



# 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.



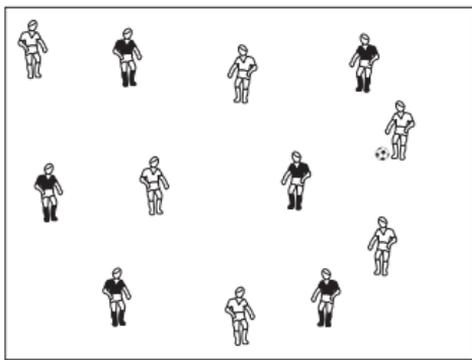
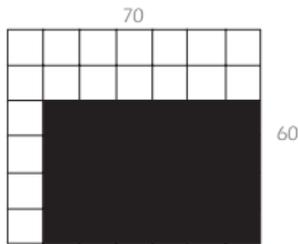
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## SESSION 1 - Week 6

2 hour practices, 2 recommended practices per week

**Long Passing In A Game****Purpose**

To develop aerial passing in a small sided game.

**Organization**

Set out a 60 x 40 yard area. Play 6 v 6. 1 ball per practice.

**Game Objective**

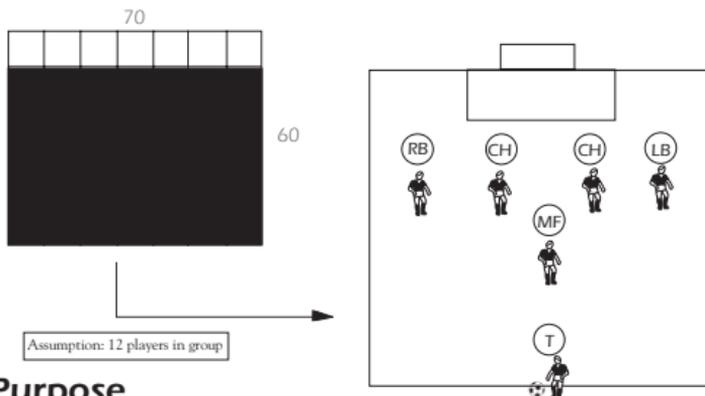
The  team is in possession of the ball. A goal is scored when a team completes three successful long passes over a distance greater than 15 yards without losing possession of the ball. The player passing the ball is not allowed to receive it back. Players should pass and move so someone can exploit their space.

**Progressions**

1. Both short passes and long passes can be exchanged.
2. Play in the order short pass-long pass-short pass. This will help sow the seeds of support play.

**Key Coaching Points**

1. Players should begin to move off the ball to offer a passing option.
2. Use both lofted drives and chips over different distances.
3. The best pass is one that goes forward, takes out the most defenders and retains possession.



## Purpose

To develop midfield play in support of the defense.

## Organization

Set out a 70 x 50 yard area. 2 groups of 6, rotating in and out of the practice.

## Game Objective

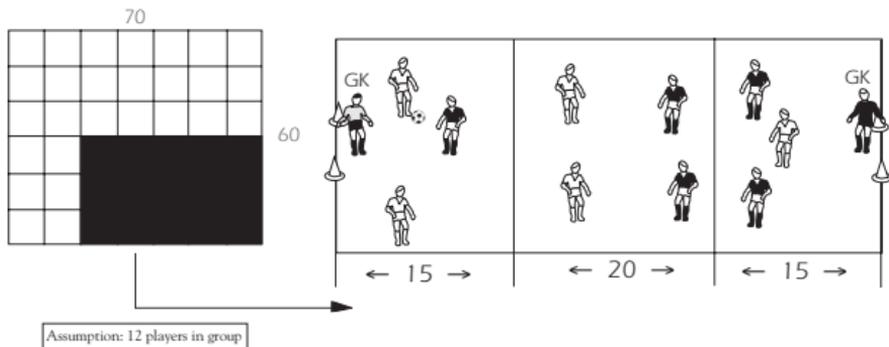
The target player plays the ball in the space behind the 4 defenders towards the goal box as shown on the diagram. The target player or coach calls out a number between 2 and 5. The 4 defenders must combine with the midfielder player to make that number of passes before playing the ball back to the target player. The target player is allowed to move along the end line at the bottom of the diagram.

## Progressions

Introduce a goalkeeper and 4 attacking players. The attacking players pressure the 4 defenders and lone midfielder player in their efforts to return the ball to the target player. Should the attacking players intercept the ball, they must attempt to score past the goalkeeper stationed in the goal at the top of the diagram. Additionally, 1 of the attacking players may be assigned to mark the target player and attempt to intercept balls played through to the target player on the end line.

## Key Coaching Points

1. Midfield player should look to make a triangle with defenders to play out from the back.
2. Passing across the back must be done quickly and crisply.
3. If there is a covering defender, take on attacking players 1 v 1.

