



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U16** COMPETITIVE



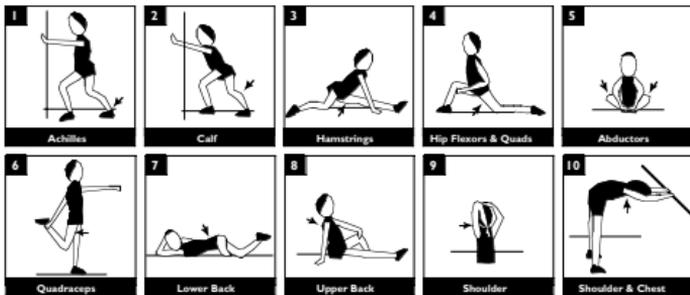
### SESSION 1

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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

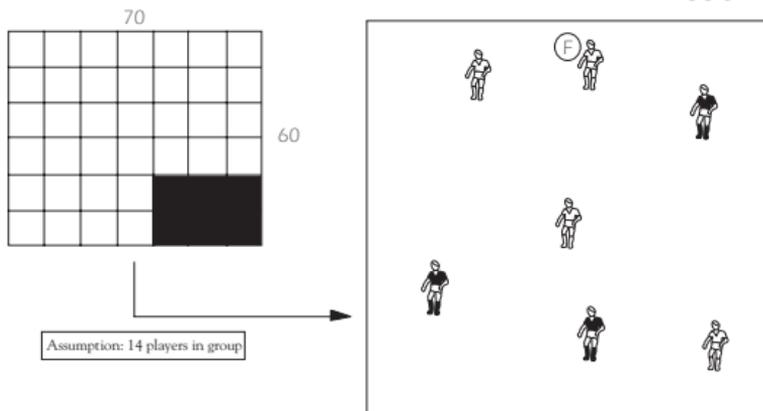
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



## **SESSION 1 - Week 5**

2 hour practices, 2 recommended practices per week

## Float Your Boat



Assumption: 14 players in group

### Purpose

To improve movement off the ball in a numbers up situation.

### Organization

Set out a 30x20 area. Station two teams of three inside the area with a floating player. Repeat in another area for a total of 14 players.

### Game Objective

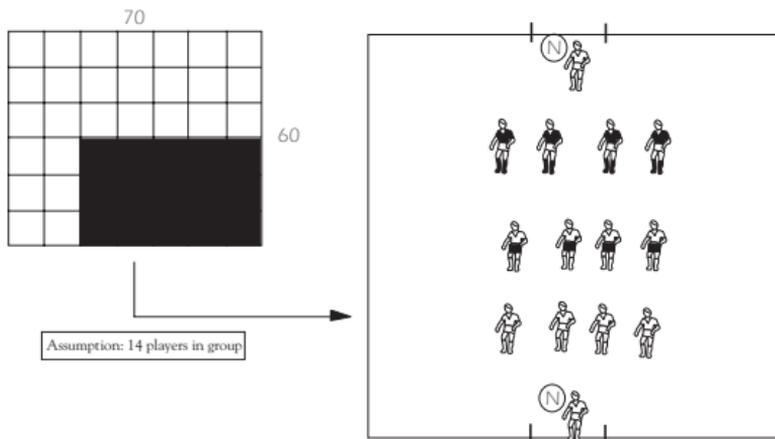
The object of the game is to keep possession for as long as possible using the floating player as an extra team member. Every ten consecutive passes score one point for the team in possession, but points can also be scored for playing a give and go (1 point), a pass to a blind side run or overlap (1 point) or a pass that splits defenders (1 point). The first team to reach ten points is the winner.

### Progressions

1. Players cannot return the ball immediately to the teammate who just passed it to them.

### Key Coaching Points

1. Use your first touch to create an angle to pass or to protect the ball.
2. If you are under pressure, try to play the way you are facing.
3. Look to move the ball into space away from the opposition quickly.
4. Move into supporting positions at speed.



## Purpose

To develop swift transitional play.

## Organization

Set out a 50x30 area. Station three teams of four inside the area as shown in the diagram above, with two goalkeepers positioned in the goals.

## Game Objective

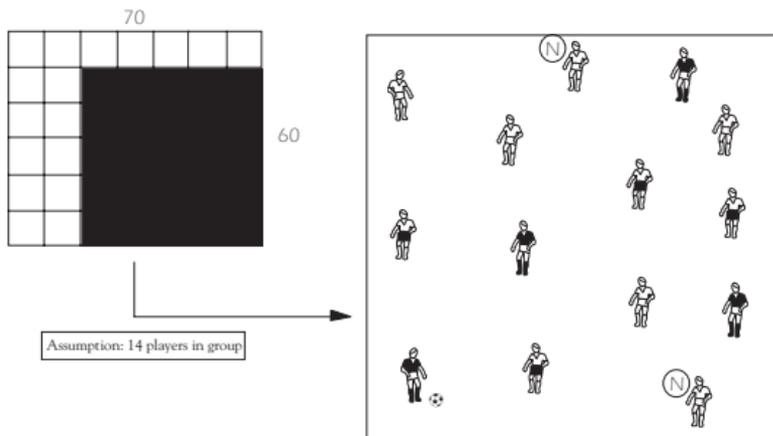
Team 1 in the middle starts with the ball and attacks the top goal. Whether they lose possession or score. The team 2 then attacks team 3 at the bottom goal, with team 1 remaining at the top. The game continues in this manner and the first team to score five goals is the winner.

