



# 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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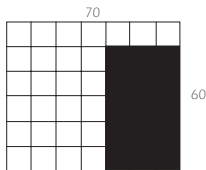
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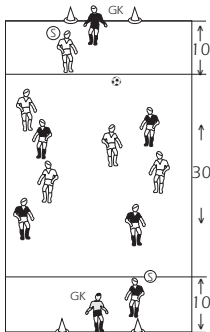
## SESSION 2 - Week 9

2 hour practices, 2 recommended practices per week

## Sweeper Game



Assumption: 12 players in group



### Purpose

To improve man to man marking and depth in defense.

### Organization

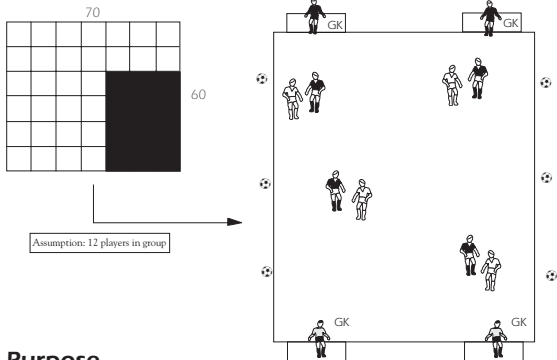
Set out a 30 x 50 yard area in 3 grids as shown in the diagram. Play 4 v 4 in the central area. Play 1 goalkeeper and 1 sweeper in each of the end zone areas.

### Game Objective

Each player is assigned a man marker on the opposition. Players can only challenge the player they are assigned to man mark. The defending team must prevent the opposition from getting a shot on goal. Only the marking player and the sweeper (S) can challenge the shot. The sweeper can challenge any player.

### Key Coaching Points

1. Get as many defenders back goal side of the ball.
2. When the players are isolated 1-on-1, the defender should retreat, maintaining space between himself and the attacker before advancing to challenge for the ball.
3. Can the sweeper "step up" and intercept or win the ball.

**Defensive Pressure****Purpose**

To develop the need to pressure the ball in defense.

**Organization**

Set out a 30 x 40 with 2 goals at each end of the field. Play 4 v 4 in the middle area with goalkeepers stationed in each of the goals. Balls are placed around the field so that as soon as a ball goes out, the closest ball is played in.

**Game Objective**

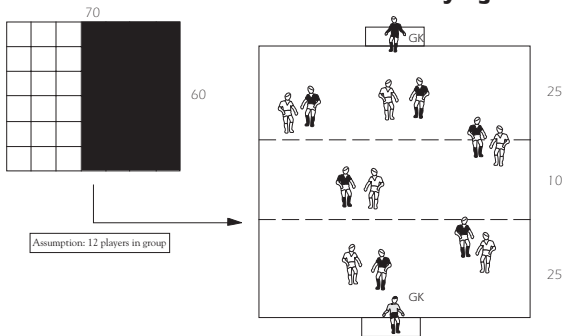
As soon as a player receives the ball from a goalkeeper or an outfield teammate, he should attempt a shot on goal. The defending team must attempt to pressure the ball carrier and closely mark all other attacking players.

**Progressions**

Play 5 v 5 with 1 regular goal on each end line in a 30 x 50 yard area.

**Key Coaching Points**

1. Make early decisions. The player nearest to the player with the ball must challenge.
2. Do not get beaten by an attacker's 1st touch.
3. Get there early, then establish your position.
4. Clear communication between defenders is key.

**Delaying The Attack****Purpose**

To develop awareness of the need to delay and pressure when defending.

**Organization**

Set out a 40 x 60 yard area divided into 1/3's as shown in the diagram. Play 5 v 5 + goalkeepers.

**Game Objective**

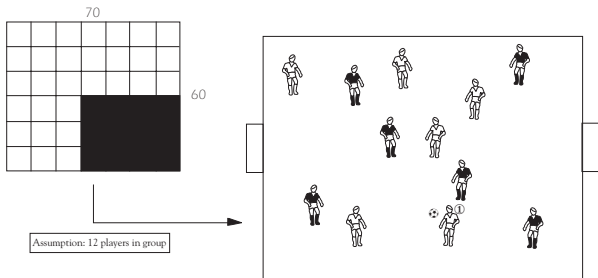
The object of the game is to score in the opposing goal. When the ball is played into the middle area, defensive players are not allowed to tackle the team in possession—they can only delay or block their path, forcing them away from goal towards the touch line.

**Progressions**

Now divide the playing area in 1/2—defensive players are not allowed to tackle the team in possession in the area furthest from the goal line.

**Key Coaching Points**

1. Fake the tackle—make them play before they are ready.
2. Pressure the ball and delay forward movement.
3. Don't jump in!
4. Take a good defensive stance.

**Throw/Head/Catch****Purpose**

To develop defensive and offensive heading in a conditioned 6 v 6 game.

**Organization**

Set out a 40 x 30 yard area. Play 6 v 6 in the confines of the area. Make a goal at each end of the area.

**Game Objective**

Player ① throws the ball to a teammate who must head the ball to another teammate, who in turn must catch the ball. The correct sequence is throw, head, catch. Receiving players are only allowed two steps after catching the ball. Opponents may intercept the ball in the correct sequence; e.g., if ① throws the ball, ② must head the ball to another ③ player to intercept. To score you must head the ball into the goal.

**Key Coaching Points**

1. Focus on height, width and distance of headers.
2. Anticipate the placement of your header before the ball comes to you – read the game.
3. Keep your eye on the ball at all times.
4. Attack the ball at its highest point.