



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U14** 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

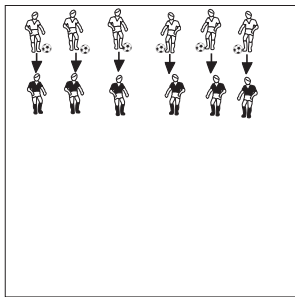
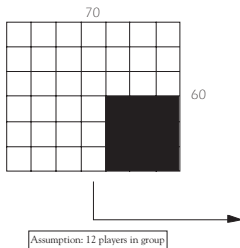
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



## **SESSION 2 - Week 2**

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

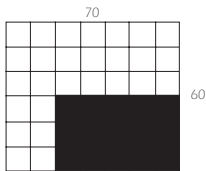
The  player passes the ball over a 5 yard distance to his  partner who is facing him. The  player stops the ball with the sole of his foot and runs backwards. The  player follows the ball and repeats the practice. Across the field and back.

### Progressions

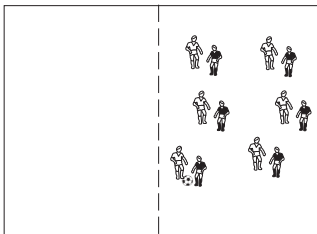
1. The above is repeated with underhand serves from the hands to the inside of the foot volley.
2. Same as above for the head.
3. Player must control then pass off with foot without the ball touching the ground.
4. After heading the ball, you must run forward around your partner, then run backwards to 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.

**Creating Space In A Team**

Assumption: 12 players in group

**Purpose**

To develop possession, position and penetration in a pressurized environment.

**Organization**

Set out a 50 x 30 yard area. The field is divided by a 1/2 way line. Play 6 v 6.

**Game Objective**

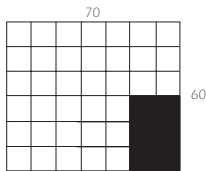
The team in possession of the ball must attempt to make 3 passes before playing the ball into the other 1/2 of the area. A teammate must run onto the ball and control it in the far area to score a point. Players should make straight and angled runs as if attempting to beat an offside trap. Once a player receives the ball in the other 1/2, all players move to this area. Repeat in the opposite direction. First team to get 5 points, wins.

**Progressions**

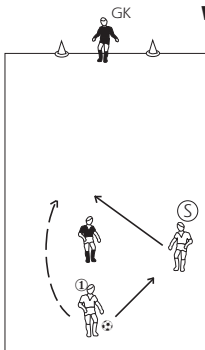
1. Team without possession plays 5 v 6 with a defender in the other area so now quality of pass and run must be better.
2. Player who passes cannot receive the ball back. Therefore, pass and then clear the space.

**Key Coaching Points**

1. Assess the type of pass—straight, angled, on floor, in air?
2. Speed of thought and movement.
3. Need to play 1 or 2 touch to create space.
4. Keep possession until teams can penetrate.



Assumption: 12 players in group



### Purpose

To develop the 1-2 combination.

### Organization

Set out a 20 x 30 yard area. Groups of 4, one attacker, one defender, one support player and one goalkeeper. One ball per practice. Repeat in 2 other areas for a total of 12 players.

### Game Objective

Player ① dribbles towards the defender. When the defender is 4-5 yards from the ball, player ① passes the ball to the support ⑤ player. Player ① accelerates into the space behind the defender to receive a return pass. Finish with a first time shot on goal. Rotate positions.

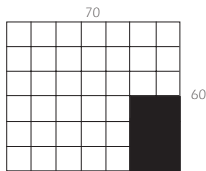
### Progressions

If the defender blocks the path to the support player, ① has the option to take the ball directly to goal.

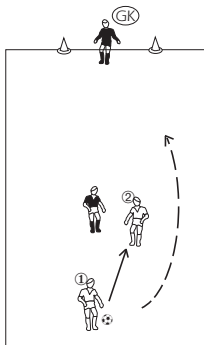
### Key Coaching Points

1. The ball should be played by the support player into the space in front of player ① and at the correct pace to enable player ① to accelerate to the ball.
2. Player ① should draw the defender before passing to the support player.
3. Quick pass to support player—soft touch into space.
4. Support player should be side on to make the forward pass.

## Overlapping Run



Assumption: 12 players in group



### Purpose

To develop the overlapping run.

### Organization

Set out a 20 x 30 yard area. Groups of 4, one attacker, one defender, one support player and one goalkeeper. One ball per practice. Repeat in 2 other areas for a total of 12 players.

### Game Objective

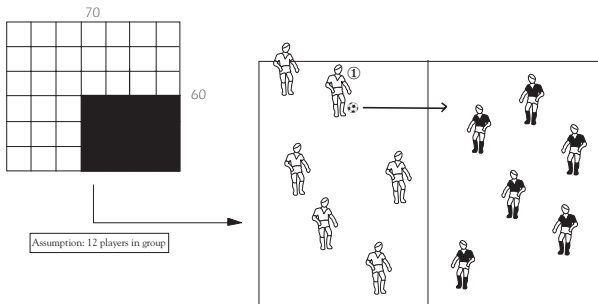
Player ① passes the ball to player ②, who is checking back to the ball with his back to the goal. Player ② holds the ball, shielding it from the defender, to allow player ① to make an overlapping run up the touchline. Player ② has the option to turn on the defender and dribble past him or to pass to player ① as he overlaps the play. Rotate positions.

### Progressions

If the defender blocks the path of the overlapping run, player ② can use player ① as a decoy in order to dribble the ball inside to the goal.

### Key Coaching Points

1. The overlapping runner must call for the ball to distract the defender.
2. The receiver must be able to shield the ball from the defender and turn in order to face the direction of play.
3. The player making the run must continue on past the ball – often players slow down or stop once they get in a position level with the ball.



### Purpose

To develop transition play.

### Organization

Set out a 30 x 40 yard area in two 20 x 30 yard grids. Station six players in each grid. One ball per practice.

### Game Objective

The team has possession of the ball. Player ① passes the ball into the opposing area. The team sends three players into the opposing area to defend. A goal is scored when the team makes 5 consecutive passes without an interception. Repeat in the opposite direction.

### Progressions

1. Increase the number of defenders to four.
2. Make the area smaller.

### Key Coaching Point

1. The team in possession should be very mobile, making runs off the ball to create space for the ball carrier.
2. Players off the ball should be accessible to the ball carrier at all times.
3. When you win the ball, turn and get it to your team immediately.