



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U12 RECREATIONAL



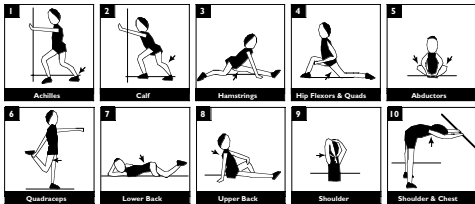
SESSION 1

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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.



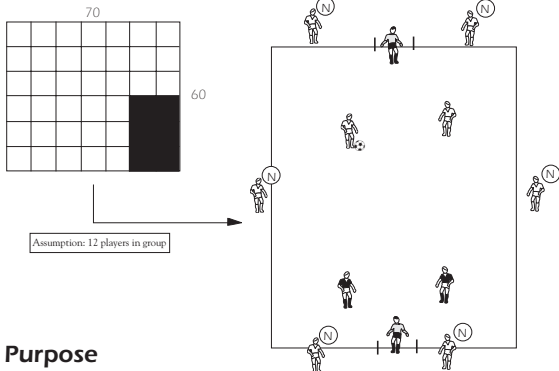
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SESSION 1 - Week 7

2 hour practices, 2 recommended practices per week

2 V 2 To Goals**Purpose**

To develop one touch finishing with a moving ball.

Organization

Set out a 30x20 yard area. Station two goalkeepers in the goals and organize the other players into pairs. Two pairs start in the area. One neutral pair starts either side of the top goal, one neutral pair starts either side of the bottom goal and the last neutral pair starts on the sidelines. Number each pair 1-6 and rotate goalkeepers as required.

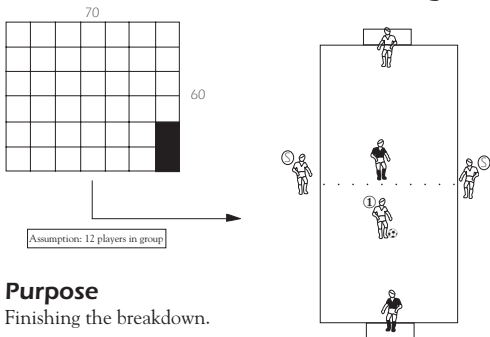
Game Objective

The two pairs compete to score in the opposite goal within a one-minute time limit. All of the perimeter players are neutral, and can only move along their line and have a two-touch restriction. They must also try to return the ball to the team that passed it to them last. The pairs competing in the middle can use any outside player at any time and the first team to score wins. Winners stay on for a maximum of two games.

Key Coaching Points

1. Observe the position of the goalkeeper before striking the ball.
2. Choose which technique to use based upon the speed and angle of the ball as it approaches.
3. Keep your head down and still upon contact.
4. Follow in for any rebounds.

Finishing The Breakaway



Assumption: 12 players in group

Purpose

Finishing the breakdown.

Organization

Set out a 10 x 20 yard area. Groups of six, play 1 v 1 with two support players and a keeper at each end of the field. Repeat in another area for a total of 12 players.

Game Objective

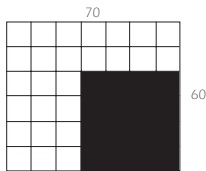
Player ① starts with the ball. His goal is to beat defender ① and get into the attacking half of the field where he can score a goal. He has the option to play a 1-2 combination with either of the support players who move up and down the side line. Repeat in the opposite direction.

Progressions

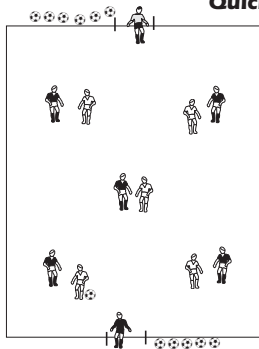
1. Allow the side line player to move up and down the line in support.
2. Move the support players to the opposite end lines. You now can dribble or pass to the support player at the end of the field to receive back and finish 1st time.

Key Coaching Points

1. Use the support players as a diversion. Take the defender on whenever possible as it is the most direct route to goal.
2. If goalkeeper stays, get as close as comfortable, then finish.
3. Support players are restricted to 1 touch only.
4. Make sure the return pass is in front of the attacker for a 1st time shot.



Assumption: 12 players in group



Purpose

To improve the attitude to scoring and finishing.

Organization

Set out a 40x40 yard area. Station two teams of six at opposite ends of the area. Keep a supply of soccer balls in both goals.

Game Objective

The game is played as a normal game, but both teams have a time limit of 20 seconds when in possession to shoot on goal. If they fail to do so, an indirect free kick is awarded to the opposition. A shot off target is worth 1 point, a shot on target is worth 2 points and a goal is worth three points. The first team to 20 points is the winner.

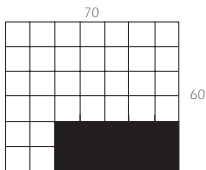
Progressions

1. Once a player has scored, a teammate must do so before the first player is allowed to do so again.
2. Reduce the time limit to 15 seconds.

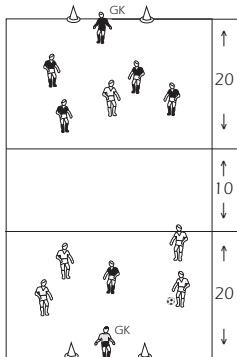
Key Coaching Points

1. 100% of shots you don't take don't go in!
2. Remember your checklist of priorities in this game. Shoot first, dribble to shoot second, pass third.
3. Look for accuracy over power and don't be afraid to miss.
4. Follow in for any rebounds.

Power Shot 1



Assumption: 12 players in group






Purpose

To develop shooting from a distance.

Organization

Set out a 20 x 50 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 4 v 1 in each large area, plus a goalkeeper.

Game Objective

The four  players combine to dribble the ball past the lone  defender into the midfield area then shoot on goal. The lone  attacker in the other area follows up on rebounds from the goalkeeper. Repeat in the opposite direction. Rotate positions.

Progressions

1. The lone defender can track the attacking player into the midfield area in an attempt to pressure the attacker or block the shot.
2. Change the ratio of attackers to defenders to 3 v 2.

Key Coaching Points

1. Encourage players to penetrate the midfield area as quickly as possible and to shoot in one continuous movement.
2. Composure is an important prerequisite to successful shooting.
3. Strike through the middle or top half of the ball.