



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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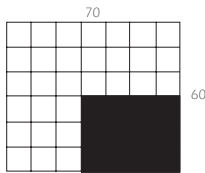
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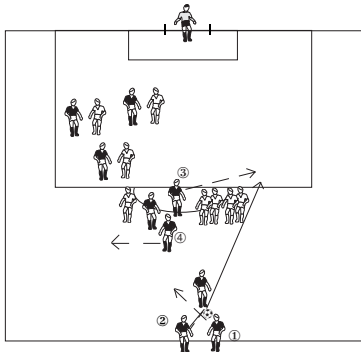
SESSION 1 - Week 10

2 hour practices, 2 recommended practices per week

Knock The Wall Down



Assumption: 18 players in group



Purpose

To develop the execution of attacking set pieces.

Organization

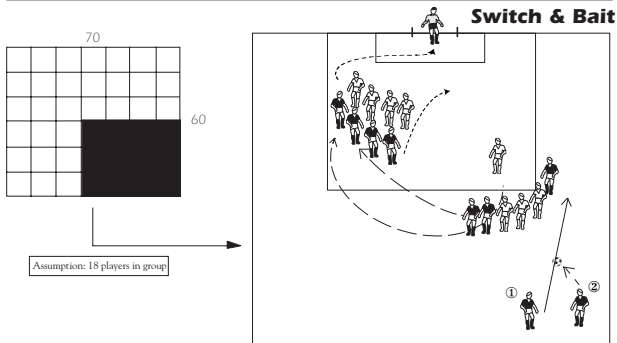
Set out a 40x30 yard area, positioning players as shown in the diagram.

Game Objective

The light team is defending a direct free kick thirty yards from goal, right of center. The dark team line up with two players behind the ball, one player in front of it and three players stationed in a triangle at the left side of the wall. Three players stand in the area of the far post depending upon the position of the defenders. The player 1 runs over the ball and as this happens, the three players on the left side of the wall split as shown in the diagram. The player in front of the ball moves at the last moment to allow player 2 to pass the ball to player 3, who has made a run around the back of the wall.

Key Coaching Points

1. Communication – make sure all of the players are aware of the set piece through a verbal or visual cue.
2. Timing and disguise are important - establish to the players at which point they should move.
3. Execution – look for the first option, if it isn't there, use one of the variations.



Purpose

To develop the execution of attacking set pieces.

Organization

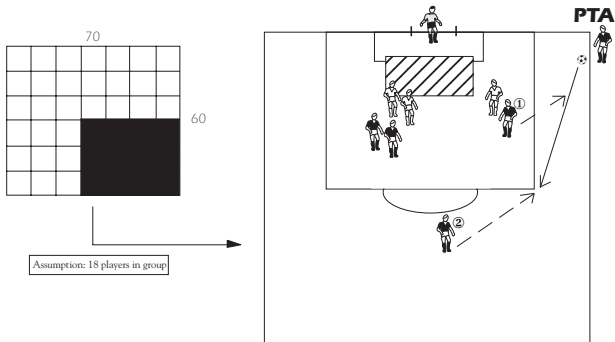
Set out a 40x30 yard area, positioning players as shown in the diagram.

Game Objective

The light team is defending an indirect free kick thirty yards from goal, level with the right side of the penalty area. The attacking set-up is shown above. One of the dark team players on the ball runs over it and continues down the line. The two players on the left of the wall spin off and make looping runs to attack the far post. The four players in the box attack the near post. The dark player to the right of the wall runs around the back to the edge of the box with an open body position. The first target is to play the ball high to the far post for the two wall players to attack.

Key Coaching Points

1. Communication – make sure all of the players are aware of the set piece through a verbal or visual cue.
2. Timing and disguise are important - establish to the players at which point they should move.
3. Execution – look for the first option, if it isn't there, use one of the variations.



Assumption: 18 players in group

Purpose

To develop the execution of attacking set pieces.

