



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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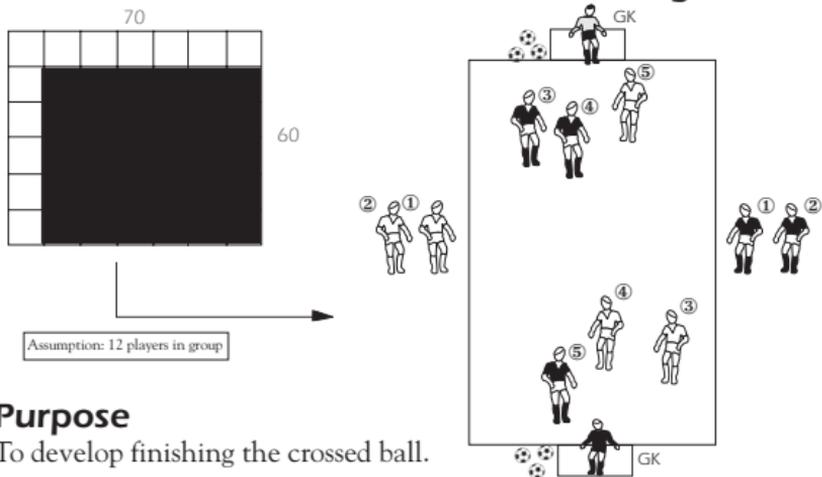
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SESSION 2 - Week 8

2 hour practices, 2 recommended practices per week

Crossing & Finishing



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

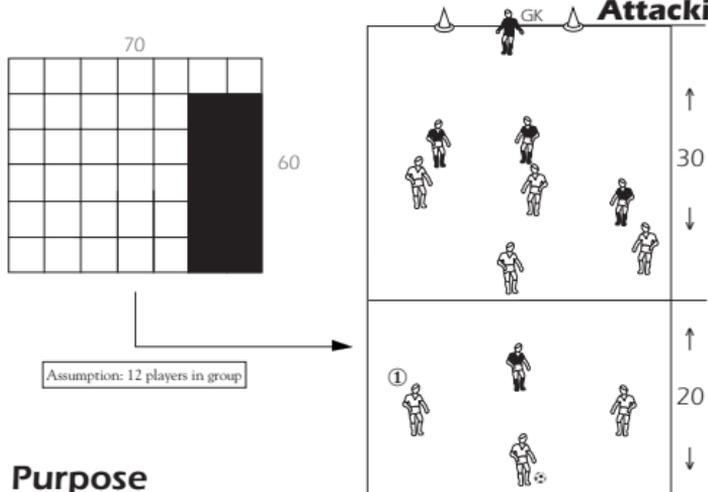
1. Player ① dribbles to the end line and turns and plays the ball back for a first time cross by player ②.
2. All crosses delivered first time after an overlapping run by the wide players.
3. Put 1 wide player from each team on each side of the field. They now have to dribble past each other to cross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

Attacking Build Up



Purpose

To develop transition from the midfield into the final 1/3.

Organization

Set out a 20 x 50 yard area. Set out two grids within the area according to the dimensions shown in the above diagram. Play 3 v 1 in the smaller area and 4 v 3 with a goalkeeper in the larger area.

Game Objective

Player ① starts with the ball. The three ⚭ midfield players in the bottom area combine to play the ball into the attacking grid. The ⚭ player receiving the ball must turn his defender and get a shot on goal. The ⚭ defender must attempt to intercept the ball or block the shot on goal. Rotate positions.

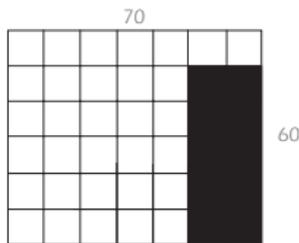
Progressions

1. Play 3 v 2 in the smaller area and 3 v 3 in the larger area.
2. Take the midline away, play 6 v 5 in the entire 20 x 50 yard area.

