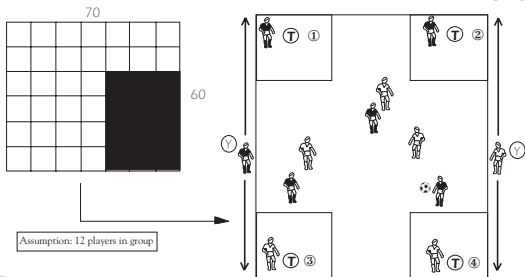
1. Jump up in air and volley back to partner.
2. Sit up and head the ball back to partner.
3. Lie face down, hands behind back, lift up head and back.
4. From squat position, jump up and head ball back.
5. Lie on back, raise alternate legs to touch ball with laces.
6. Do a push up then jump up to thigh control and volley back.
7. Sitting down, feet off ground, volley back to server using soles of feet.
8. Squat thrust, up and head back to partner.
9. Lie on back and grasp heels of partner. Partner holds ball out, lifts legs up to touch ball.
10. Leap frog partner, crawl back through his legs and repeat.

## Progressions

How quickly can you do a full circuit.

## Key Coaching Points

1. Always do a proper warm up before any exercise.
2. Stop immediately if you feel dizzy or light-headed.



## Purpose

To develop combination play in passing and movement.

## Organization

Set out a 30 x 40 yard area with 5 x 5 yard corner grids. Station a target player in each corner grid—no attackers or defenders are allowed in this area. Play 3 v 3 in the middle area with 2 (Y) players moving up and down the touch line in support of the team that has the ball. The (Y) players cannot enter the grid.

## Game Objective

The (T) players combine to get the ball to (T) ① or (T) ②. A goal is scored when a target player controls and stops the ball with the sole of his foot inside a target area. A player from the opposite team collects the ball from the target player and plays the ball back into the area to restart the game.

## Progressions

1. Play is conditioned to 2 touch and all passes must be on the ground.
2. The (T) players must receive passes from teammates playing the ball from the defensive 1/2.

## Key Coaching Points

1. After passing the ball, players should make diagonal or overlapping runs.
2. Teams should attempt to beat man to man marking by cross over plays.
3. Position yourself so you can receive then make a forward pass.
4. Switch play.