



# 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.



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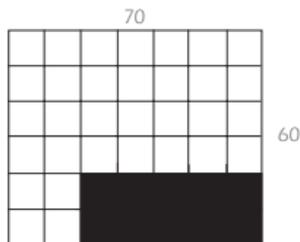
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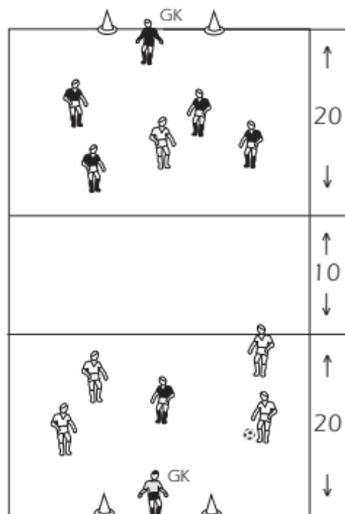
## **SESSION 2 - Week 4**

2 hour practices, 2 recommended practices per week

## Power Shot 1



Assumption: 12 players in group



### Purpose

To develop shooting from a distance.

### Organization

Set out a 20 x 50 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 4 v 1 in each large area, plus a goalkeeper.

### Game Objective

The four  players combine to dribble the ball past the lone  defender into the midfield area then shoot on goal. The lone  attacker in the other area follows up on rebounds from the goalkeeper. Repeat in the opposite direction. Rotate positions.

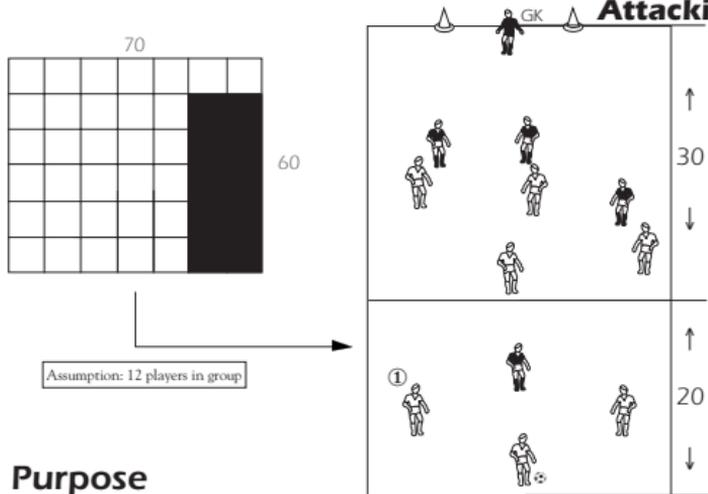
### Progressions

1. The lone defender can track the attacking player into the midfield area in an attempt to pressure the attacker or block the shot.
2. Change the ratio of attackers to defenders to 3 v 2.

### Key Coaching Points

1. Encourage players to penetrate the midfield area as quickly as possible and to shoot in one continuous movement.
2. Composure is an important prerequisite to successful shooting.
3. Strike through the middle or top half of the ball.

## Attacking Build Up



### Purpose

To develop transition from the midfield into the final 1/3.

### Organization

Set out a 20 x 50 yard area. Set out two grids within the area according to the dimensions shown in the above diagram. Play 3 v 1 in the smaller area and 4 v 3 with a goalkeeper in the larger area.

### Game Objective

Player ① starts with the ball. The three ⚭ midfield players in the bottom area combine to play the ball into the attacking grid. The ⚭ player receiving the ball must turn his defender and get a shot on goal. The ⚭ defender must attempt to intercept the ball or block the shot on goal. Rotate positions.

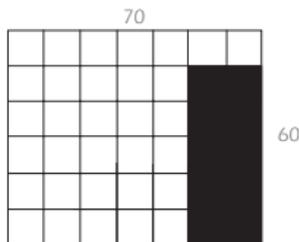
### Progressions

1. Play 3 v 2 in the smaller area and 3 v 3 in the larger area.
2. Take the midline away, play 6 v 5 in the entire 20 x 50 yard area.

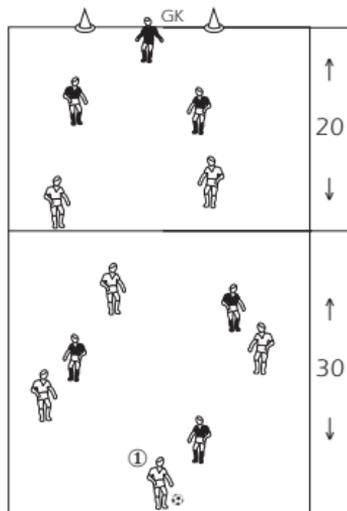
### Key Coaching Points

1. Midfield players should hold onto the ball until an attacker has checked away from the defender and has created space to receive the ball.
2. Attackers should create a shooting opportunity with their first touch.
3. Encourage players to shoot at every opportunity.

## Striker's Space



Assumption: 12 players in group



### Purpose

To develop transition and support from the midfield.

### Organization

Set out a 20 x 50 yard area. Set out two grids within the area according to the dimensions shown in the above diagram. Play 4 v 3 in the larger area and play 2 v 2 with a goalkeeper in the smaller (attacking) area.

### Game Objective

Player ① starts with the ball. The four players in the larger area combine to pass the ball into the attacking area. The player who passes the ball into the area follows the ball into the attacking zone to make a 3 v 2 situation. Finish with a shot on goal. Rotate positions.

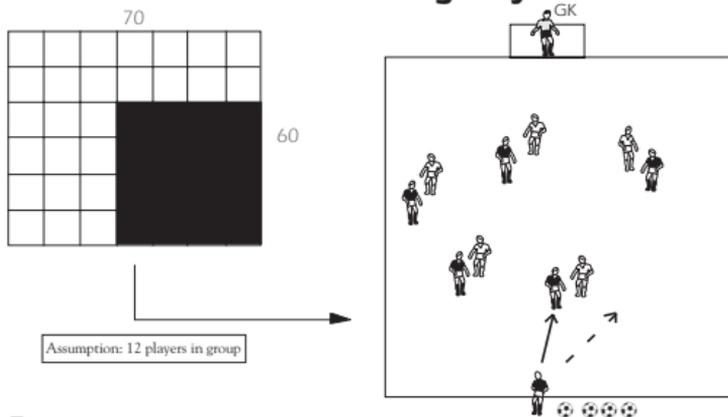
### Progressions

Play 6 v 5 in an open 30 x 50 yard field.

### Key Coaching Points

1. The supporting player should move into a position at an angle and distance away from the receiver.
2. Shoot on goal at the earliest opportunity.
3. Encourage players when they shoot and miss. *Shooting* is an attitude that must be encouraged and fostered.

## Attacking Play From Central Positions



Assumption: 12 players in group

## Purpose

To develop attacking play through a functional practice format.

## Organization

Set out a 40 x 40 yard area. Play 6 v 5 + 1 goalkeeper.

## Game Objective

The 6  players combine to develop the play towards the goal at the top of the area. The player serving the ball into the area is a supporting attacker whose role is to break up the covering position of the defenders by dragging one of the defenders out of their supportive position. When the play breaks down, start again from the server at the 40 yard line.

## Progressions

The server now becomes a recovering defender to increase urgency.

## Key Coaching Points

1. Pass the ball past defenders.
2. Players should run into space beyond players.
3. Players should dribble past other players.
4. Players should shoot when defenders back away.
5. The coach should encourage improvisation and creative play.
6. Take risks in the final 1/3 of the field.
7. Switch the play to the side where there are less defenders.