



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

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



### SESSION 1

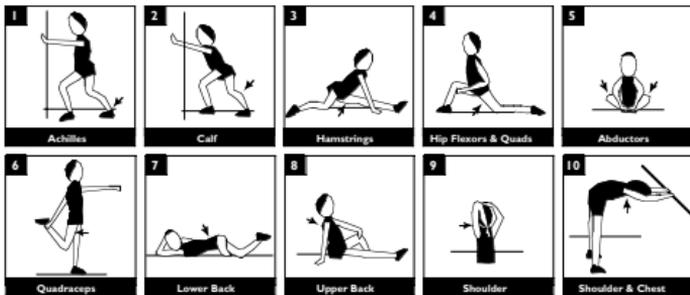
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SoccerMadeSimple.com  
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# STANDARD STRETCHING INTRODUCTION

## 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.



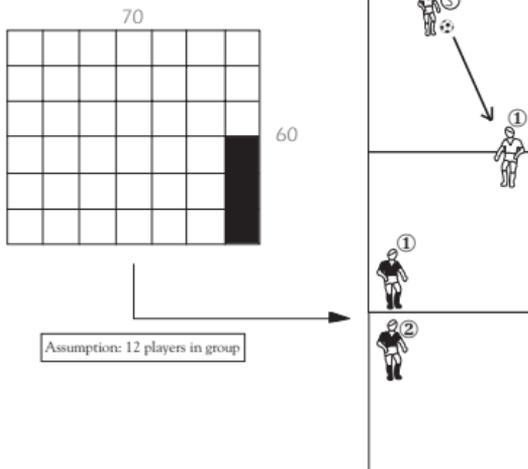
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## SESSION 1 - Week 8

2 hour practices, 2 recommended practices per week



### Purpose

To develop the role of the covering defender.

### Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

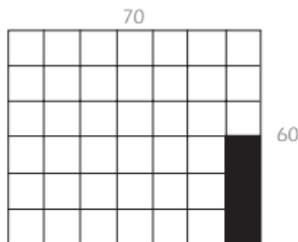
### Game Objective

Server (S) plays the ball to player (1). Defender (1) closes down the space to player (1) while the covering defender (2) positions himself on the inside and within 10 yards of the primary defender. The covering defender communicates information to the challenging defender and becomes the challenging defender if the initial defender is beaten.

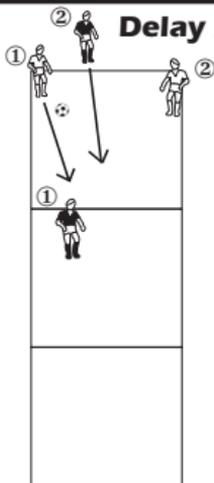
### Key Coaching Points

1. The challenging player should force the opponent down the touchline blocking the opponent's route inside.
2. The covering defender should be at the correct angle and distance from the primary defender.
3. The covering defender should communicate with the first defender when and where to challenge for the ball.

## Delay And Recover



Assumption: 12 players in group



### Purpose

To develop pressing cover in a 2 v 2 situation.

### Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

### Game Objective

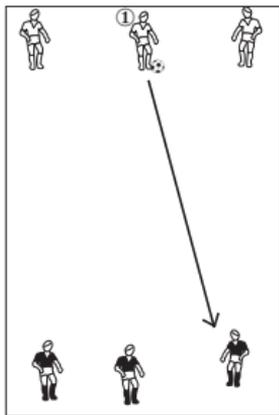
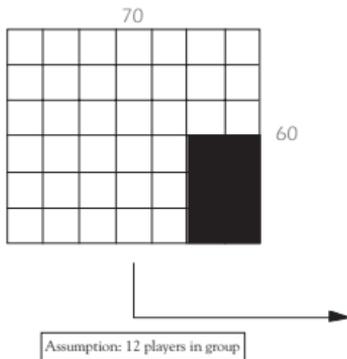
Player ① starts with the ball. The ② team must combine their efforts to advance the ball to the opposing endline. Defender ① must pressure the ball and delay the attackers until ② gets back into position to help and offer support. Player ② cannot enter the field until the ball crosses the 1st 10 yard line.

