



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

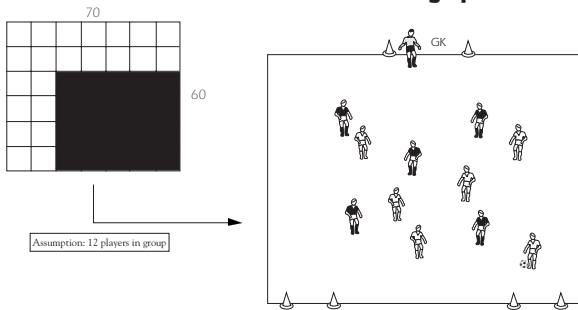
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



SESSION 1 - Week 5

2 hour practices, 2 recommended practices per week

Creating Space In Attack





Purpose

To develop open-play in the attacking area.

Organization

Set out a 50 x 40 yard area. Play 6 v 5 plus a goalkeeper in the area.

Game Objective

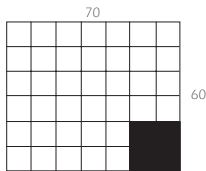
The  players attack the goal at the top of the area. They must combine to create a scoring opportunity. The  defenders can score by clearing the ball through the corner goals at the bottom of the diagram.

Progressions

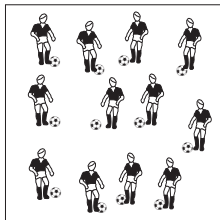
1. Condition the game to 3 touches for the attacking team.
2. Play a regular game.

Key Coaching Points

1. Players should have full forward vision on receiving the ball.
2. Good angles and positions to receive.
3. Position with time and space to go forward.
4. Looking to pass forwards at all times.
5. Pass into spaces behind defense.
6. Pass the ball to the feet of the most advanced player.
7. An attacking pass should go beyond at least 1 defender.



Assumption: 12 players in group



Purpose

To develop individual soccer fitness.

Organization

Set out a 20 x 20 yard area. 12 players. 1 ball per player.

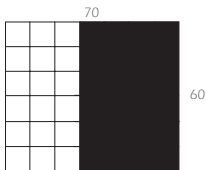
Game Objective

These exercises are designed to develop soccer specific strength. See how quickly a player can perform a full circuit. Players should always warm up. Perform each exercise for 15 seconds, then do the next exercise. Do all exercises, then rest for 30 seconds and repeat twice with a minute between sets.

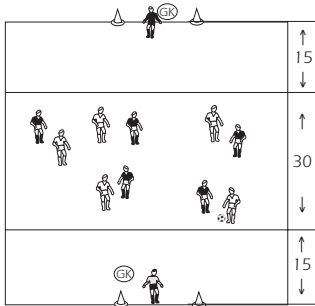
Key Coaching Points

1. With ball on ground, put one foot on ball, one on ground. Jump and change feet, then repeat.
2. Sit ups with ball held between bent knees. Sit up and touch ball with your forehead.
3. Lie face down with arms outstretched, ball in hands. Lift ball up with straight arms and back.
4. Stand astride ball; squat to touch the ball, jump up, then back to squat.
5. Lie on back, arms out by your sides, ball between feet. Lift legs straight up, lower, then repeat.
6. Put ball on ground. In a push up position, go down and touch the ball with your chest.
7. Hold ball in 2 hands; jump up with both knees together and touch ball with thighs.
8. Hold ball between feet and perform a squat thrust, keeping ball between feet, then stand up. Repeat.
9. Lie flat; hold ball behind back with 2 hands. Lift chest up and push ball back to feet.

Breakaway



Assumption: 12 players in group



Purpose

To develop finishing the breakaway.

Organization

Set out a 40 x 60 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 5 v 5 in the 30 x 40 yard grid.

Game Objective

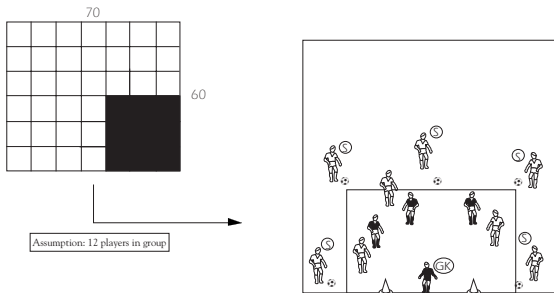
The team in possession plays the ball around the central area. The goal of the game is to penetrate into the attacking area and finish a 1-on-1 with the goalkeeper. The goalkeeper must stay on the line until the attacker crosses the attacking line.

Progressions

Allow a single defender to pursue the attacker to pressure or block the shot.

Key Coaching Points

1. Be composed. Try to get to a central position in front of goal.
2. Assess the position of the goalkeeper before selecting the shooting target.
3. Use an early fake or body swerve to unsettle the goalkeeper and move him out of position.
4. If the goalkeeper comes out quickly, you can dribble around him.
5. If the keeper comes then stops you may be able to chip him.
6. If you choose to shoot, think about placing the ball past the keeper.



Purpose

To develop finishing in the prime scoring area.

Organization

Set out a 30 x 30 yard area and recreate the 18 yard box around the goal. Position five players around the periphery of the area. Play 3 v 3 inside the area. One ball per server.

Game Objective

Servers take turns to serve the ball into the goal area to one of the team nominated by the coach inside the area. The player can either a.) turn on the ball and shoot directly on goal or b.) play the ball back to the server who shoots on goal, or c.) pass to another teammate. Servers score for the team passing them the ball. Servers are allowed only 1 touch. Rotate positions.

Key Coaching Points

1. Assess the quality of the receiving players first touch.
2. Servers must communicate with their attacking teammates to inform them of their options.
3. Turn and shoot in one continuous movement.
4. Follow in for rebounds.
5. Shoot early—shoot low.
6. Be creative—backheels—toe pokes.