



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U19 COMPETITIVE



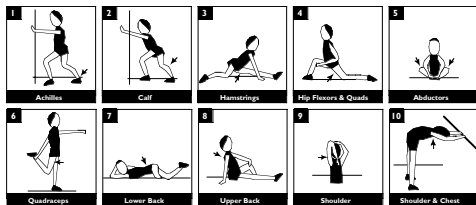
SESSION 1

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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

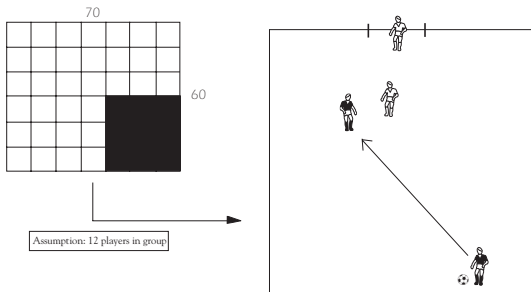
Key Coaching Points

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.



SESSION 1 - Week 1

2 hour practices, 2 recommended practices per week



Purpose

To develop movement off the ball.

Organization

Set out a 30x30 yard area. Station the players as shown in the diagram above. Repeat in two areas for a total of 12 players.

Game Objective

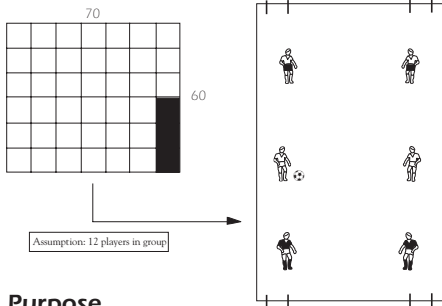
The dark player at the bottom of the box starts by playing the ball to the attacker. The two players must then combine to try and create a shot on target against the lone defender and goalkeeper. Award 1 point for a shot on target and 2 points for a goal. After five attempts, rotate positions.

Progressions

1. The pass to the attackers can vary in speed and height.
2. Introduce the offside rule for more realism.

Key Coaching Points

1. As the ball travels, look to make a supporting run quickly.
2. Call to your teammate so they know where you are.
3. Time your run to create doubt in the mind of the defender.
4. Vary your movement so play is not predictable.



Purpose

To develop movement off the ball in attack.

Organization

Set out a 30x10 yard area. Place three-yard goals in the corners of each end line. Organize the players into pairs as in the diagram above. Repeat in another area for a total of twelve players.

Game Objective

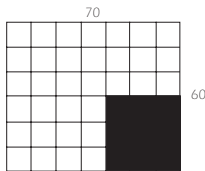
The object of the game is for the pair in the middle to attack the top line first and try to score a point by running the ball through one of the small goals. The top pair then attacks the bottom goals. Rounds are played continuously for three minutes. The team with the most points after each round is the winner.

Progressions

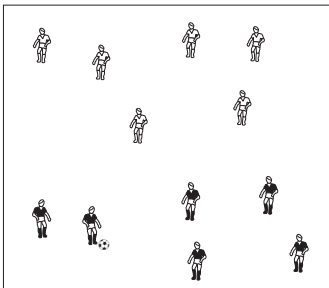
1. Players have a ten second time limit to score or possession is given to the defenders.
2. Award double points if the defenders regain possession and score rather than kicking the ball out of play.

Key Coaching Points

1. Look to create 2v1 situations at all times.
2. Concentrate on the shape and timing of runs.
3. Communicate so your partner is aware of your position.
4. Be positive – taking defenders on should be encouraged.



Assumption: 12 players in group



Purpose

To improve passing, vision and the speed of play.

Organization

Set out a 30x30 yard area. Station two teams of six at opposite ends of the area.

Game Objective

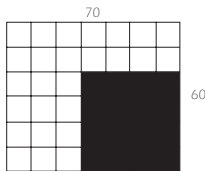
The dark team starts with the ball. The object of the game is to score a point, passing the ball by hand, to a player on the opposition end line. When in possession, a player can only pivot on one foot as running with the ball is not allowed. When defending, players can only intercept passes and not block them nor attempt to steal the ball from opponents. The first team to five points is the winner.

Progressions

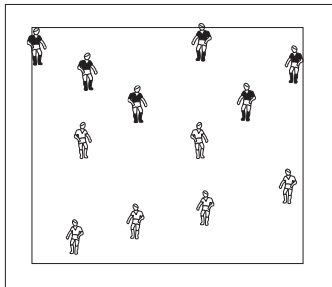
1. Put a player on the opposition end line who can move side to side only, and award double points for passes to them.
2. Alter the field dimensions accordingly to favor passing at wider supporting angles, or to encourage more direct play.

Key Coaching Points

1. Always try to pass the ball forwards if possible.
2. Once you have passed the ball, move into a supporting position or an open space.
3. Communicate so your team knows where you are.
4. Look to switch play quickly.



Assumption: 12 players in group



Purpose

To develop switching the point of attack.

Organization

Set out a 40x40 yard area. Mark out a five-yard channel around the perimeter of the box. Station two teams of six players at opposite ends of the area.

Game Objective

The dark team starts in possession and tries to score 1 point by having control of the ball inside the opposition end zone. Ten consecutive passes are also worth 1 point. After five minutes or five points, place one player from each team into the opposition end zone as a target player, with a pass to them worth 2 points.

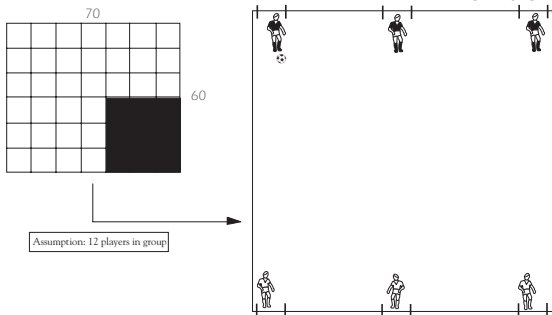
Progressions

1. Place a player from each team in one of the side zones with the condition that they have a two-touch limit, cannot enter the main field and that nobody can steal the ball from them.

Key Coaching Points

1. Spread the field as long and as wide as possible when your team has the ball.
2. Look to pass the ball to the target player if possible or beyond defenders.
3. Try to create 2v1 situations with good movement off the ball.
4. Be positive and attack quickly at every opportunity.

Terrible Threes



Purpose

To develop switching the point of attack.

Organization

Set out a 30x30 yard area. Mark out three goals each five yards wide on both end lines as in the diagram above. Station two teams of three at opposite ends of the area. Repeat in another area for a total of 12 players.

Game Objective

The dark team starts with the ball. The object of the game is to score 1 point by running the ball through one of the small goals at the opposite end of the area. If the light team wins possession they can score by counter attacking in the opposite direction.

Progressions

1. Any passes to players making overlapping runs that result in a goal are worth double points.

Key Coaching Points

1. Try to create numbers up situations whenever possible.
2. Remember your SAT's, the shape, angle and timing of your runs.
3. Communicate with teammates at all times.
4. React quickly to changes of possession.