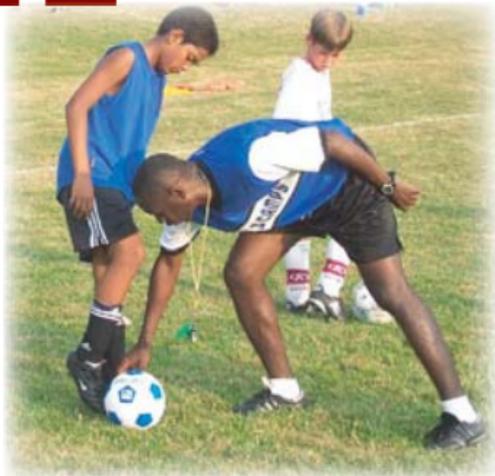




# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U12 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

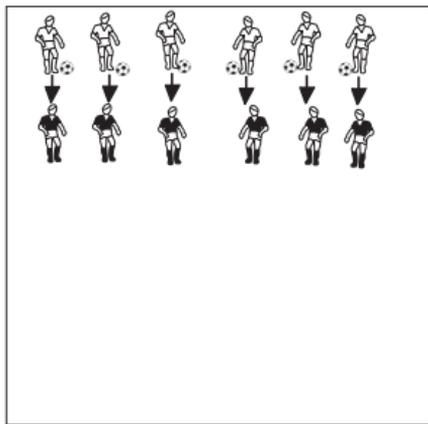
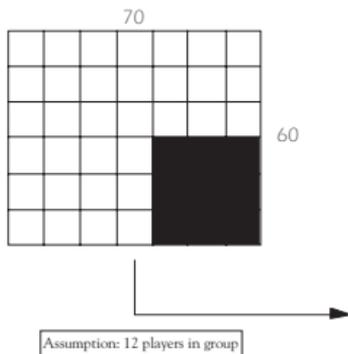
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



## **SESSION 1 - Week 1**

2 hour practices, 2 recommended practices per week

## Touch On The Ball



### Purpose

To provide a passing and receiving warm up activity.

### Organization

Set out a 30 x 30 yard area. Group in pairs, 5 yards apart as shown in the diagram. One ball per pair.

### Game Objective

The  player passes the ball over a 5 yard distance to his  partner who is facing him. The  player stops the ball with the sole of his foot and runs backwards. The  player follows the ball and repeats the practice. Across the field and back.

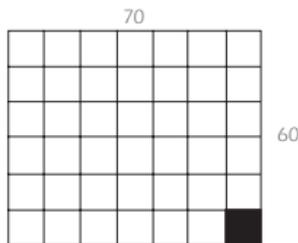
### Progressions

1. The above is repeated with underhand serves from the hands to the inside of the foot volley.
2. Same as above for the head.
3. Player must control then pass off with foot without the ball touching the ground.
4. After heading the ball, you must run forward around your partner, then run backwards to original position.

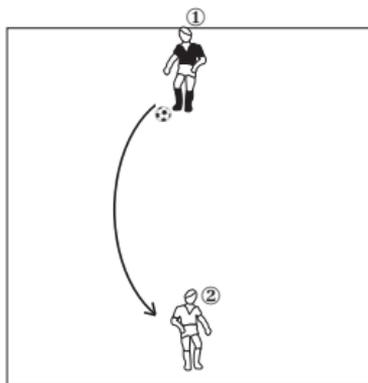
### Key Coaching Points

Concentrate on the quality of the pass and the controlling touch. Receiving player must be ready and alert to play the ball back.

## Soccer Movement



Assumption: 12 players in group



### Purpose

To develop aerial control and soccer specific movement.

### Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Repeat in 5 other areas for a total of 12 players.

### Game Objective

Player ① tosses the ball underhand to player ②. Player ② heads the ball back; lace volleys the ball back; side volleys the ball back; thigh volleys the ball back; does a head or chest or thigh and passes the ball back; does a flick back with the outside of the heel; chest-heads the ball back.

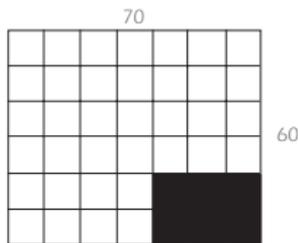
### Progressions

1. The server should move around the passer to make sure they keep on the balls of their feet and look for you with their return pass.
2. Progressive touch count (i.e., partners 1 touch, partners 2 touch, partners 3 touch, etc.).

