



# 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

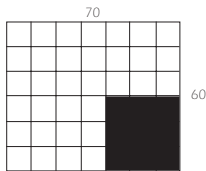
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



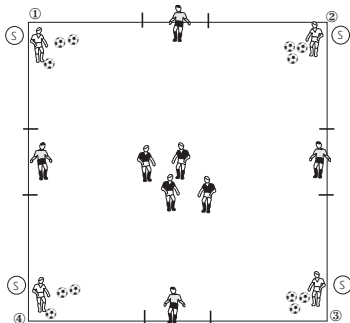
## **SESSION 2 - Week 7**

2 hour practices, 2 recommended practices per week

## Columbus Crew's Corners



Assumption: 12 players in group



### Purpose

To improve first time shooting.

### Organization

Set out a 30x30 yard area. Station four full size goals around the outside of the box with goalkeepers. Divide the remaining players into two groups of four, with one group located in the four corners of the area as servers with a supply of soccer balls and the other group in the center of the area. The corners are numbered 1-4.

### Game Objective

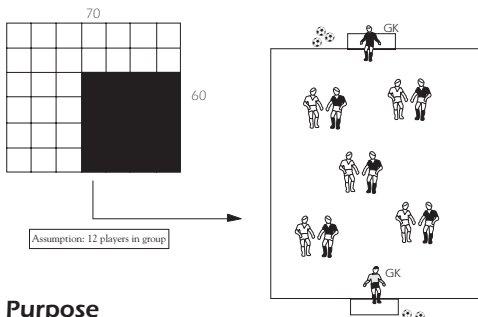
The four players in the area are competing to score as many goals as possible in two minutes. The coach calls out a number and a server in that corner plays a ball anywhere inside the area. The first player to shoot on goal scores 1 point and a goal is worth 2 points. Rotate the servers into the practice every two minutes.

### Progressions

1. First time shots are worth 3 points.

### Key Coaching Points

1. React quickly to the delivery.
2. Be first to the ball and look for a first time shot.
3. If a first time shot isn't on, take one touch and shoot.
4. Concentrate on the appropriate finishing technique.
5. If in doubt, shoot.



Assumption: 12 players in group

## Purpose

To reinforce shooting attitude.

## Organization

Set out a 40 x 40 yard area. Play 5 v 5 in the field of play with goalkeepers at each end. Goalkeepers should have a supply of balls. Only goalkeepers can roll the ball into play.

## Game Objective

The object of the game is to shoot on goal at any opportunity. The coach should stop the game after 5 minutes and tell the team how many shooting opportunities they had, how many shots they took, how many were on target, how many were off target, how many goals were scored, and the location of each goal.

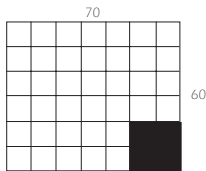
## Progressions

Play again for 5 minutes and see if there is any difference in outcomes.

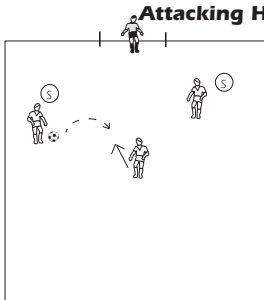
## Key Coaching Points

1. If possible, select shot over dribble or pass.
2. Look for secondary opportunities.
3. Look to aim for the far post and hit the target.
4. For power shots, follow through and land on your striking foot.
5. Keep the ball low and away from the goalkeeper.

### Attacking Headers



Assumption: 12 players in group



### Purpose

To improve the technique of attacking headers.

### Organization

Set out a 30x30 yard area. Divide the players into groups of four. Station two servers, a goalkeeper in a full size goal and an attacker as shown in the diagram. Repeat in two other areas for a total of 12 players.

### Game Objective

The servers take it in turns to play the ball into the prime target area (PTA) by throwing the ball using the standard throw-in technique. The attacker receives 1 point by scoring past the goalkeeper with a header.

### Progressions

1. The servers can play the ball into the PTA by crossing it.
2. The server not in play stands in the area as a passive defender.

### Key Coaching Points

1. Adopt an open body position so you can see both the server and the goal as the ball travels towards you.
2. Observe the position of the goalkeeper and place the ball accordingly.
3. Look to head the ball firmly down and away from the goalkeeper.
4. If the ball is moving quickly, either glance it across the goalkeeper or cushion it back in the direction it came from.