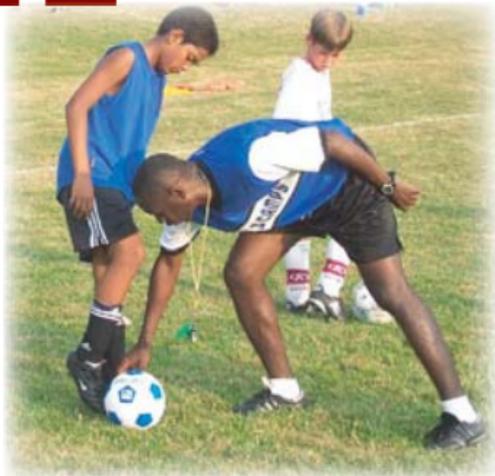




MLS CAMPS

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

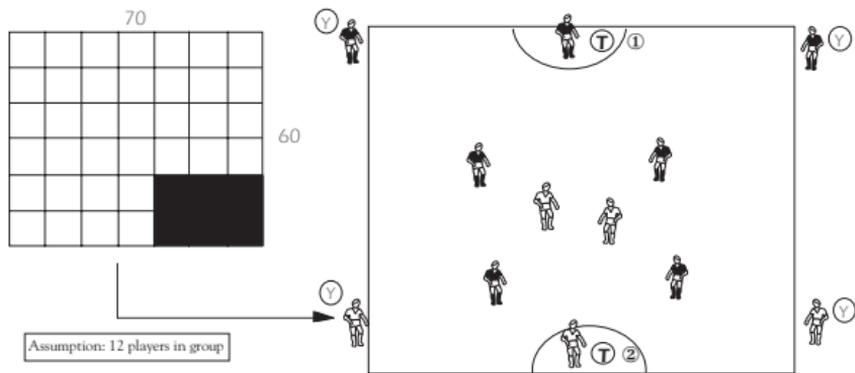
Key Coaching Points

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.



SESSION 1 - Week 5

2 hour practices, 2 recommended practices per week



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

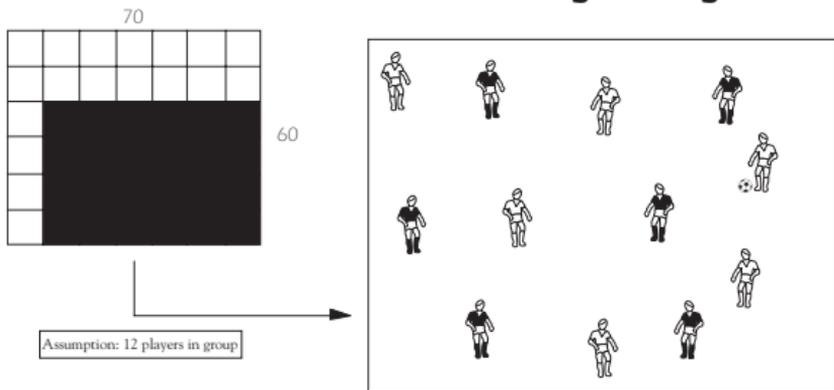
3 players play against 3 players inside the area. The team in possession must attempt to get the ball to their target player inside the semi-circle. Once a target player receives the ball, the team on the outside of the area replaces the team whose target player received the ball. All passes must be 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.

Long Passing In A Game**Purpose**

To develop aerial passing in a small sided game.

Organization

Set out a 60 x 40 yard area. Play 6 v 6. 1 ball per practice.

Game Objective

The  team is in possession of the ball. A goal is scored when a team completes three successful long passes over a distance greater than 15 yards without losing possession of the ball. The player passing the ball is not allowed to receive it back. Players should pass and move so someone can exploit their space.

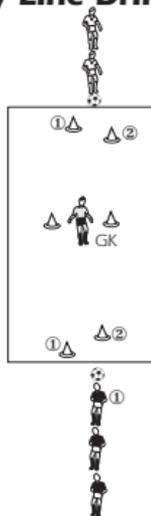
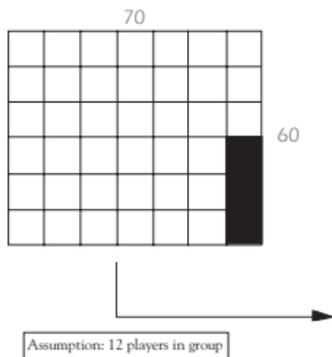
Progressions

1. Both short passes and long passes can be exchanged.
2. Play in the order short pass-long pass-short pass. This will help sow the seeds of support play.

