MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week
Curriculum Planner
U14 COMPETITIVE
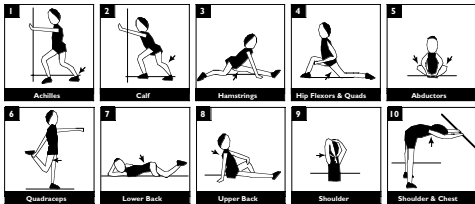

SESSION 2

SoccerMadeSimple.com
www.MLScamps.com

STANDARD STRETCHING INTRODUCTION

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
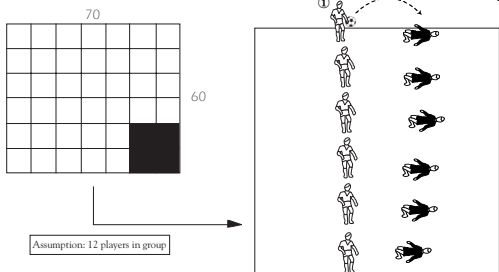
Key Coaching Points
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.

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SESSION 2 - Week 7

2 hour practices, 2 recommended practices per week

Power Test

Assumption: 12 players in group

Purpose
To develop anaerobic fitness and power.

Organization
Set out a 20x20 yard area. Arrange the players into pairs and station them opposite each other as shown in the diagram.

Game Objective
Player 1 begins standing up and serves the ball to player 2 who is on their back with knees bent. Player 2 catches the ball behind their head, sits up and throws it back to player 1. Player 1 then serves the ball in the air for players 2 to jump up and head back. Repeat for 5-10 reps and a maximum of three sets.

Key Coaching Points
1. Work at maximum intensity for the duration of the exercise.
2. Bend the knees and bring the arms up to help generate height in the jump phase.
3. Extend the neck and return a header back to the server before returning to the starting position.

Assumption: 12 players in group
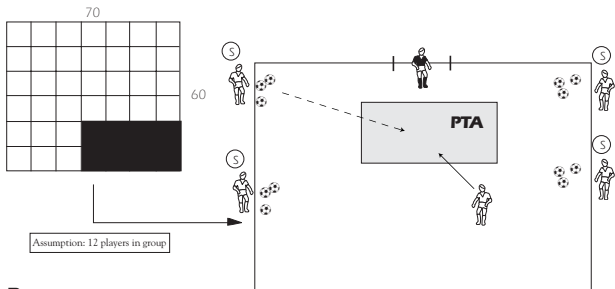
Purpose
To develop advanced finishing techniques.

Organization
Set out a 40x20 yard area. Station four servers with a supply of soccer balls and a goalkeeper in the area as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective
The servers take turns to deliver aerial crosses for the lone striker, who must have an attempt on goal with one or two touches. Regular shots and headed goals score 1 point, volleyed goals are worth 2 points, diving headers 3 points, side volleys 4 points and overhead kicks 10 points. Each player has one minute to score as many points as possible. The goalkeeper cannot enter the PTA, but can come off their line.

Progressions
1. One-touch finishes score double points.
2. Players must jog to the edge of the area before attacking the PTA.
3. Add a passive defender.

Key Coaching Points
1. Adopt an open body position depending upon where the cross is coming from.
2. As the ball travels, observe the position of the goalkeeper.
3. Assess the height and speed of the ball.
4. Don't be afraid to try the spectacular. MLS stars try these skills in prac-

Shoot In Attack
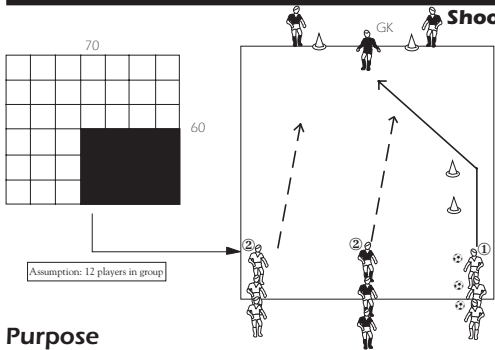
Purpose

To develop width in attack, crossing and finishing.

Organization

Set out a 40 x 30 yard area. Position three groups of three at 10 yard intervals along the endline. One goalkeeper and two stoppers. Only players in the right channel should have a ball.

Game Objective

Player ① makes a run down the touchline with the ball. When he reaches the first disc, players ② and ② must begin their runs. Player ② sprints to the near post and player ② goes to the far post. When player ① reaches the second disc, he must either cross the ball or shoot directly on goal depending upon the posture of the goalkeeper. Repeat from the other side. Rotate positions.

Progressions

Take the stoppers and use them as central defenders who mark the supporting attackers as they make their runs to goal.

Key Coaching Points

1. The supporting players should time their runs so that they accelerate onto the ball in front of the goal.
2. When crossing the ball, the wide player should angle his body so that his chest is facing into the field.
3. Cross should be to space in front of attackers between knee and chest height.

Game - 749

Crossing & Finishing

Assumption: 12 players in group
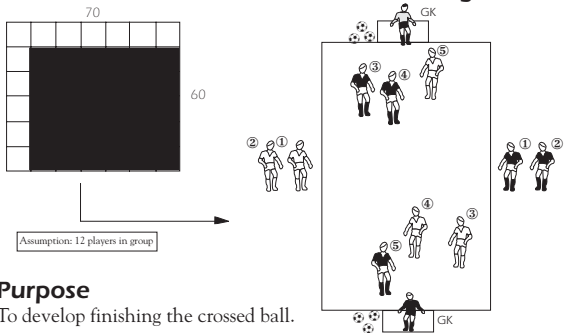
Purpose
To develop finishing the crossed ball.

Organization
Set out a 60 x 50 yard area. Play 5 v 5 with goalkeepers. Each team has 2 wide players, 1 central defender and 2 strikers. The goalkeepers have a supply of balls.

Game Objective
Teams compete against each other in an attempt to score goals from crossed balls with either a head volley or flick. The 2 wide players take it in turns to deliver crosses to the 2 strikers attacking the prime scoring area. The 2 strikers should look to make split runs (arriving in different areas) and cross over runs to drag the defenders out of position.

Progressions
1. ①dribbles to the end line and turns and plays the ball back for a first time cross by ②.
2. All crosses delivered first time after an overlapping run by the wide players.
3. Put 1 wide player from each team on each side of the field. They now have to dribble past each other to cross the ball.

Key Coaching Points
Attacking the ball:
1. Don't run across the cross, but come down the line of it.
2. Try to get in front of the defender at the near post.
3. Time your run so you meet it moving forward.

Game - 750