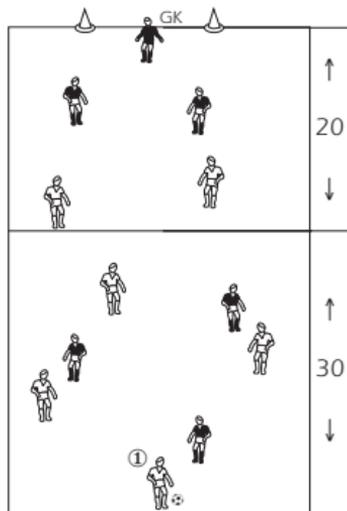
Key Coaching Points

1. Midfield players should hold onto the ball until an attacker has checked away from the defender and has created space to receive the ball.
2. Attackers should create a shooting opportunity with their first touch.
3. Encourage players to shoot at every opportunity.

Striker's Space



Assumption: 12 players in group



Purpose

To develop transition and support from the midfield.

Organization

Set out a 20 x 50 yard area. Set out two grids within the area according to the dimensions shown in the above diagram. Play 4 v 3 in the larger area and play 2 v 2 with a goalkeeper in the smaller (attacking) area.

Game Objective

Player ① starts with the ball. The four players in the larger area combine to pass the ball into the attacking area. The player who passes the ball into the area follows the ball into the attacking zone to make a 3 v 2 situation. Finish with a shot on goal. Rotate positions.

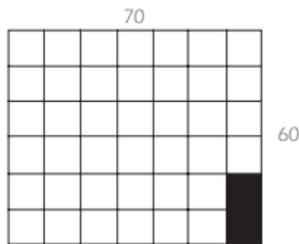
Progressions

Play 6 v 5 in an open 30 x 50 yard field.

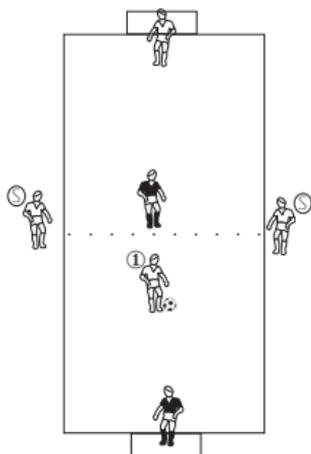
Key Coaching Points

1. The supporting player should move into a position at an angle and distance away from the receiver.
2. Shoot on goal at the earliest opportunity.
3. Encourage players when they shoot and miss. *Shooting* is an attitude that must be encouraged and fostered.

Finishing The Breakaway



Assumption: 12 players in group



Purpose

Finishing the breakdown.

Organization

Set out a 10 x 20 yard area. Groups of six, play 1 v 1 with two support players and a keeper at each end of the field. Repeat in another area for a total of 12 players.

Game Objective

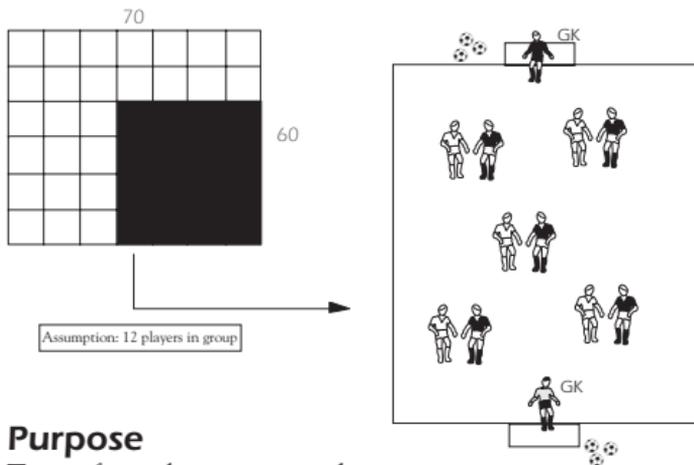
Player ① starts with the ball. His goal is to beat defender ① and get into the attacking half of the field where he can score a goal. He has the option to play a 1-2 combination with either of the support players who move up and down the side line. Repeat in the opposite direction.

Progressions

1. Allow the side line player to move up and down the line in support.
2. Move the support players to the opposite end lines. You now can dribble or pass to the support player at the end of the field to receive back and finish 1st time.

Key Coaching Points

1. Use the support players as a diversion. Take the defender on whenever possible as it is the most direct route to goal.
2. If goalkeeper stays, get as close as comfortable, then finish.
3. Support players are restricted to 1 touch only.
4. Make sure the return pass is in front of the attacker for a 1st time shot.



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.