Organization

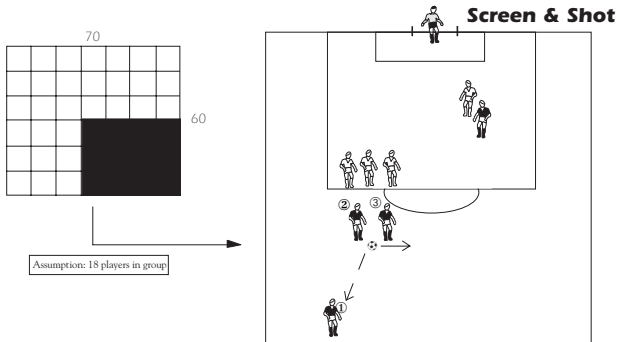
Set out a 30x60 yard area. The light team has a goalkeeper and three defenders. The dark team has a total of five attacking players. Repeat in one other area for a total of 18 players.

Game Objective

Player 1 moves to the ball as if to receive a short corner and player 2 times their run to line up diagonally behind. Player 1 steps over the ball, keeping it on the furthest foot to protect it from the defender, Player 2 delivers a cross into the prime target area (PTA) having changed the angle of delivery. Repeat in another area for a total of 18 players.

Key Coaching Points

1. Communication – make sure all of the players are aware of the set piece through a verbal or visual cue.
2. Timing and disguise are important - establish to the players at which point they should move.
3. Execution – make the defense believe that a short corner has been taken.



Purpose

To develop the execution of attacking set pieces.

Organization

Set out a 30x40 yard area and position players as shown in the diagram. Repeat in one other area for a total of 18 players. The light team is defending an indirect free kick 20-25 yards from goal slightly left of center. Allow the light team to set themselves up defensively as they choose. Two players stand in front of the ball, screening it from the defenders and the wall. Player 1 stands close behind the ball and backs away as if they are going to take a long run up to shoot. As player 1 does this, player 2 taps the ball 2-3 yards centrally for play 3 to spin and shoot.

Game Objective

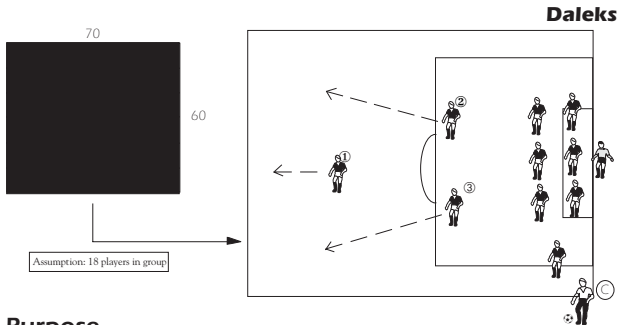
The object of this set piece is to convince the opposition that the small wall is simply to hide the run up of player 1, when in fact it is a quick free kick to catch the defense off guard.

Progressions

1. Combine groups to make the exercise numerically more realistic once the basics are understood.

Key Coaching Points

1. Communication - make sure all of the players are aware of the set piece through a verbal or visual cue.
2. Timing and disguise are important - establish to the players at which point they should move.
3. Execution - quick pass, quick turn, quick shot.



Purpose

To develop an attacking mentality at a defensive set piece.

Organization

Set out a 70x60 yard area. Station two teams in the area set up for a light team corner, with the dark team arranged as shown in the diagram above. Rotate additional players.

Game Objective

The object of the game is for the dark team to reduce the risk of conceding from a defensive situation through an attacking mentality. As the corner is about to be taken, the players at the edge of the penalty area and the lone striker move into the positions shown. This instantly creates a problem for the opposition, as they will be in a numbers down situation if the ball is cleared.

Key Coaching Points

1. Make sure the defenders on the near post and far post, plus the three defenders covering the prime target area (PTA) concentrate and attack the ball to clear.
2. If the ball is not cleared fully, all players should make suitable recovery runs.
3. If the ball is cleared fully, look to play in quickly on the counter attack and push out to compress the space.