



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U16** RECREATIONAL



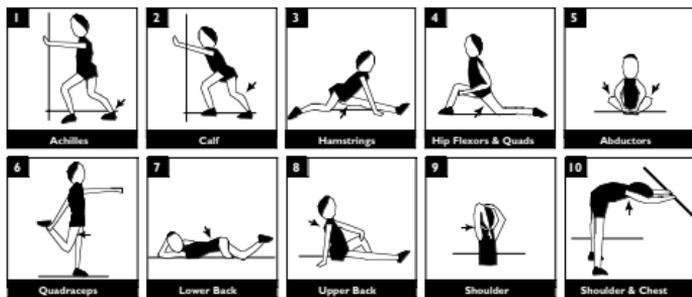
### SESSION 2

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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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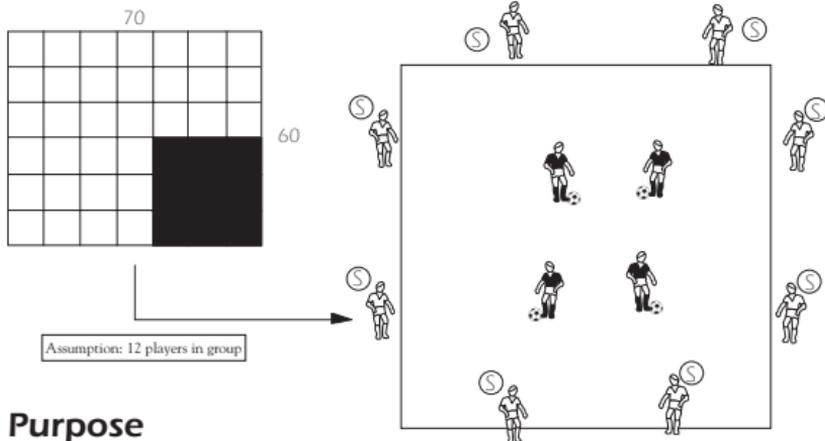
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## **SESSION 2 - Week 1**

2 hour practices, 2 recommended practices per week

## Movement Off The Ball



Assumption: 12 players in group

### Purpose

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

### Organization

Set out a 30 x 30 yard area. Position 2 players (servers) on each side of the area. Four receiving players, each with a ball, play within the confines of the area.

### Game Objective

The 4 players pass the ball to a server on the outside of the area. The server plays the ball back to the 4 player. Player 4 turns with the ball and passes to a different server. Rotate positions. If you pass to outside player, 4 options. "Give and Go" = 1 - 2 pass; "Hold the ball" = pass then run up to player, open legs and play ball through for player to turn onto; "Overlap" = pass ball, hold it and run around receiving player for a return pass; "Takeover" = cross over and change places.

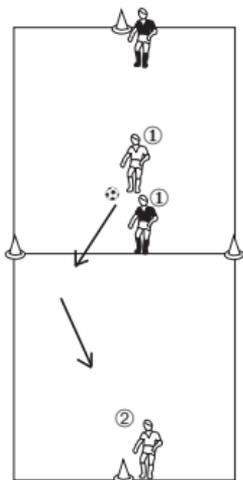
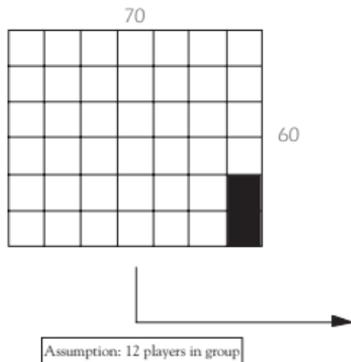
### Progressions

1. The outside server plays the ball with his first touch.
2. 4 players in middle with 3 balls. If a ball is stolen, then players must attempt to get another ball.

### Key Coaching Points

1. Call name of the person you are passing to and call for the return pass.
2. One-touch passes should be firm and to the feet.
3. Use your body to screen the ball and turn away from the defender.

## Move & Receive



### Purpose

To develop beating an opponent.

### Organization

Set out a 10 x 20 yard area. Two teams of two. One ball per group. Create an imaginary halfway line using discs. Repeat in 2 other areas for a total of 12 players.

### Game Objective

Player ① is in possession of the ball. He must beat his defender ① and get across the imaginary halfway line at the 10 yard marker. Once in the other half he can pass to his teammate who is standing in the center of the endline. If the defender ② wins the ball, he immediately attacks the opposing half.

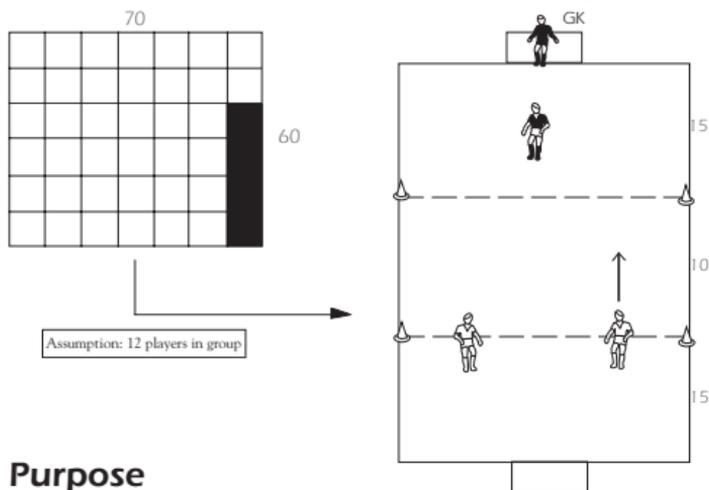
### Progressions

1. Allow the endline players to move up and down the endline to receive the ball. Now you can pass the ball from inside your own 1/2 also.