## Progressions

1. Teams have a 20 second time limit to score.
2. Players are restricted to two touches.

## Key Coaching Points

1. One possession is regained, look to get forward as quickly as possible.
2. Run with the ball if you have space, pass or shoot if you don't.
3. Look to create numbers up situations whenever possible in attack.



## Purpose

To develop possession play.

## Organization

Set out a 50x50 area. Station three teams of four and two neutral players anywhere inside the area. The teams wear different colors and the neutral players hold cones so they are identified easily.

## Game Objective

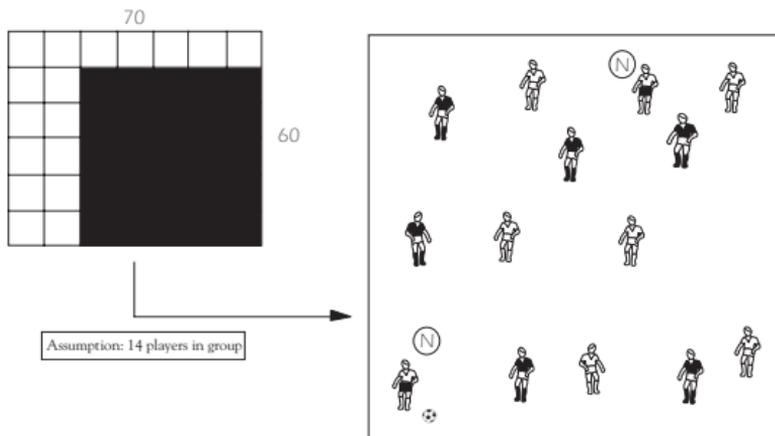
The object of the game is to keep possession for as long as possible. Two of the three teams combine to keep the ball away from the third team and can use the two neutral players, who have a one-touch limit. When the defending team regains possession, the team that lost possession becomes the defending team.

## Progressions

1. All players have a two-touch restriction except for the neutral players.
2. The neutral players become extra defenders at the command of the coach.

## Key Coaching Points

1. React quickly to changes in possession by either covering opponents or spreading the field long and wide as appropriate.
2. Communicate with teammates at all times whether attacking or defending.
3. Look to switch the ball around the area at speed to spread the defensive players.



## Purpose

To improve possession play using key players.

## Organization

Set out a 50x50 area. Station two teams of six and two neutral players anywhere inside the area.

## Game Objective

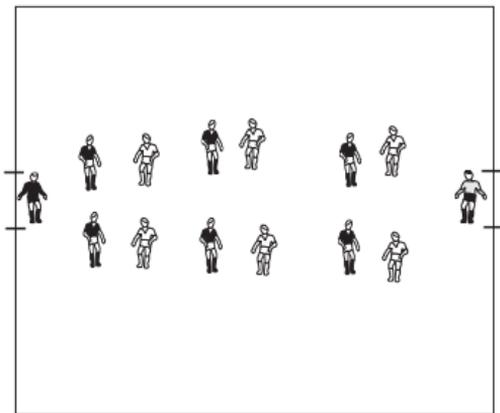
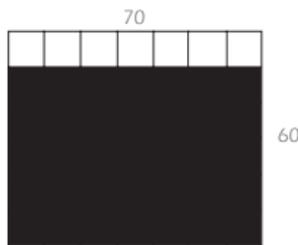
The object of the game is to keep possession for ten passes, starting and finishing with a neutral player. These players cannot have the ball stolen from them and they cannot be marked, although players can intercept passes traveling to them. Once ten passes are made the team in possession looks to find a neutral player in order to score a point. The first team to make five points is the winner.

## Progressions

1. The possession must start with one neutral player and finish with another.
2. Players are allowed to mark and steal from the neutral players.
3. Nominate two players from each team for a one-touch limit.

## Key Coaching Points

1. Once possession is gained, look to link with a neutral player quickly.
2. Shift the ball around the area at speed and use good movement off the ball.
3. Try to create 2v1 situations as often as possible.
4. Play the way you are facing if under pressure.



## Purpose

To identify and develop passing priorities in attack.

## Organization

Set out a 70 x 50 area. Split the players into two teams of seven, each team playing a 2-2-2 formation plus keepers.

## Game Objective

The objective is to develop passing priorities when attacking within a small sided game. Every time a player passes the ball beyond the opposition defense and an attacker gains possession successfully, 3 points are awarded. If a player passes the ball to the feet of the most advanced striker who can control the ball successfully, 2 points are awarded. Any pass beyond more than one defender that is successfully controlled scores 1 point. The first team to reach twenty points is the winner.

## Progressions

1. Any time that one of the passes results in a goal, the score is doubled.

## Key Coaching Points

1. Think and act quickly in possession.
2. Can you play the ball forward?
3. Go through the list of passing priorities. 1. Beyond the defense. 2. To the feet of the furthest striker. 3. Beyond one or more defenders. 4. A diagonal pass forward. 5. A pass backward to retain possession.