



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

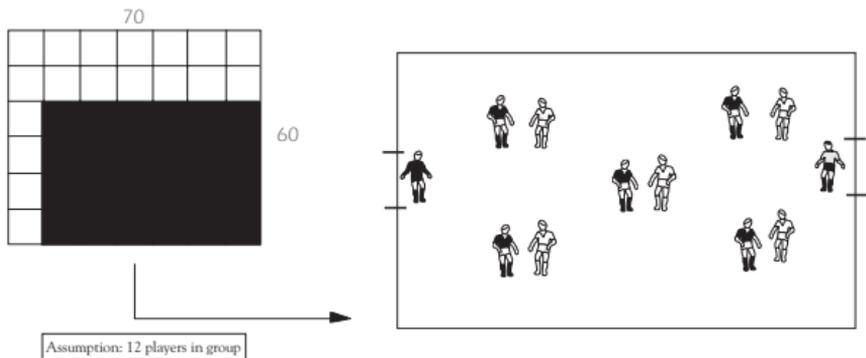
Key Coaching Points

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.



SESSION 2 - Week 3

2 hour practices, 2 recommended practices per week



Purpose

To develop key techniques in a competitive environment.

Organization

Set out a 60x40 yard area. Station two teams of six players at opposite ends of the area.

Game Objective

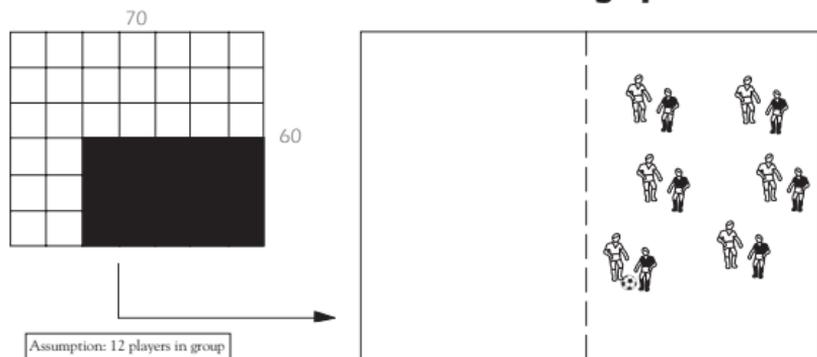
The dark team starts with the ball and looks to attack the light team goal as quickly as possible. Once the ball has left the goalkeepers hands, no passes are allowed to travel backwards, otherwise an indirect free kick is awarded to the opposition. Play is continuous for 15-20 minutes maximum.

Progressions

1. Players cannot run with the ball backwards, all play must go forward.

Key Coaching Points

1. Look to create space long and wide.
2. Adopt an open body position so you can see where the ball is coming from and where it can go next.
3. Remember your passing priorities and look to play a safe pass as far forward as possible.
4. If no forward passes are available, don't be afraid to take players on, especially in the attacking half.

Creating Space In A Team**Purpose**

To develop possession, position and penetration in a pressurized environment.

Organization

Set out a 50 x 30 yard area. The field is divided by a 1/2 way line. Play 6 v 6.

Game Objective

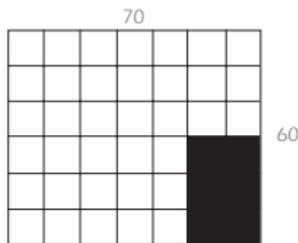
The team in possession of the ball must attempt to make 3 passes before playing the ball into the other 1/2 of the area. A teammate must run onto the ball and control it in the far area to score a point. Players should make straight and angled runs as if attempting to beat an offside trap. Once a player receives the ball in the other 1/2, all players move to this area. Repeat in the opposite direction. First team to get 5 points, wins.

Progressions

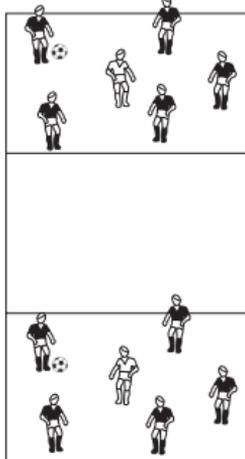
1. Team without possession plays 5 v 6 with a defender in the other area so now quality of pass and run must be better.
2. Player who passes cannot receive the ball back. Therefore, pass and then clear the space.

Key Coaching Points

1. Assess the type of pass—straight, angled, on floor, in air?
2. Speed of thought and movement.
3. Need to play 1 or 2 touch to create space.
4. Keep possession until teams can penetrate.



Assumption: 12 players in group



Purpose

To improve aerobic fitness and lateral movement.

Organization

Set out a 20x30 yard area. Station the players in two groups of five as shown in the diagram, with one defender and one ball in each area.

Game Objective

The two defenders try to win back both soccer balls as quickly as possible. The groups of five combine to keep possession, but can work together without leaving their 10x10 area in order to keep both soccer balls. The exercise stops when both balls have been kicked out of the area or 60 seconds has elapsed, whichever occurs first. It is important to make sure the defenders are changed continuously.

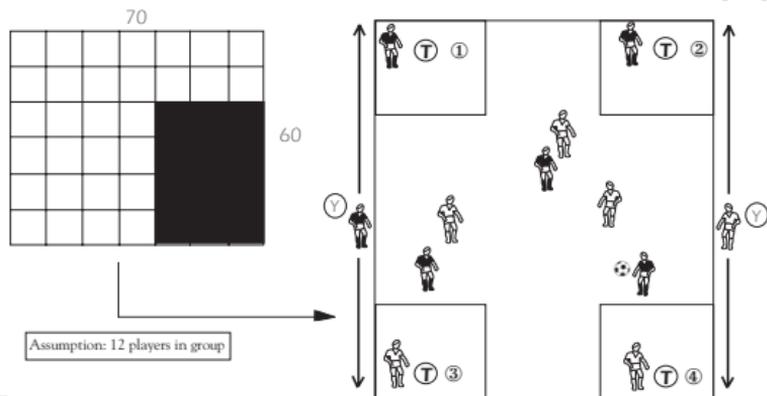
Progression

1. The defenders have the option of working together to clear the soccer balls from one area before progressing to the other.
2. Make the area a 10 x 30 yard channel.

Key Coaching Points

1. Work at match intensity for the duration of the exercise.
2. Encourage players to concentrate on good individual defensive techniques.
3. The faster the balls are cleared, the shorter length of time defenders have to work for!.

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.