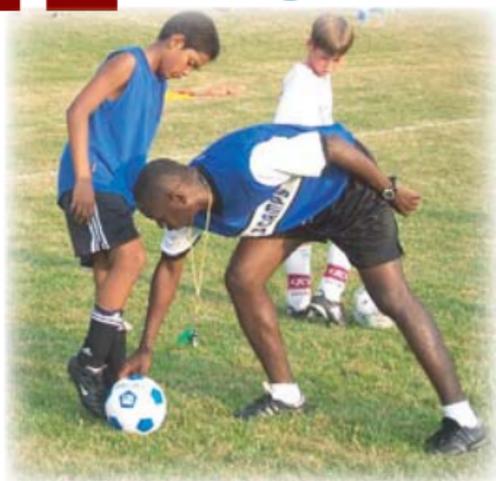




MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U12 RECREATIONAL



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.



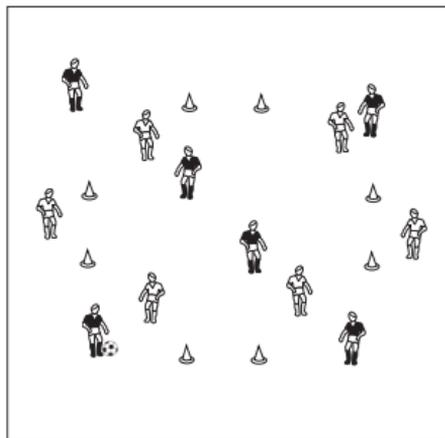
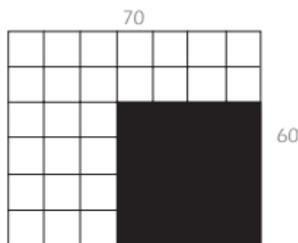
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SESSION 1 - Week 2

2 hour practices, 2 recommended practices per week



Purpose

To develop passing and team play.

Organization

Set out a 40x40 yard area. Make four goals of six yards, eight yards in from the sidelines as shown in the diagram. Two teams of six start anywhere within the area and the game begins with coach passing the ball to the dark team.

Game Objective

Both teams try to score 1 point by passing the ball through either side of any goal to a player from their own team. Play is continuous and the first team to reach five points wins.

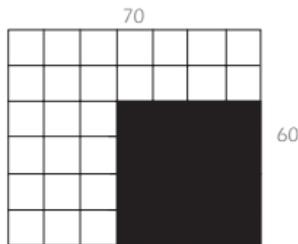
Progressions

1. Once a team has scored in a goal, they must score in a different goal next time.
2. Players have a maximum of two touches.
3. One team can only score in the outside of goals, the other team can only score in the inside of goals.

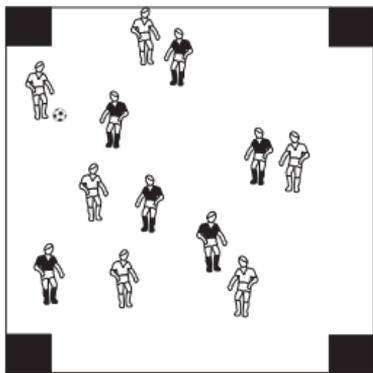
Key Coaching Points

1. Try to spread the field as long and as wide as possible when attacking.
2. Move the ball quickly and look for passes that split defenders.
3. Use good movement off the ball by creating 2v1 situations.
4. Communicate verbally and visually so other players know your position.

Attacking Soft Corners



Assumption: 12 players in group



Purpose

To develop one touch passing, receiving and turning with the ball in a conditioned game.

Organization

Set out a 40 x 40 yard area. Create 5 x 5 yard squares in corners of the grid. Play 6 v 6.

Game Objective

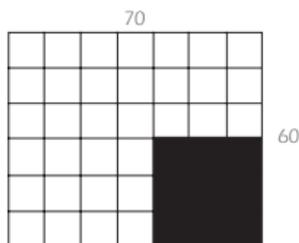
The  team has possession of the ball. The object of the game is to play the ball into one of the two attacking boxes for a player to run into and control the ball with the sole of the foot. The play is conditioned to encourage one touch passing and switching play. The  team is attacking to the right side of the diagram.

Progressions

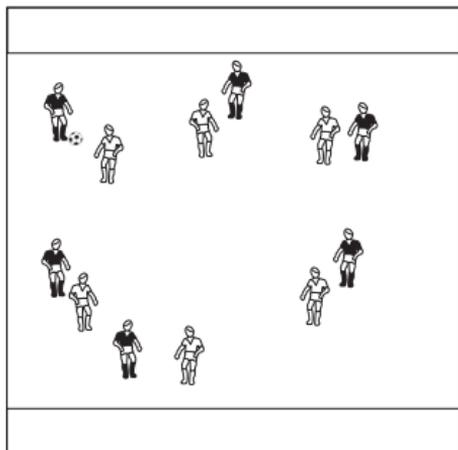
Attack diagonally opposite goals (top right and bottom left in the diagram) This will encourage players to switch the point of attack.

