



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U16** COMPETITIVE



SESSION 2

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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.



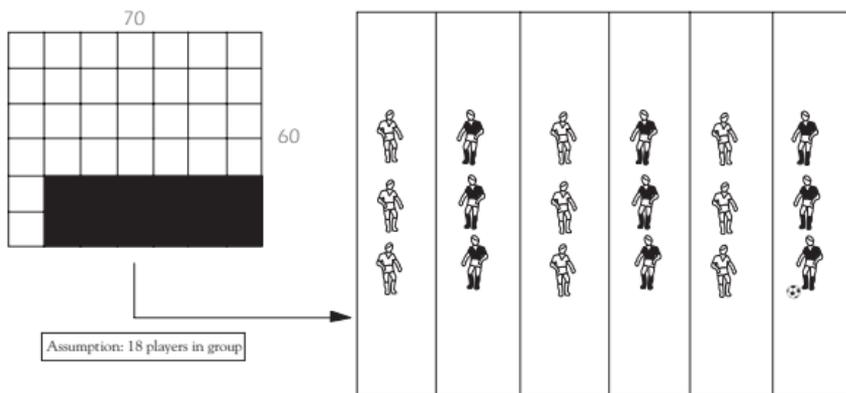
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SESSION 2 - Week 2

2 hour practices, 2 recommended practices per week

Zone Ticket**Purpose**

To develop width in forward situations.

Organization

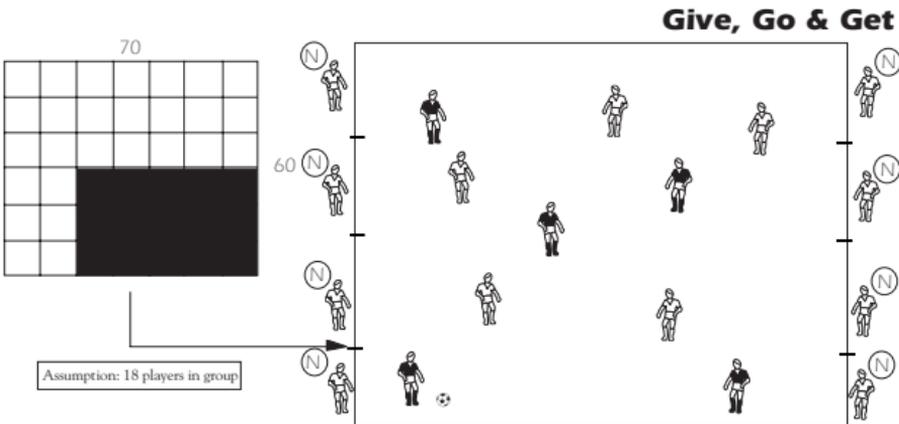
Set out a 20x60 yard area. Divide the field into six 20x10 zones. Station two teams of nine inside the area as shown in the diagram, with three players from a team in alternate zones.

Game Objective

The dark team starts in possession and scores 1 point every time the ball passes through an opposition zone. The ball must travel above head height otherwise the opposition is awarded 1 point. If the ball passes through both opposition zones, it is worth 2 points. Play is continuous and the first team to reach 20 points is the winner.

Key Coaching Points

1. Players should provide width within the area using good movement to create space.
2. Move the ball quickly to unbalance the defenders.
3. Look to play forward on the first touch if possible.
4. Try to play as far forward as possible if it is safe to do so.
5. Angled passes are more likely to be successful than straight ones.
6. Support in other areas should be alert and moving into good positions at all times.



Purpose

To develop improved movement off the ball and quick play.

Organization

Set out a 50x40 yard area. Station two teams of five players inside the area, with four neutral players at opposite ends.

Game Objective

The dark team starts with the ball trying to maintain possession, scoring 1 point for ten consecutive passes. Any give and go with a teammate inside the area is worth 1 point, with a give and go using a neutral player worth 2 points. After playing the initial pass to a teammate or neutral player, the return pass must be received beyond a defender to count as a give and go.

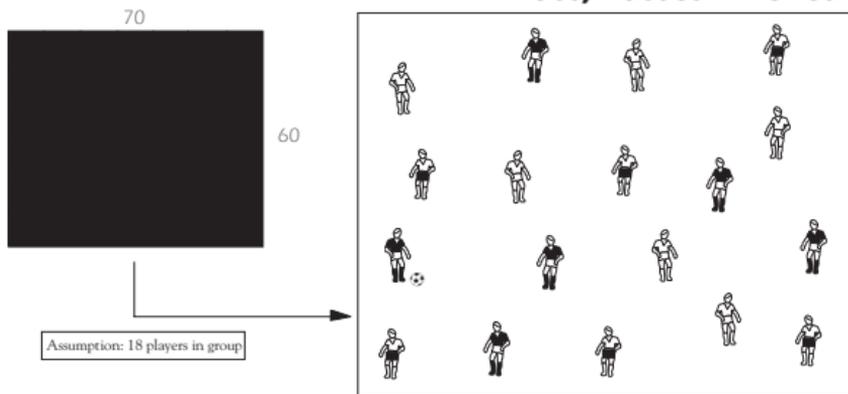
Progressions

1. Divide the neutral team into two teams of four, with two lights and two darks at each end of the area. The players in the middle can only use perimeter players on the same team.

