



# 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.



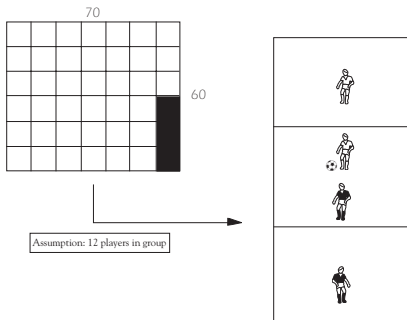
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## SESSION 2 - Week 10

2 hour practices, 2 recommended practices per week



### Purpose

To develop the role of the supporting defender.

### Organization

Set out a 30x10 yard area. Divide the area into 10x10 grids and station two pairs in the area as shown in the diagram. Mark out four 3x3 boxes in the bottom corners. Repeat in two areas for a total of 12 players.

### Game Objective

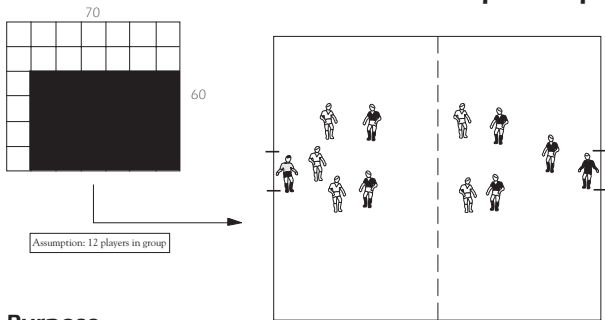
The opposing players in the center play 1v1 and attempt to run with the ball into one of the two boxes in the opposition area. The deepest defender must remain in that area initially. An attacker scores 1 point if they can control the ball with the sole of their foot on the end line of the opposition box. If the defender wins possession in the defensive area, the game restarts from there. Play is continuous for two minutes before switching roles.

### Progressions

1. Players can move anywhere inside any of the areas.

### Key Coaching Points

1. Support your partner verbally by giving instructions to force play in one direction.
2. Check your distance and angles to ensure you are close enough to cover in the event your partner is beaten.
3. Always look to double up defensively.



## Purpose

To develop marking in a small sided game and the development of the sweeper role.

## Organization

Set out a 60x40 yard area. Divide the area in half and station two teams of six players in the area as shown in the diagram, with 3 defenders in the defensive half and 2 attackers in the attacking half.

## Game Objective

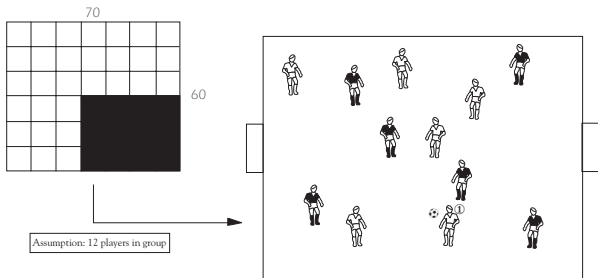
Two defenders from each team are given an attacking player from the opposition to mark and may only steal the ball from that player. The spare defender may steal from either of the attackers. Players may not leave the half to which they have been designated.

## Progressions

1. If a defender passes the ball to an attacker they may join in the attack as long as the ball remains in the attacking half.
2. Take away the halfway line.
3. Introduce the offside rule.

## Key Coaching Points

1. React quickly to changes in possession and find your player to cover.
2. As the spare player, look to double up on attacking players by providing support for the marker.
3. Defend actively and look to intercept passes or pressure the first touch whenever possible.



### Purpose

To develop defensive and offensive heading in a conditioned 6 v 6 game.

### Organization

Set out a 40 x 30 yard area. Play 6 v 6 in the confines of the area. Make a goal at each end of the area.

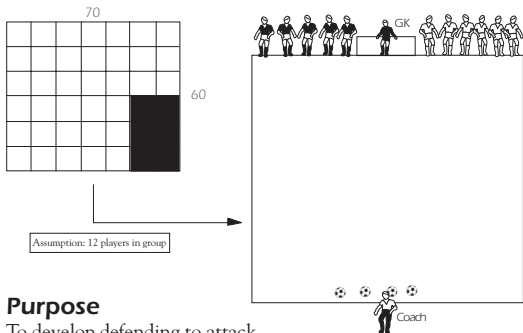
### Game Objective

Player ① throws the ball to a teammate who must head the ball to another teammate, who in turn must catch the ball. The correct sequence is throw, head, catch. **Receiving** players are only allowed two steps after catching the ball. Opponents may intercept the ball in the correct sequence; e.g., if ① throws the ball, ② must head the ball to another ③ player to intercept. To score you must head the ball into the goal.

### Key Coaching Points

1. Focus on height, width and distance of headers.
2. Anticipate the placement of your header before the ball comes to you – read the game.
3. Keep your eye on the ball at all times.
4. Attack the ball at its highest point.

## Favorite Numbers



### Purpose

To develop defending to attack.

### Organization

Set out a 20 x 30 yard area. Station a goalkeeper on the end line at the top of the diagram. The remaining players are divided into 2 teams, 6 and 5 respectively and are positioned at the sides of the goal. Each player is given a number from 1 - 6. One of the players on the team of 5 can have 2 numbers.

### Game Objective

The coach calls out a number and serves the ball into the area. The 1st player to the ball is an attacker, the 2nd becomes the defender. The attacker must attempt to score on goal. Should the defender intercept the ball, he must clear the ball by playing a 1-2 pass to the coach. Play until the ball is out of play, returned to the coach, or a goal is scored.

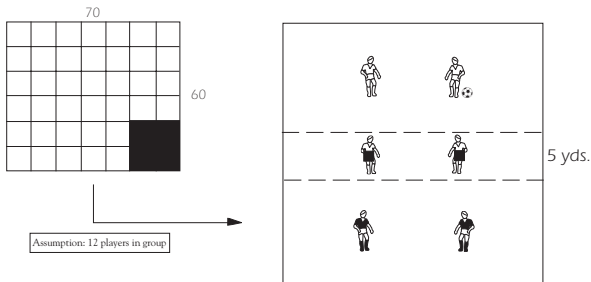
### Progressions

No longer need to play a 1-2 with coach, just turn and score in the same goal as the attacker.

### Key Coaching Points

1. Get to the opponent quickly and be still.
2. Stop the opponent from turning—be touch tight.
3. If a player is facing the goal, come down a line between ball and goal.
4. When defending, get there quickly, “crouch and creep.”
5. Fake a tackle to win the advantage.

## Head Tennis

**Purpose**

To develop defensive headers.

**Organization**

Set out a 20x20 yard area with a 5 yard channel in the middle. Station two players at the top, center and bottom of the area as shown in the diagram. Repeat in another area for a total of 12 players.

**Game Objective**

The two players at the top of the area throw the ball over the center to the pair at the bottom, who must head the ball back. The game is continuous as the pairs at the top and bottom of the area combine to head the ball over the pair in the middle. The pair in the middle can jump and try to catch the ball with their hands to intercept, but must remain in the 5 yard channel. If the ball is intercepted or does not clear the center, the team that loses possession goes in the middle.

**Progressions**

1. Middle players can only intercept the ball with a header.
2. Receiving team cannot touch the ball with their hands.

**Key Coaching Points**

1. Attack the ball at its highest point.
2. Look for height, distance and width on the header, in that order.
3. Communicate with your partner so you do not both go for the same ball.