



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U14** RECREATIONAL



### SESSION 1

NASC, Inc.

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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

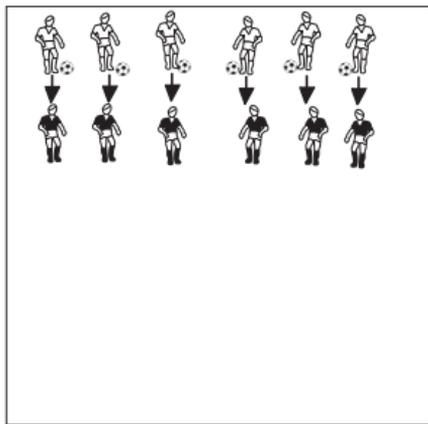
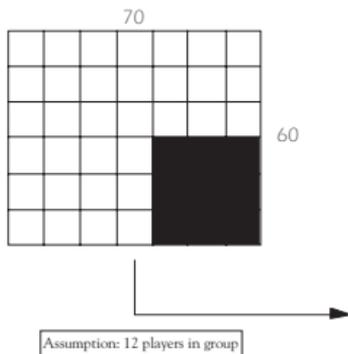
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



## **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

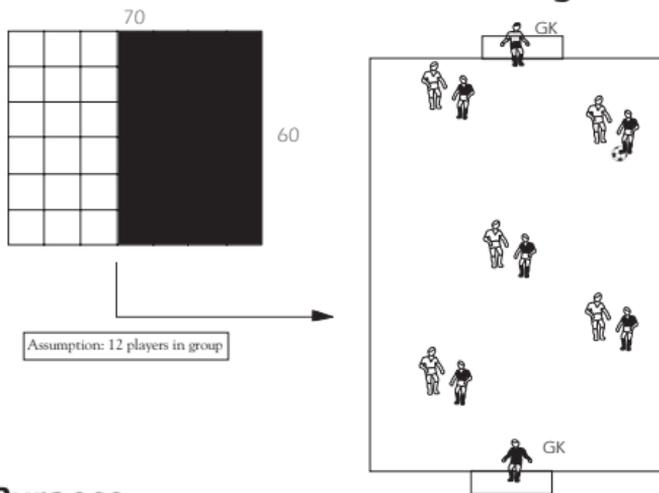
The  player passes the ball over a 5 yard distance to his  partner who is facing him. The  player stops the ball with the sole of his foot and runs backwards. The  player follows the ball and repeats the practice. Across the field and back.

### 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

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

**Big Match Atmosphere****Purpose**

To highlight how a game is played at the top level.

**Organization**

Set out a 40 x 60 yard area. Play 5 v 5 + a goalkeeper.

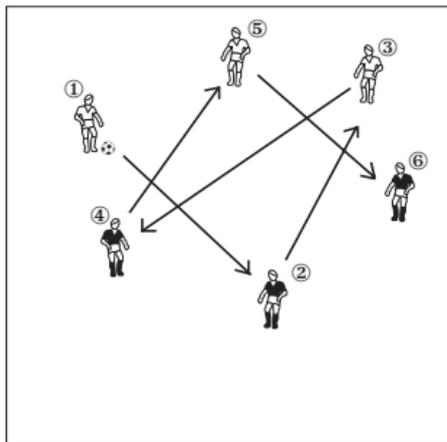
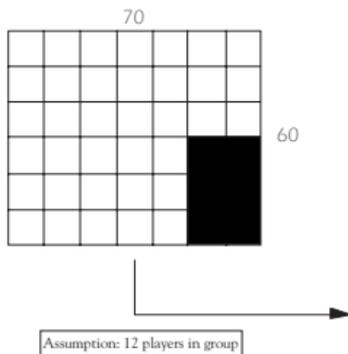
**Game Objective**

This activity is designed to mimic the sequence of play exhibited during a professional soccer match. For example, the start of a game is typically hectic until players get a sense for their opponent and play slows to a normal pace. The end of the game is typically intense as teams push to score. Follow the progressions below to reenact this scenario.

**Progressions**

1. Play only 1 touch (1st 10 minutes of a game is rushed).
2. 2 touch play (now game settles down).
3. Free play.
4. When player receives the ball, defensive pressure is put on immediately. (as final part of the game is high pressure). If pressure is not put on, then a free kick is awarded. (Put balls around the field so no rest when ball goes out of play).

## 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 a total of 12 players.

### Game Objective

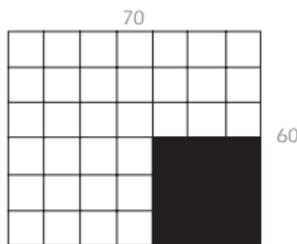
Player ① is in possession of the ball. All players are jogging around the area. Player ② calls for the ball. Player ① turns to face player ② and passes the ball to him. Player ② dribbles off with the ball until player ③ calls for the ball. Repeat practice through player ⑥. Player ⑥ passes to player ①.

### Progressions

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

### Key Coaching Points

- Select the controlling surface.
- Receive the ball on your back foot so you can open up the field.
- After receiving the ball, run with it across the front of another player.
- 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 30 x 30 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 off to the side and turn to play the ball to a different player on the outside of the circle. The player moves to a new server. Rotate positions.

### Progressions

Play the ball to the person on the opposite side of the circle to the server thus accentuating the turn. Vary the type of pass used by making the area bigger.

### Key Coaching Points

1. Establish a balanced position before making contact with the ball.
2. Make eye contact before you pass to an outfield player.
3. Turn sharply and move away quickly.
4. Your pass should always be to the outside player.
5. Do not approach the server in a straight line—approach at an angle.