



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U16** COMPETITIVE



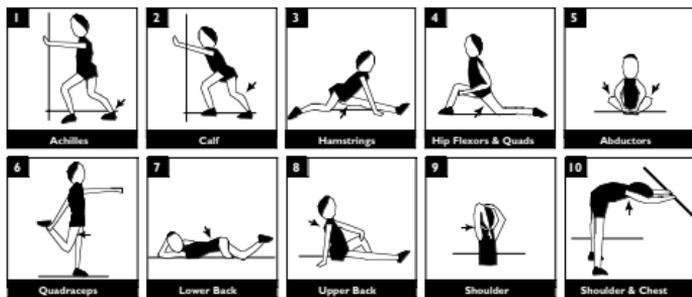
SESSION 2

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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

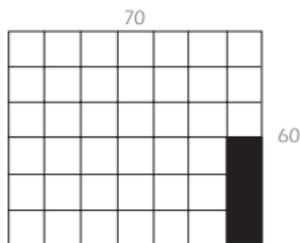
Key Coaching Points

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.

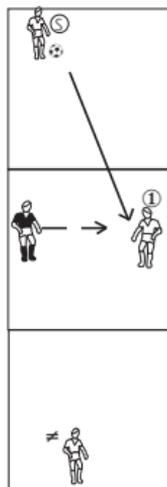


SESSION 2 - Week 7

2 hour practices, 2 recommended practices per week



Assumption: 12 players in group



Purpose

To develop intercepting the ball.

Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

Game Objective

Server (S) plays the ball to player (1). The defender can move in to intercept the ball as soon as (S) plays the ball. The defender has two options a.) To intercept the ball or b.) remain goal side of the attacker and prevent him from turning or crossing over the attacking line. Repeat in the opposite direction. Rotate positions. Player (1) tries to get the ball to player ≠.

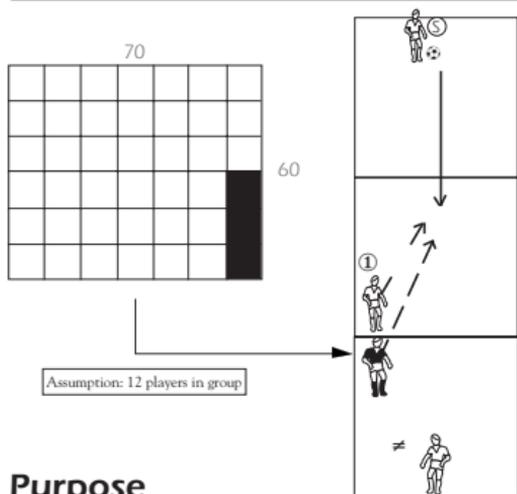
Progressions

Player ≠ covers the primary defender who is challenging for the ball.

Key Coaching Points

1. Cover the ground as quickly as possible.
2. Make the decision to commit or contain - don't get caught in-between.
3. If the defender over-commits and does not intercept the ball, he must recover and try to get goal side of the ball if at all possible.

Defending From Behind



Purpose

To develop preventing an attacker from turning with the ball.

Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

Game Objective

Server ⑤ plays the ball into the space in front of player ①. The defender ① must close down the space between himself and the attacker and prevent player ① from turning on the ball to pass to player ② from the attacking zone.

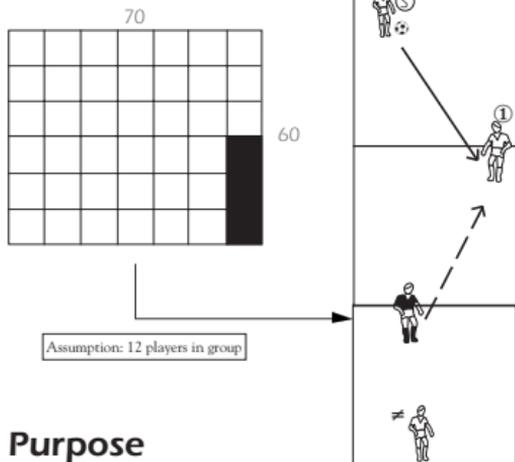
Progressions

Player ② can move in to support the primary defender.

Key Coaching Points

1. Close down the space to the attacker as quickly as possible.
2. The defender should keep the attacker and the ball in view at all times.
3. Adopt a "touch tight" position where you are within touching distance.
4. Select the correct moment to tackle...be patient, wait for the 1/2 turn.

Defending In Front



Purpose

To develop defending from a position goal side of the ball.

Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

Game Objective

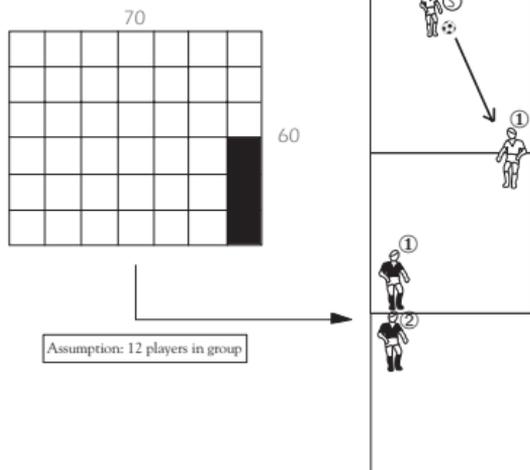
Server (S) plays the ball to player (1). The defender (D) can move into close down the receiver as soon as (S) plays the ball. The defender (D) must prevent the attacker from crossing over the attacking line and passing the ball to player (2).

Progressions

Player (2) can step up to be the supporting defender to deny space inside and behind the primary defender.

Key Coaching Points

1. Close down the space to the attacker as quickly as possible.
2. The defender should block the attacker's route to goal.
3. The defender should maintain the space between himself and the attacker by shifting back in retreat.
4. Don't get beaten by the attacker's 1st touch.
5. Don't run across in a straight line, get between the ball and target then go down the line.
6. Can you win the advantage by faking to tackle so the attacker becomes predictable?



Purpose

To develop the role of the covering defender.

Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

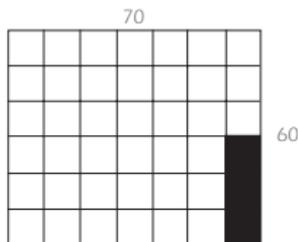
Game Objective

Server (S) plays the ball to player (1). Defender (1) closes down the space to player (1) while the covering defender (2) positions himself on the inside and within 10 yards of the primary defender. The covering defender communicates information to the challenging defender and becomes the challenging defender if the initial defender is beaten.

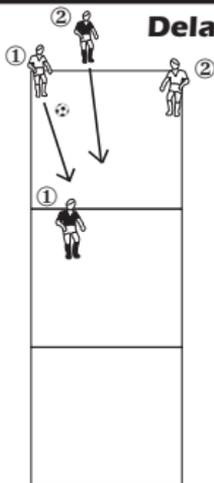
Key Coaching Points

1. The challenging player should force the opponent down the touchline blocking the opponent's route inside.
2. The covering defender should be at the correct angle and distance from the primary defender.
3. The covering defender should communicate with the first defender when and where to challenge for the ball.

Delay To Recover



Assumption: 12 players in group



Purpose

To develop pressing cover in a 2 v 2 situation.

Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

Game Objective

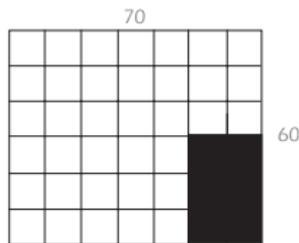
Player ① starts with the ball. The ① team must combine their efforts to advance the ball to the opposing endline. Defender ① must pressure the ball and delay the attackers until ② gets back in to help and offer support. ② cannot enter the field until the ball crosses the 1st 10 yard line.

Progressions

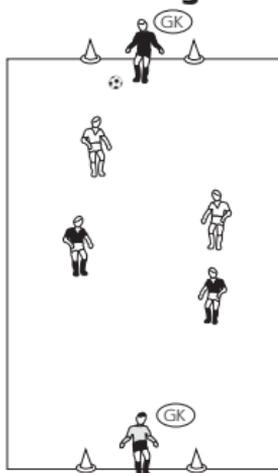
Encourage attackers to make crossover, diagonal, blind-side runs etc...to create man to man and zone marking instances which can be illustrated.

Key Coaching Points

1. As ② recovers, can they try to get a foot on the ball?
2. The recovery run must be quick and take the shortest route.
3. ② must be careful not to make too deep a recovery run.
4. ①'s primary role is to delay the attacker until ② can support.
5. The defender's primary responsibility must be to mark the second attacker. Cover can best be given by forcing the play across the field from where both defenders are goal side and maintain full vision of the field.

Defending In Front Of Goal

Assumption: 12 players in group

**Purpose**

To improve man to man marking.

Organization

Set out a 20 x 30 yard area. Groups of 6, play 2 v 2 with a goalkeeper at each endline. Repeat in another area for a total of 12 players.

Game Objective

Each player is assigned a man marker on the opposition. Players can only challenge the player they are assigned to man mark. The defending team must prevent the opposition from getting a shot on goal. The attacking team must attempt to score into the opposition's goal.

Progressions

Mark any player you want.

Key Coaching Points

1. Shadow the attacking player at all times.
2. Keep play in front of defenders at all times.
3. Defenders should attempt to force the play in one direction to allow a second supporting defender to close off the passing options.
4. Remember that the closer your player is to the ball or goal, the closer you are to them.
5. Guiding triangle is ball—supporting attacker—goal. Always be inside it.