Key Coaching Points

1. Players should begin to move off the ball to offer a passing option.
2. Use both lofted drives and chips over different distances.
3. The best pass is one that goes forward, takes out the most defenders and retains possession.

Only Line Drill You'll Ever Need



Purpose

To develop shooting on the turn.

Organization

Set out a 10 x 30 yard area, positioning players on opposite end lines as shown in the diagram. Groups of 6. Repeat in 1 other area for a total of 12 players.

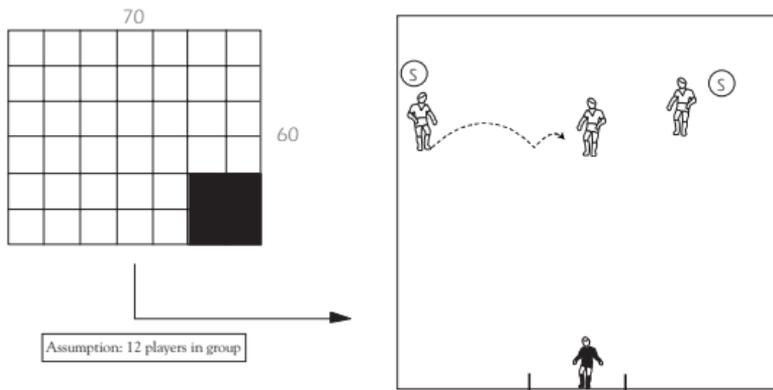
Game Objective

Player ① starts with a ball and moves to ①, does a turn around it, then goes around ②. As soon as he gets past ②, he must shoot. Player ① follows his shot into goal for second shot opportunities from rebounds. Player ① then becomes the goalkeeper. As soon as a player shoots, the next dribbler from the other team can go. First team to 10 goals, wins. A player cannot shoot until he does a fake at ①, then another fake at ②.

Key Coaching Points

1. Shoot on the turn.
2. Follow your shot.
3. Keep the shot low.
4. Speed in the fake.

Serve And Volley



Purpose

To improve the technique of side volleys.

Organization

Set out a 20x20 yard area. Divide the players into groups of three. Station three players at the top of the area and a goalkeeper in the goal at the bottom. Repeat in two other areas for a total of 12 players.

Game Objective

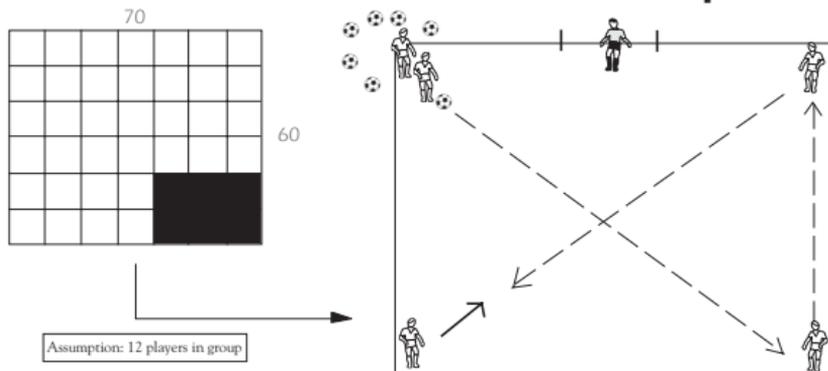
The servers take it in turns to throw the ball to the striker, who attempts to score with a side volley. The ball should be served from a distance of five yards, bouncing halfway to the player who is shooting. Rotate sides and positions.

Progressions

1. Serve the ball on the half volley.
2. Serve the ball on the full volley.
3. Serve the ball to the thigh, chest or head of the striker who must try to strike the ball before it hits the ground.

Key Coaching Points

1. The player should be half turned to see where the ball is coming from and where it is going.
2. Watch the ball onto the foot, hitting it just above the center of the ball.
3. Keep the leg, chest and head over the ball aiming for the far post.
4. Follow through at the target upon contact.

Envelope Shooting**Purpose**

To develop one touch finishing with a moving ball.

Organization

Set out a 20x30 yard area. Station two players in the top left corner of the box with a supply of balls and one player in each of the other corners plus a keeper in the goal. Repeat in another area for a total of twelve players.

Game Objective

The ball is passed in sequence as shown in the diagram above. Each player sprints after their pass once they have played it. The final player has a shot on goal. Any shots past the near post or over the bar scores no points, a shot saved scores 1 point, a shot past the far post scores 2 points and a goal scores three. Play continues until a player has reached ten points.

Key Coaching Points

1. Observe the position of the goalkeeper before striking the ball.
2. Choose which technique to use based upon the speed and angle of the ball as it approaches.
3. Keep your head down and still upon contact.
4. Follow in for any rebounds.