



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U12 RECREATIONAL



### 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.



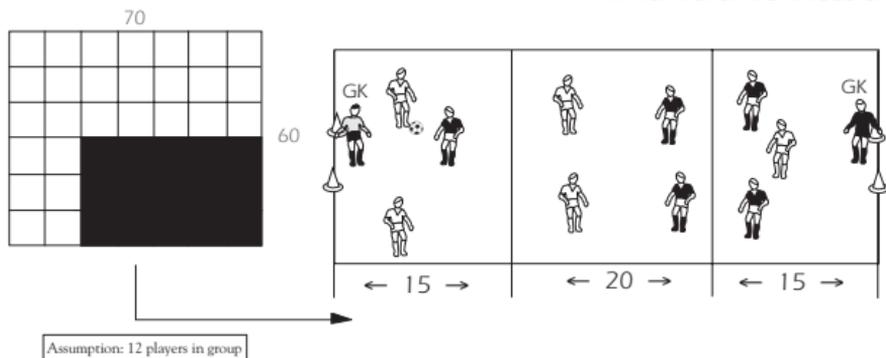
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## SESSION 2 - Week 4

2 hour practices, 2 recommended practices per week



## 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.

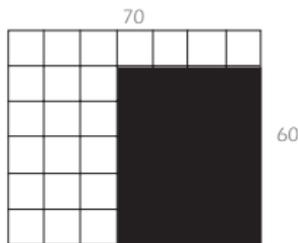
## Progressions

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.

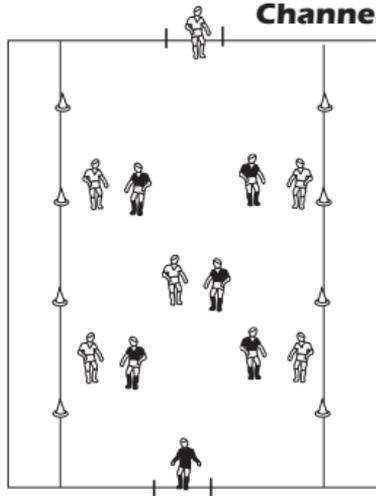
## Key Coaching Points

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.

## Channel Surfing



Assumption: 12 players in group



### Purpose

To develop movement off the ball in wide areas.

### Organization

Set out a 50x40 yard area with ten-yard channels on each sideline. Station two teams of six players at opposite ends of the area.

### Game Objective

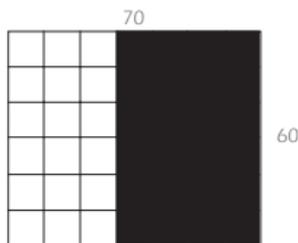
Both teams are attempting to score by creating and exploiting 2v1 situations. If a player dribbles the ball into either channel, a defender from the opposition may enter 10 yards in front, but cannot steal the ball. The attacking team has five seconds to support their player by making an overlapping run, blind side run or crossover run, or an indirect free kick is given to the opposition. If successful, play continues as normal until possession is lost. The attacker in possession does not have to pass to the supporting player for the movement to be classed as successful.

### Progressions

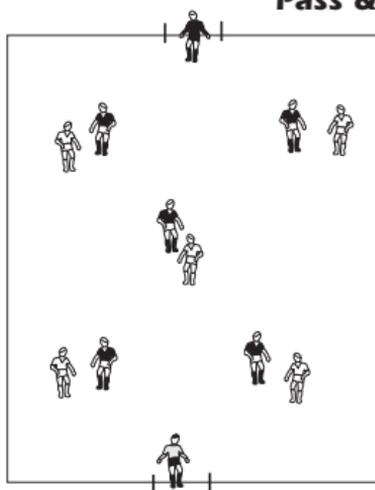
1. Defenders can defend normally.
2. Take away the channels.

### Key Coaching Points

1. Create space, long and wide.
2. As soon as the ball is taken into the channel, look to make a supporting run.
3. Remember that the movement is important as it distracts defenders, even if the 1st attacker retains possession.



Assumption: 12 players in group



## Purpose

To develop support play.

## Organization

Set out a 60x40 yard area. Station two teams of six players as shown in the diagram.

## Game Objective

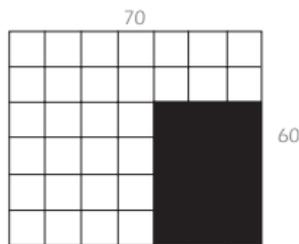
The dark team starts in possession and attempts to score in the usual way. When a player passes to a teammate, they may not receive a return pass from that player, or an indirect free kick is awarded to the opposition.

## Progressions

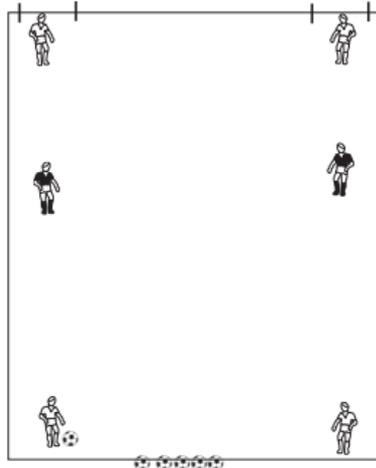
1. If a team can involve all outfield players in the build up to a goal it is worth 3 points.
2. Any pass to a supporting player that goes forward is worth 1 point.

## Key Coaching Points

1. If you are not passing the ball or receiving it, can you support the receiver?
2. As the ball travels, move into supporting positions quickly.
3. Communicate so your teammates know your position.
4. If you are not directly involved in the play, stay alert and think about how you can help.

**2 v 2 On Two Goals**

Assumption: 12 players in group



## Purpose

To develop movement off the ball in attack.

## Organization

Set out a 40x30 yard area. Organize the players into pairs. Station two goalkeepers in full size goals and two defenders inside the area as shown in the diagram. The attackers start at the bottom of the area with a supply of soccer balls.

## Game Objective

One of the attacking players starts with the ball and combines with the other attacker to beat the defenders and attempt to score in either goal. Attackers score 1 point for a goal, defenders 1 point for winning possession and goalkeepers 1 point for a save. After each attempt, the players rotate with the attacking pair becoming defenders, defenders becoming goalkeepers and goalkeepers becoming attackers.

## Progressions

1. Keep score for each pair with the first to 10 points the winner.

## Key Coaching Points

1. Be positive and run at defenders.
2. Support your partner by overlapping, taking give and go opportunities and making blind side runs.
3. Remember your SAT's! The shape, angle and timing of your runs.