



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U16** COMPETITIVE



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

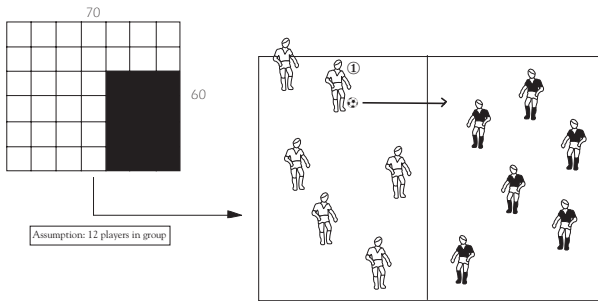
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



SESSION 2 - Week 5

2 hour practices, 2 recommended practices per week

Transition Play



Purpose

To develop transition play.

Organization

Set out a 30 x 40 yard area in two 20 x 30 yard grids. Station six players in each grid. One ball per practice.

Game Objective

The team has possession of the ball. Player ① passes the ball into the opposing area. The team sends three players into the opposing area to defend. A goal is scored when the team makes 5 consecutive passes without an interception. Repeat in the opposite direction.

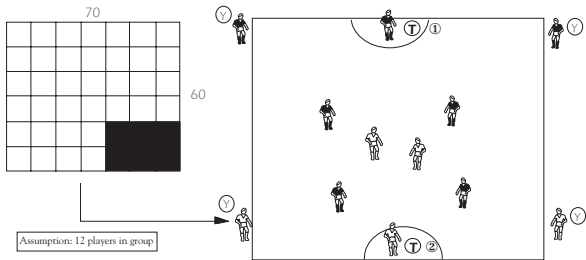
Progressions

1. Increase the number of defenders to four.
2. Make the area smaller.

Key Coaching Point

1. The team in possession should be very mobile, making runs off the ball to create space for the ball carrier.
2. Players off the ball should be accessible to the ball carrier at all times.
3. When you win the ball, turn and get it to your team immediately.

Short Play



Purpose

To develop short passing skills and wide angle support.

Organization

Set out a 30 x 20 yard area with a 5 yard radius semi-circle at each end. Station a target player inside the semi-circle. No outfield player is allowed in this area. Position 4 players on the outside of the area.

Game Objective

3 players play against 3 players inside the area. The team in possession must attempt to get the ball to their target player inside the semi-circle. Once a target player receives the ball, the team on the outside of the area replaces the team whose target player received the ball. All passes must be under head height. The shorter, narrow field ensures players must support at wide angles.

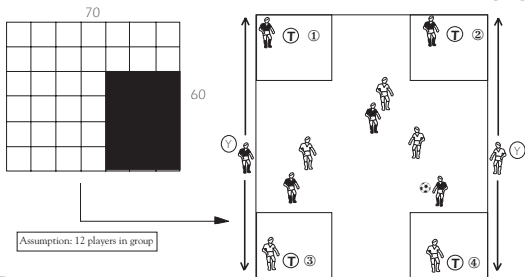
Progressions

1. The team in possession may play the ball to any of the players on the outside of the area to receive a return pass.
2. All attacking players now have 1 touch only.

Key Coaching Points

1. Position at a good angle and distance to receive the ball.
2. Can a player be in a position which makes a forward pass possible?
3. Pass, then move to another support position.

Penetration



Purpose

To develop combination play in passing and movement.

Organization

Set out a 30 x 40 yard area with 5 x 5 yard corner grids. Station a target player in each corner grid—no attackers or defenders are allowed in this area. Play 3 v 3 in the middle area with 2 (Y) players moving up and down the touch line in support of the team that has the ball. The (Y) players cannot enter the grid.

Game Objective

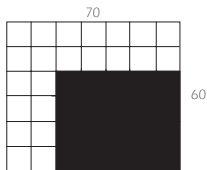
The (T) players combine to get the ball to (T) ① or (T) ②. A goal is scored when a target player controls and stops the ball with the sole of his foot inside a target area. A player from the opposite team collects the ball from the target player and plays the ball back into the area to restart the game.

Progressions

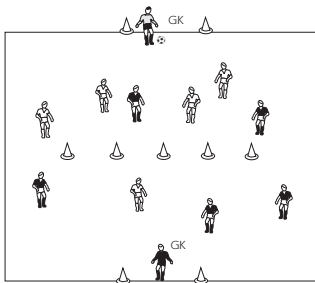
1. Play is conditioned to 2 touch and all passes must be on the ground.
2. The (T) players must receive passes from teammates playing the ball from the defensive 1/2.

Key Coaching Points

1. After passing the ball, players should make diagonal or overlapping runs.
2. Teams should attempt to beat man to man marking by cross over plays.
3. Position yourself so you can receive then make a forward pass.
4. Switch play.

Width & Forward Runs

Assumption: 12 players in group

**Purpose**

To develop spreading the play from side to side to create width in attack.

Organization

Set out a 50 x 40 yard area. Place 5 discs across the middle of the area 10 yards in from each sideline. Play 5 v 5 with a goalkeeper at each end.

Game Objective

The ball is not allowed to travel through or over the discs. The object of the game is to get the ball wide in the near side of the field and attack the flanks of the attacking area. Although the ball must not travel over the discs, players may make runs over the discs.

Progressions

1. Decrease the number and width of the discs in the area.
2. Players can pass the ball through the discs if they play a 1-2 combination to do so.

Key Coaching Points

1. Create space on the flanks by drawing defenders from the attacking space.
2. Diagonal runs, blind-side runs and overlapping runs should be encouraged to exploit space.
3. Supporting players must get forward in attack to meet the crosses to the prime scoring area.