**Midfield To Attack****Purpose**

To develop midfield play.

**Organization**

Set out a 50 x 30 yard area. Set out 3 grids according to the dimensions shown in the above diagram. Play 2 v 1 in the defensive and offensive zones and 2 v 2 in the mid-field zone. One ball per practice.

**Game Objective**

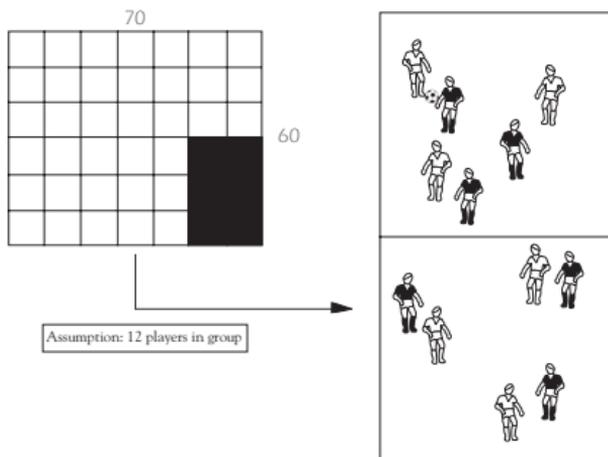
The goalkeeper serves the ball to either a defender. The ball is played to a player in the mid-field who in turn passes to the lone striker in the attacking area. The object of the game is to get the ball from the defensive zone, through the mid-field zone and into the attacking zone to get a shot on goal. Players must stay within their respective zones.

**Progressions**

1. Allow mid-field players to shoot from mid-field.
2. Allow one mid-field player to advance into the attacking area to create a 2 v 2.

**Key Coaching Points**

1. Midfield players should take their markers away from the ball.
2. 1 midfield go short, the other midfield go long.
3. Try to play the ball into strikers off your front foot—play around the corners.
4. Let the ball run across your body to create a passing angle.
5. Good midfield players take up positions that keep the triangle shape.



## Purpose

To develop one touch passing and turning with the ball in a conditioned game.

## Organization

Set out a 20 x 40 yard area in 20 yards grids. Play 3 v 3 in each area. One ball per practice.

## Game Objective

The object of the game is to pass the ball to a player on the same team in the opposing area. A goal is scored when a.) the receiver plays a one touch pass back to a teammate in the originating area or b.) the receiver turns with the ball and plays it to a teammate in his area.

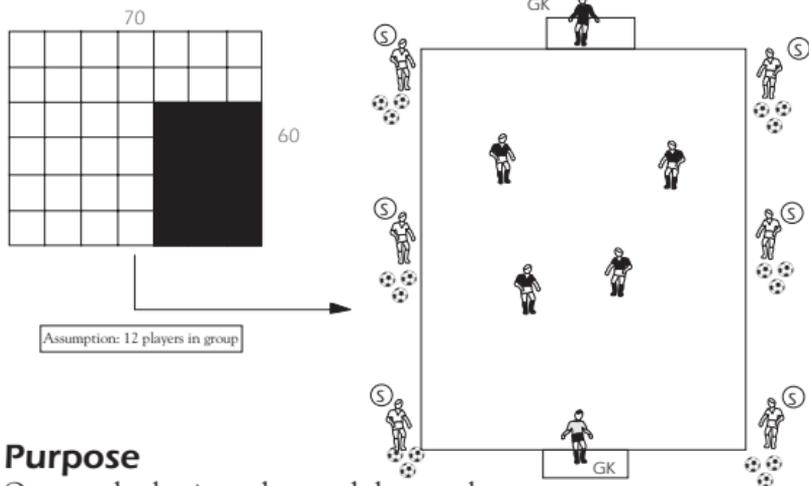
## Progressions

Score 2 goals when the team advances the ball to the opposing endline and stops the ball on the line.

## Key Coaching Points

1. The receivers must check away from the ball and back towards the ball.
2. The team in possession should combine to create a better passing opportunity across the grid.

## 1 Touch Play In Front Of Goal



### Purpose

One touch play in and around the penalty area.

### Organization

Set out a 30 x 40 yard area with goals at each end line. Play 2 goalkeepers, 6 servers and 4 attackers. The servers should have a supply of balls.

### Game Objective

One of the servers (S) plays the ball into the (A) team. The receiving player must play the ball to 1 of his teammates in the area with his first touch. This is repeated with all players inside the area until all have touched the ball. Score 3 points for a goal, 2 points for a shot on target and 1 point for a close miss.

### Progressions

1. 2 of the servers become defenders. Receiving players have 2 touches.

### Key Coaching Points

1. Assess the quality of finishing.
2. Receive the ball sideways on.
3. Can you make an angled pass for the player to run onto?
4. Communication between players.