Key Coaching Points

1. Once the pass is played, move into a supporting position quickly.
2. Look for passes that eliminate defenders.
3. If there is no immediate pressure on the ball, the first look should always be for a longer pass if possible.
4. Always communicate effectively.

Pass, Passes 7 Penetrate



Purpose

To improve vision and movement off the ball.

Organization

Set out a 70x60 yard area. Station three teams of six anywhere inside the area. Group the players by position so defenders, midfielders and strikers make up the three teams.

Game Objective

Team 1 start as defenders trying to regain possession from teams 2 and 3, who combine to keep possession for as long as possible. When team 1 win the ball from one of their opponents, the team that lost possession become the defending team. Every ten passes result in 1 point for both attacking teams. Play is continuous for 15-20 minutes with throw-ins taken if the ball is kicked out of the area.

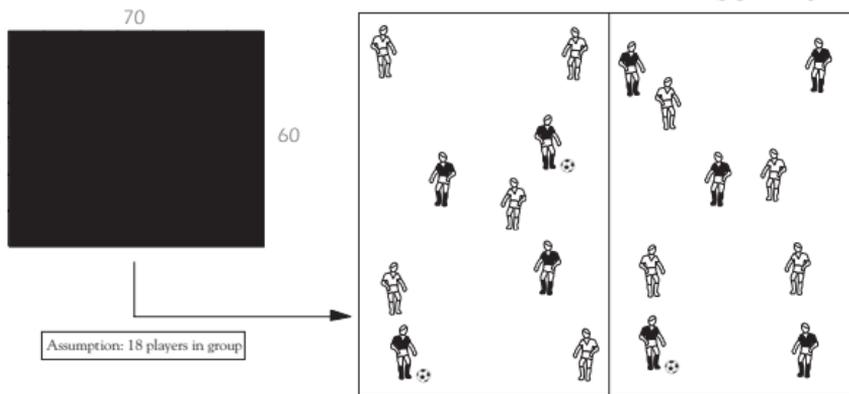
Progressions

1. Impose a two-touch restriction on one of the teams by calling their group name (defenders, midfielders or attackers).

Key Coaching Points

1. Create space long and wide when in possession.
2. Remember you passing priorities and make the defenders work hard to recover the ball.
3. Communicate with teammates whether you are attacking or defending.
4. Use the numerical advantage to create numbers up situations at every opportunity.

Three And Five



Purpose

To improve vision and movement off the ball.

Organization

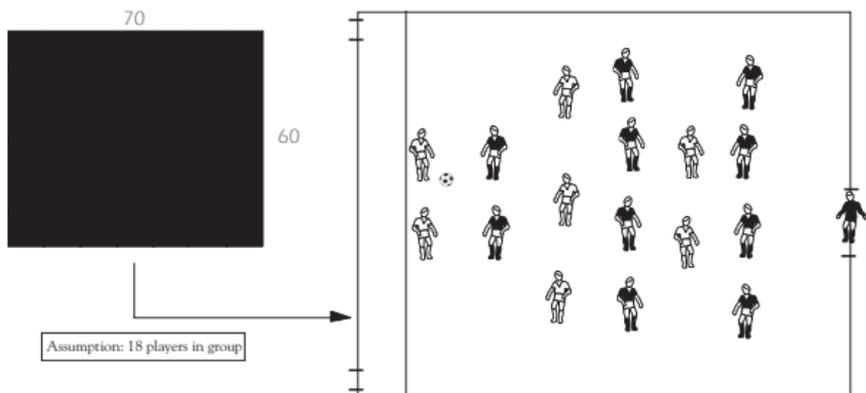
Set out a 70x60 yard area. Mark out a dividing line down the center of the area as shown in the diagram above. Station two teams of nine anywhere inside the area, playing 5v4 in each half of the field.

Game Objective

The dark team starts in possession of three soccer balls and attempts to retain them for as long as possible. Players may not move from their designated half. Play is continuous for five minutes and the team with most soccer balls in their possession at the end of this period scores a point.

Key Coaching Points

1. Look to create space long and wide inside the area.
2. Movement off the ball is essential, so look for opportunities to support quickly and create numbers up situations.
3. Make good decisions in possession and know when to pass, when to run with the ball and when to protect the ball.
4. Communicate verbally and visually with teammates at all times.
5. Make sure players concentrate and balance the space in the area so it is utilized fully.

Twelve And Six**Purpose**

To develop counter attacking in a small sided game.

Organization

Set out a 70x60 yard area. Station one goal in the center of one end line, with two five-yard goals in the corners at the opposite end, five yards in from the sideline. The dark team plays 4-4-2 plus a keeper, the light team plays 2-3-2 against them initially.

Game Objective

The dark team is defending the main goal trying to score a point by running the ball through one of the small goals or have possession on the opposition end line. The light team tries to score in the main goal. The dark team has twelve seconds or six passes to score once they have possession or a free kick is awarded against them.

Key Coaching Points

1. Make sure the midfield and defense are compact and organized behind the ball.
2. Do not press the ball until it is in the defensive half.
3. Once possession is won, look to attack the spaces between opponents and behind them.
4. Push out from the back as you attack to compress the space in the event possession is lost.