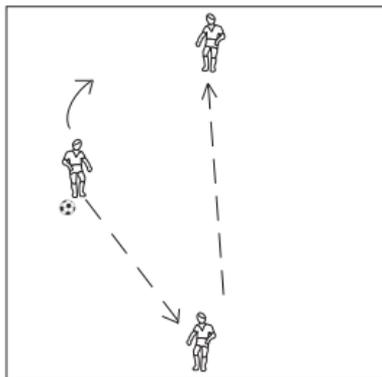
### Key Coaching Points

1. For side volleys and thigh volleys, open your body up so you are side on to the server.
2. Be ready and alert—up on the balls of your feet.
3. Be flexible.

## Serve And Support



Assumption: 12 players in group



### Purpose

To develop driven passes with a moving ball.

### Organization

Set out a 30x20 yard area. Divide the players into groups of three. Station two players at opposite ends of the box and one in the middle. Repeat in three other areas for a total of 12 players.

### Game Objective

The player in the center starts by passing to the player at the bottom, who strikes a driven pass to the player at the top. As the ball travels, the central player moves into position to support. The top player controls the ball and plays a give and go with the central player before hitting a driven pass back to the bottom player. Rotate roles after a total of ten passes.

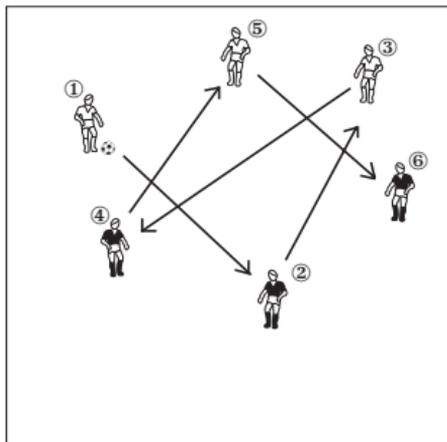
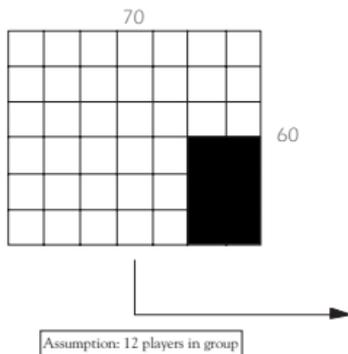
### Progressions

1. Players try to lay the ball off first time to the central player from the driven pass to speed up the game.
2. Award one point for every pass and deduct one point for every pass that leaves the area. First team to 20 points is the winner.
3. Players can only use their weaker foot to play the driven pass.

### Key Coaching Points

1. Players should approach the ball from an angle to strike the ball correctly.
2. Point the laces down and away from the body, striking the bottom half of the ball.
3. For more elevation, lean back slightly and strike lower down on the ball. For less elevation, keep the head down and still upon contact.
4. Follow through once a connection has been made.

## Possession Play



### Purpose

To develop ground passing and receiving.

### Organization

Set out a 20 x 30 yard area. Groups of six. One ball per group. Number the players from 1 to 6. Repeat in another area for total of 12 players.

### Game Objective

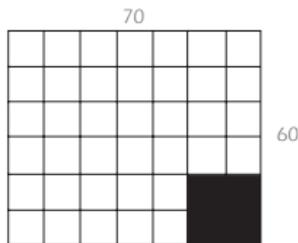
Player ① is in possession of the ball. All players are jogging around the area. Player ② calls for the ball. Player ① turns to face player ② and passes the ball to him. Player ② dribbles off with the ball until player ③ calls for the ball. Repeat practice through player ⑥. Player ⑥ passes to player ①.

### Progressions

1. 2 groups now play in 1 large 40 x 40. Still 2 groups of 6 with 2 balls.
2. The passes must be short-long-short-long, etc. and move into line with the ball.

### Key Coaching Points

1. Select the controlling surface.
2. Receive the ball on your back foot so you can open up the field.
3. After receiving the ball, run with it across the front of another player.
4. Use the outside of the foot to pass off with.



Assumption: 12 players in group



### Purpose

To practice selecting the controlling surface for the aerial ball.

### Organization

Set out a circle of discs within a 20 x 20 yard area. Station six players around the circle and six players inside the circle. All outer players have balls.

### Game Objective

Players  inside the circle move to any player on the outside of the circle. The  player calls the name of the surface that he wants the  player to control the ball with. The  server then tosses the ball to the head, chest, thigh or foot of the  player, who must control the ball according to the command and play the ball back along the ground. The  player moves to a new server. Rotate positions.

### Progressions

1. Control and volley so that the ball does not touch the ground.
2. Make the server give a more difficult serve—get out of your comfort zone.

### Key Coaching Points

1. Control with the first touch. Pass on the half volley or volley (no bounces).
2. Establish a balanced position before making contact with the ball.