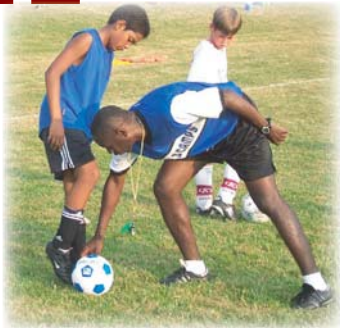




# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U12 RECREATIONAL



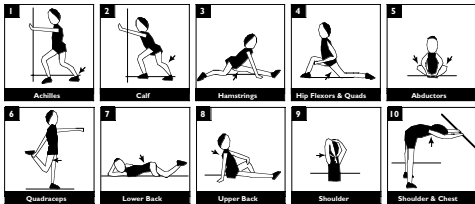
### SESSION 1

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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.



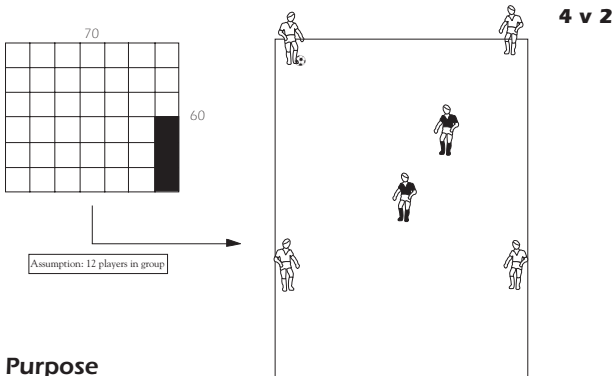
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## **SESSION 1 - Week 4**

2 hour practices, 2 recommended practices per week




## Purpose

To develop the angle of support.

## Organization

Set out a 10 x 30 yard area to encourage players to spread out. Groups of 6. Play 4 v 2 within the confines of the area. 1 ball per practice. Repeat in another area for a total of 12 players.

## Game Objective

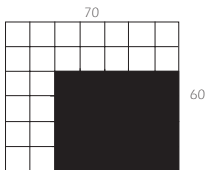
The  team has possession of the ball. They must keep the ball away from the two defenders, who attempt to intercept the ball. Score one point for a pass around the defenders and two points for a pass which splits the defenders.

## Progressions

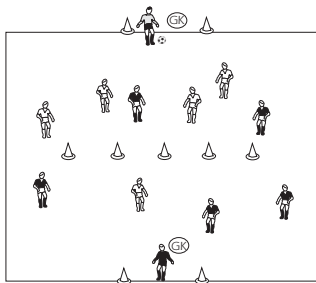
Reduce the area to 10 x 20 and one of the attackers is allowed only 1 touch. All others get 3 maximum touches.

## Key Coaching Points

1. Angle the first touch in the direction of the next pass.
2. Move into position where you are unobstructed by the defender and can receive the ball.

**Width & Forward Runs**

Assumption: 12 players in group

**Purpose**

To develop spreading the play from side to side to create width in attack.

**Organization**

Set out a 50 x 40 yard area. Place 5 discs across the middle of the area 10 yards from each sideline. Play 5 v 5 with a goalkeeper at each end.

**Game Objective**

The ball is not allowed to travel through or over the discs. The object of the game is to get the ball wide in the near side of the field and attack the flanks of the attacking area. Although the ball must not travel over the discs, players may make runs over the discs.

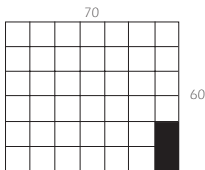
**Progressions**

1. Decrease the number and width of the discs in the area.
2. Players can pass the ball through the discs if they play a 1-2 combination to do so.

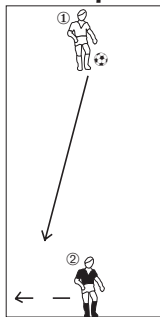
**Key Coaching Points**

1. Create space on the flanks by drawing defenders from the attacking space.
2. Diagonal runs, blind-side runs and overlapping runs should be encouraged to exploit space.
3. Supporting players must get forward in attack to meet the crosses to the prime scoring area.

## Instep/Swerve Pass



Assumption: 12 players in group



### Purpose

To develop first touch and driven pass.

### Organization

Set out a 10 x 20 yard area. Group in pairs, one player on each endline. One ball between the pair. Repeat in 5 other areas for a total of 12 players.

### Game Objective

Player ① passes the ball to the sides of player ②. Player ② must control the ball back to his original starting point with his controlling touch and play the ball back across the area. Repeat in opposite direction. Once the lateral movement has been established, player ② should advance towards the ball to receive it.

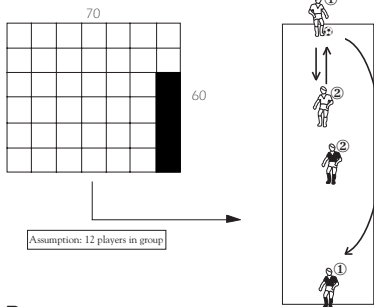
### Progressions

1. Condition to controlling with one foot and passing with the other.
2. Develop to chip pass and aerial control.
3. Develop to putting swerve on the pass.

### Key Coaching Points

1. Control the ball and make a new angle for the subsequent pass in one movement.
2. Move into the flight of the ball as early as possible.
3. Predict the flight of the ball in selecting your controlling surface.

## Lofted Passing



### Purpose

To develop striking the moving ball.

### Organization

Set out a 10 x 40 yard area. Two groups in pairs. One ball per group. Position two servers 5-10 yards from the players stationed on the endlines. Repeat in 2 other areas for a total of 12 players.

### Game Objective

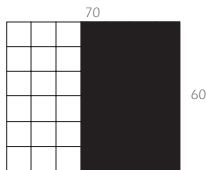
Player ① passes the ball along the ground to player ②, who plays the ball back to player ①. Player ① strikes the ball first time across the area over the heads of players ② and ②. Player ① repeats the practice with player ② in the opposite direction. Rotate positions. If the passing distance appears too great, bring the players closer together.

### Progressions

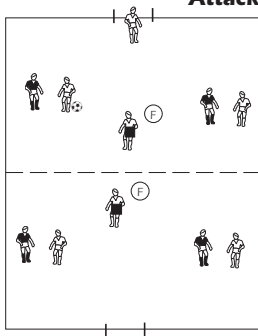
Play a game of "Piggy in the Middle." Score one point if the passer clears both the central players. Score one point against if the ball is intercepted.

### Key Coaching Points

1. Ensure correct striking techniques are used.
2. Assess the positioning of the non-kicking foot.
3. Keep the head steady throughout the kicking motion.



Assumption: 12 players in group



### Purpose

To develop movement off the ball in attacking areas.

### Organization

Set out a 60x40 yard area. Station two teams of five players and two floating players in the area as shown in the diagram, with goals at each end of the field.

### Game Objective

Both teams score 1 point for a regular goal, but can score a goal worth 2 points by combining with a floating player in the defensive half and executing a successful movement off the ball, such as an overlapping run or give and go. If they can do the same in the attacking half, the goal is worth 5 points. The first team to 10 points is the winner.

### Progressions

1. If a team can combine successfully with the floating players in both halves they win the game!
2. Every successful movement off the ball prior to the build up to goal adds an additional point.

### Key Coaching Points

1. Create space long and wide.
2. Look to combine with a floating player in the attacking half first. Remember your passing priorities!
3. Communicate effectively with your teammates.
4. Be creative and vary your movement.