### Progressions

Encourage attackers to make crossover, diagonal, blind-side runs etc...to create man to man and zone marking instances which can be illustrated.

### Key Coaching Points

1. As ② recovers, can they try to get a foot on the ball.
2. The recovery run must be quick and take the shortest route.
3. ② must be careful not to make too deep a recovery run.
4. ①'s primary role is to delay the attacker until ② can support.
5. Defender ②'s primary responsibility must be to mark the second attacker. Cover can best be given by forcing the play across the field from where both defenders are goal side and maintain full vision of the field.



## Purpose

To improve cover and changing roles.

## Organization

Set out a 20 x 30 yard area. Groups of 6, play 3 v 3 within the confines of the area. Repeat in another area for a total of 12 players.

## Game Objective

Player ① passes the ball to any of the players on the team. The team defends the endline on the top of the diagram. A goal is scored against the defending team when the opposition advances the ball to the endline and stops the ball with the sole of the foot.

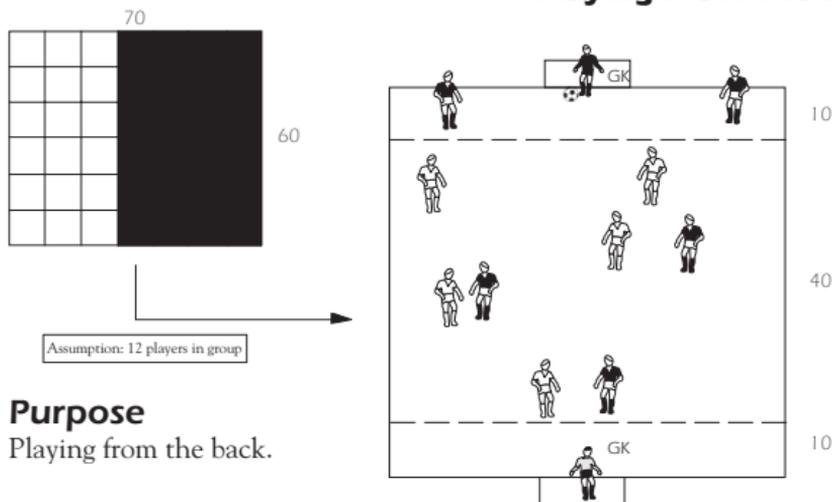
## Progressions

The players can switch markers when an attacker makes a run into another defenders space.

## Key Coaching Points

1. Defenders should shadow their attacking counterparts.
2. The closest person to the ball must close down the space to the ball and pressure.
3. Defenders should channel attackers across the field and away from the endline.
4. As the ball moves so do defenders in terms of balance & support.
5. Pressure and delay until you have #'s to defend with.
6. Cover ground as ball travels.
7. Don't get beaten by the attackers 1st touch.

## Playing From The Back



Assumption: 12 players in group

### Purpose

Playing from the back.

### Organization

Set out a 40 x 60 yard area with a 10 yard zone at opposite end lines. Play 5 v 5 +1 goalkeeper at each end. Only defending players and goalkeepers are allowed in the end zones. The game is started by the coach playing the ball into an end zone.

### Game Objective

The object of the game is for the team to score with a shot on the opposite goal. A defensive player receives the ball from the goalkeeper at the top of the diagram. The defenders must attempt to pass the ball around the area until an opportunity arises to play the ball forward to the lone striker. Defenders and midfield players must then push forward toward the opposing goal line in support of the attack. Defenders and midfield players should retain possession until they are able to play the ball forward without fear of losing possession.

### Progressions

Take away end zone areas.

### Key Coaching Points

1. Play *from* the back not *at* the back.
2. Pass to midfield players with a call of hold or turn.
3. Play to midfield player then support at an angle.
4. Play backwards to go forwards whenever necessary.