Key Coaching Points

1. Disguise in passing.
2. Control and alter angle in 1 movement.
3. Attack at pace with and without ball.
4. Receive the ball side on so players can see the whole field.
5. Turn into the space away from the challenging defenders.
6. Play quickly.
7. Change the direction of play.



Assumption: 12 players in group



Purpose

To practice in a small sided conditioned game.

Organization

Set out a 30 x 30 yard area. Set out an end zone 5 yards wide from each endline. Play 6 v 6. One ball per group.

Game Objective

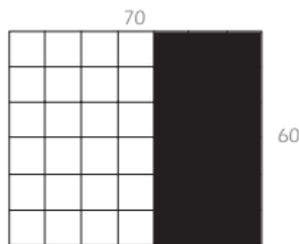
The  team is in possession of the ball. The object of the game is to advance the ball to the attacking end zone. A goal is scored when a player dribbles the ball into the end zone and stops the ball with the sole of his foot. No defenders are allowed in this area. 3 points for every ball stopped in the area. 1 point for any 1 - 2's, overlaps or takeovers.

Progressions

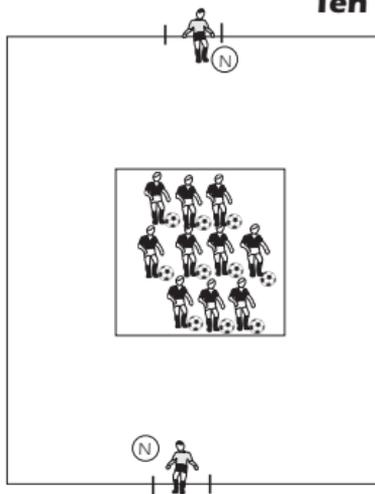
Make the end zones neutral such that either team can score in both end zones.

Key Coaching Points

1. Encourage players to take on defenders at every opportunity.
2. Look for switching of the direction of play in the above progression.
3. Keep possession at all times.
4. Your first look should always be for a forward pass.
5. When the ball is won, play forward.



Assumption: 12 players in group



Purpose

To develop 1v1 finishing under pressure.

Organization

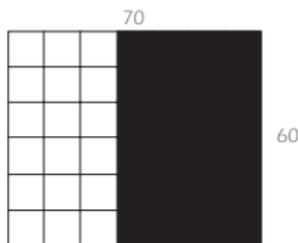
Set out a 60x30 yard area. Mark out full size goals at opposite ends and a 20x10 box in the center of the area. Station all of the players inside this box with a ball each. Number the players 1-10 and have a goalkeeper in each goal. Prior to commencing, coach names the two goals “north” and “south”.

Game Objective

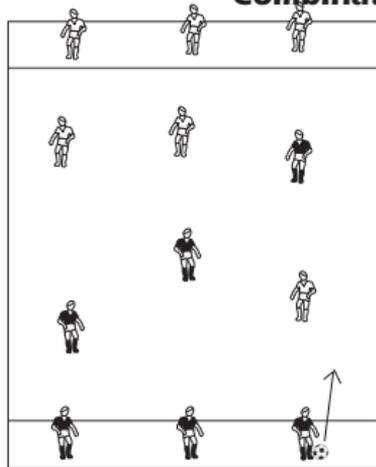
The players begin by dribbling around inside the small area. The coach calls out two numbers in quick succession and a direction, either north or south. The player with the first number runs with the ball and tries to score past the appropriate goalkeeper 1v1. The player with the second number gives chase and can also attempt to score if possession is won. The game has a ten second time limit.

Key Coaching Points

1. Use the first touch to play the ball into space and generate speed.
2. Observe the position of the goalkeeper.
3. Select the best finishing technique by either passing, dribbling or chipping past the goalkeeper.
4. Cut across the defender with the ball if they start to catch up.

Combination Play

Assumption: 12 players in group

**Purpose**

To develop movement off the ball when playing from the back.

Organization

Set out a 60x40 yard area with ten-yard channels along each end line. Station two teams of six players in the area as shown in the diagram.

Game Objective

A dark team defender starts by running the ball into the field, creating a 4v3 situation. If the dark team can successfully run the ball into the opposition end zone, the player in possession stays there. The ball is then passed to the defending team to attempt to score. If possession is lost during the attempt, the defender must return to the defensive zone. Note that players in the end zone cannot defend players entering this area. The light team can then bring an extra player into the field by passing to their defensive players. The first team to have all three defenders in the opposition end zone is the winner.

Progressions

1. The first team to get any three players into the opposition end zone is the winner.

Key Coaching Points

1. Create space long and wide.
2. Look to create and exploit 2v1 situations.
3. Communicate effectively so teammates know your position.
4. Use the movement of others as a distraction and run with the ball into the space they have created.