



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U14** RECREATIONAL



SESSION 1

NASC, Inc.

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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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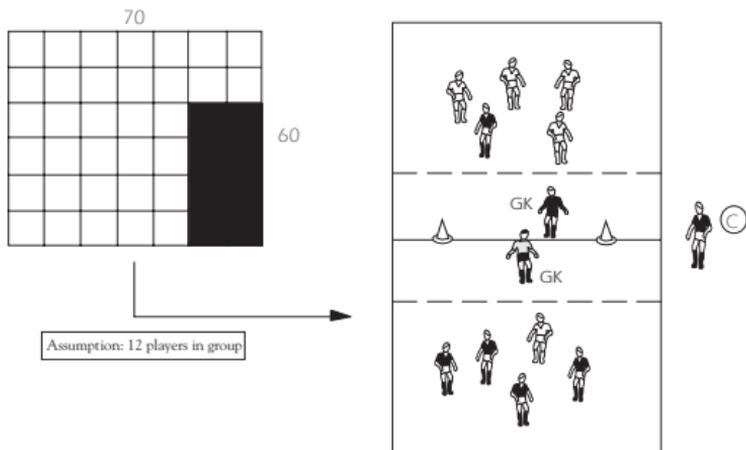
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SESSION 1 - Week 4

2 hour practices, 2 recommended practices per week

Shoot On Sight



Purpose

To develop quick shooting in and around the penalty area.

Organization

Set out a 20 x 40 yards with a goal on the 1/2 way line. Make a 5 yard area on each side of the goal and put 2 goalkeepers on either side of the goal line. Play 4 v 1 on either side of the goal line.

Game Objective

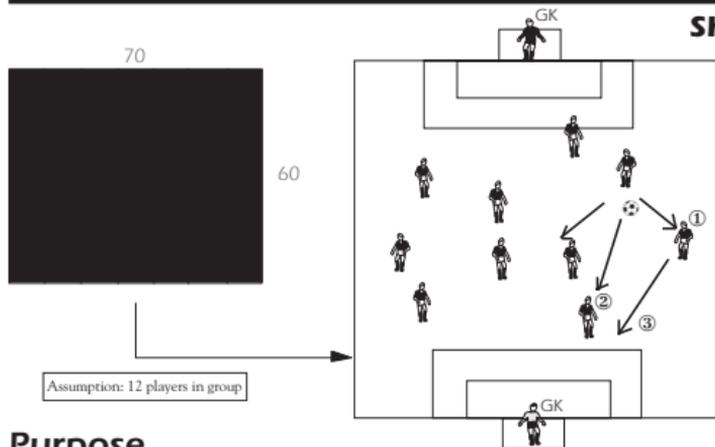
The attacking players in possession attempt to get a shot on goal by beating the lone defender. If the defender intercepts the ball, he must attempt to shoot on the same goal. Repeat in the opposite direction from the other side of the goal after saves, goals and missed shots. Score 1 point for each goal scored. First team to score 10 points, wins.

Progressions

1. Play 3 v 2 in the end areas.
2. All throw ins must result in a 1 touch shot or volley on goal.

Key Coaching Points

1. Shoot through and around defenders.
2. Keep the ball low.
3. Try to shoot the ball straight back from the other side of the goal.
4. If you cannot shoot, then make a pass that allows a 1st time shot by someone else.

Shadow Play**Purpose**

To develop possession and position by shadow play.

Organization

Set out a 70 x 60 yard area. Play 10 outfield players + 2 goalkeepers at the ends of the field. Organize outfield players into a 4-4-2 formation.

Game Objective

The goalkeeper rolls the ball to the fullback who can play the ball to either player ①, player ②, loft it long to a midfield player ③ running from deep, or play the ball short to a defensive midfield player. Play to a strike on goal and try to restrict the receiving players to 3 touches or less. Repeat in the opposite direction and to the opposite side of the field.