### Key Coaching Points

1. Attack the space to the sides of the defenders.
2. Use your change of pace and change of direction to outplay your opponent.
3. Once you make space, then play the ball forward.
4. Can you swerve the pass around the defender.

## Running The Ball To Attack



### Purpose

To develop combination plays and running with the ball.

### Organization

Set out a 10 x 40 yard area with 4 players and 1 ball. Mark out  $\frac{1}{3}$ 's of the field as shown in the diagram. 2 teams of 2 with 2 goals. When  team has possession, the  team must have a goalkeeper. Repeat in 2 other areas for a total of 12 players.

### Game Objective

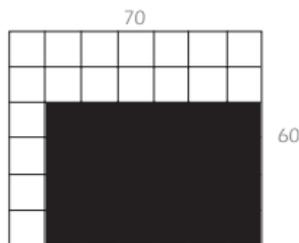
The  team combines to run the ball into the final  $\frac{1}{3}$  of the field to shoot to score. The defensive team plays a single defender and drops back a goalkeeper to the goal line. The attacking team can score only in the final 15 yards. Should the defensive team intercept the ball, the ball must be passed back to the goalkeeper before they can attack the opposing goal.

### Progressions

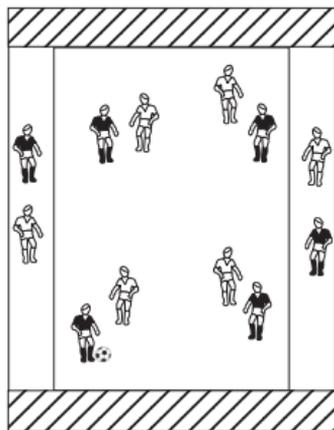
Play drop back goalkeeper—elect 1 player to be goalkeeper and this time the defender does not need to get the ball back to the keeper—he attacks from the interception.

### Key Coaching Points

1. 1st touch out of feet and attack the space.
2. React to the change in possession by counterattacking quickly.
3. Use laces and outside of feet to pass the ball.



Assumption: 12 players in group



### Purpose

To develop movement off the ball between wide players.

### Organization

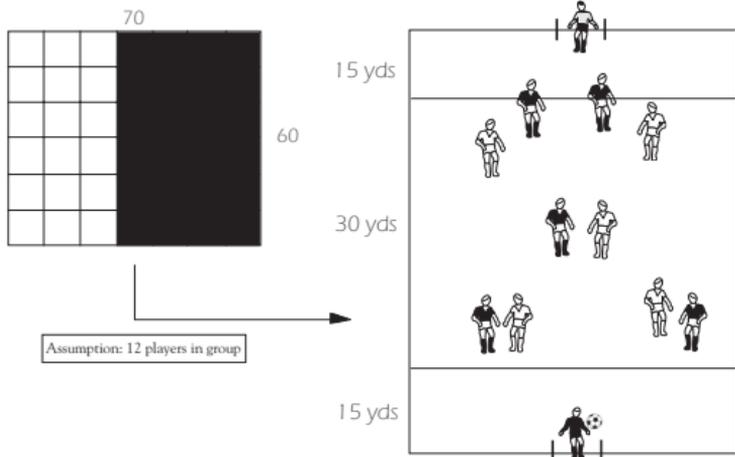
Set out a 60x40 yard area. Mark out a five-yard channel around the outside of the whole area and station two teams of six as shown in the diagram.

### Game Objective

The dark team starts with the ball and try to score 1 point by running the ball into the opposition end zone. If a team can do this after a “keep” or a “take” in one of the side zones, it is worth 5 points. A “keep” is when the player on the ball retains possession and a “take” is when the wide player takes the ball infield. When an infield player runs the ball into a wide area, they must call “keep” or “take” as a cue for their teammate to respond accordingly.

### Key Coaching Points

1. Create space long and wide.
2. Look to play the ball wide quickly and create opportunities for “keeps” and “takes”.
3. Communicate effectively with the wide player and time your call so the defenders have little time to react.
4. Attack the newly created space as quickly as possible.



### Purpose

To develop movement off the ball in the final third.

### Organization

Set out a 40x60 yard area. Mark out two fifteen-yard end zones at opposite ends of the area along with full size goals.

### Game Objective

The dark team starts with the ball and tries to score in the goal at the top of the area. Players cannot enter the attacking area unless they have made an overlapping, blind side or crossover run. Once inside the area, players have two touches to score. A goal scored outside the area is worth 1 point and a goal scored inside the area is worth 3 points.

### Progressions

1. Introduce the offside rule using the end zone lines.

### Key Coaching Points

1. Create space long and wide.
2. When players are running with the ball, look to move into supporting positions quickly.
3. Communicate effectively so teammates know what type of movement you are making and when.
4. Concentrate on the shape, angle and timing of your runs.