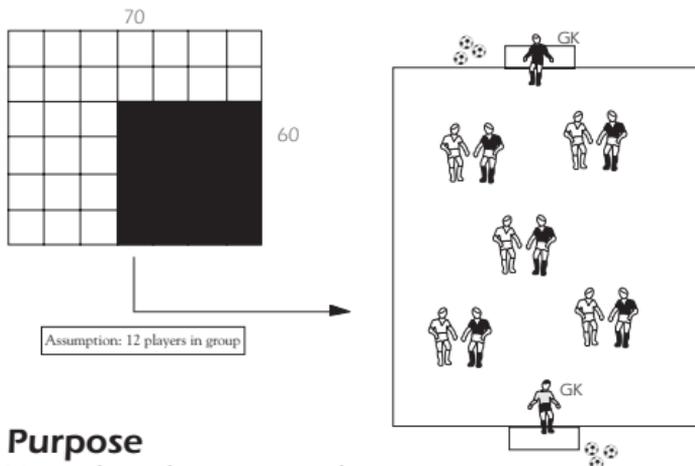
Progressions

1. Walk through the practice first and allow passes of no more than 15 yards.
2. Now at a jog, but only passes of less than 25 yards.
3. On coaches whistle, play stops and coach takes an attacking free kick against the team.

Key Coaching Points

1. Does the team keep good defensive shape.
2. Don't use too many square passes.
3. Can we play short and long passes as if stretching the defense.
4. Remember to allow for an offside rule.
5. Keep to your set formation.

Attitude To Shoot



Purpose

To reinforce shooting attitude.

Organization

Set out a 40 x 40 yard area. Play 5 v 5 in the field of play with goalkeepers at each end. Goalkeepers should have a supply of balls. Only goalkeepers can roll the ball into play.

Game Objective

The object of the game is to shoot on goal at any opportunity. The coach should stop the game after 5 minutes and tell the team how many shooting opportunities they had, how many shots they took, how many were on target, how many were off target, how many goals were scored, and the location of each goal.

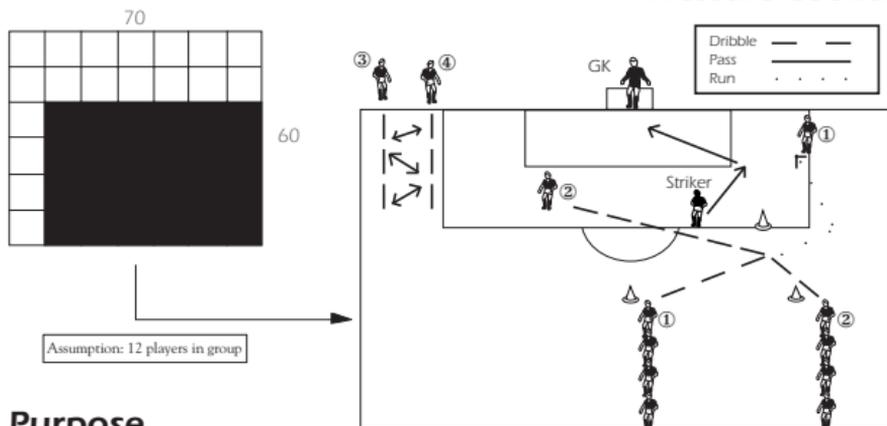
Progressions

Play again for 5 minutes and see if there is any difference in outcomes.

Key Coaching Points

1. If possible, select shot over dribble or pass.
2. Look for secondary opportunities.
3. Look to aim for the far post and hit the target.
4. For power shots, follow through and land on your striking foot.
5. Keep the ball low and away from the goalkeeper.

Pressure Cooker



Purpose

To develop team attacking around the area using a central striker.

Organization

Set out a 60 x 40 yard area. Place 2 cones 35 yards from the goal line, stationing 4 players at each cone as shown in the diagram. Station a lone striker at the top of the penalty area, 1 goalkeeper in the goal area and 2 players behind the goal.

Game Objective

Player ① dribbles in a diagonal line to the wing and performs a cross over with player ② who plays a pass to the striker's feet. The striker controls the ball, then plays to ①, making a curved run around the top cone. Player ① reaches the ball and shoots across the goal 1st time. Player ② runs in for rebounds for shots. Players ③ and ④ retrieve the ball then dribble and pass to the back of the line. Repeat and rotate.

Progressions

1. Put a defender against the striker and an additional defender in the penalty area.
2. Allow the striker to fake, then pass off for ② to shoot first time.

Key Coaching Points

1. The striker should approach the pass at an angle and receive side on.
2. Passes should be quick and allow for first time play.
3. Shoot low and across the area.
4. Make sharp, angled runs into the penalty area.
5. Attack at pace and communicate.