



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U16** RECREATIONAL



SESSION 1

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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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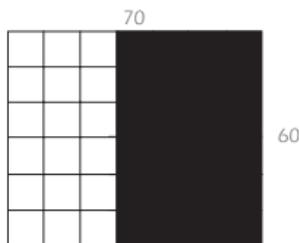
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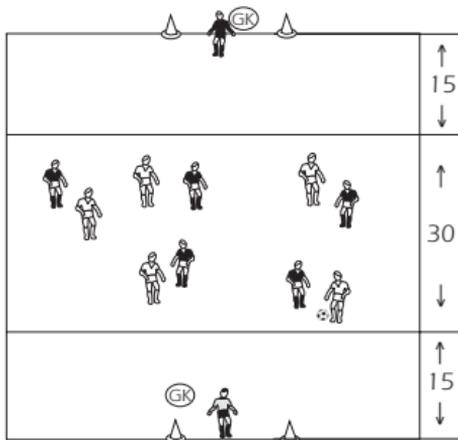
SESSION 1 - Week 9

2 hour practices, 2 recommended practices per week

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

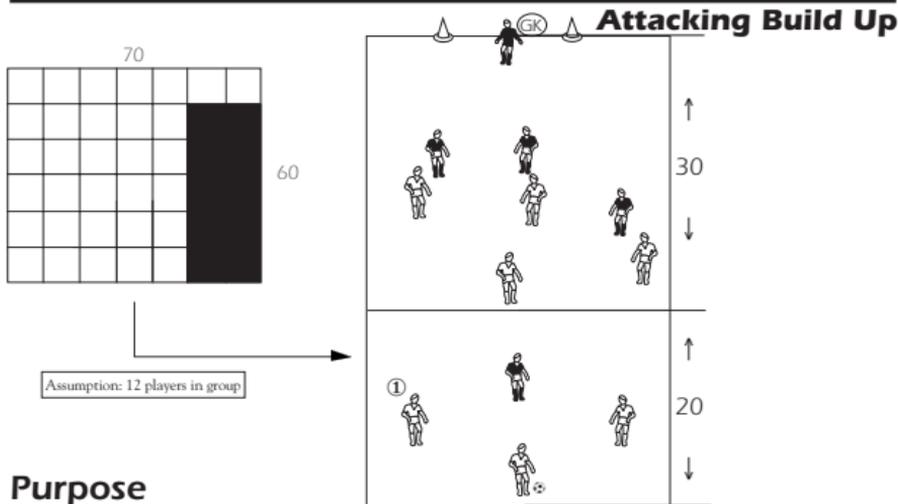
The team in possession plays the ball around the central area. The goal of the game is to penetrate into the attacking area and finish a 1-on-1 with the goalkeeper. The goalkeeper must stay on the line until the attacker crosses the attacking line.

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 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

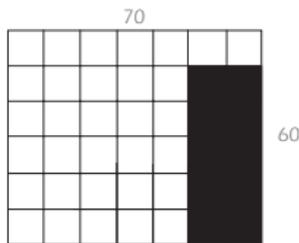
Player ① starts with the ball. The three midfield players in the bottom area combine to play the ball into the attacking grid. The player receiving the ball must turn his defender and get a shot on goal. The defender must attempt to intercept the ball or block the shot on goal. Rotate positions.

Progressions

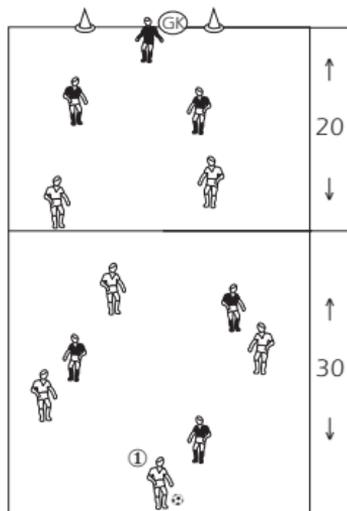
1. Play 3 v 2 in the smaller area and 3 v 3 in the larger area.
2. Take the midline away, play 6 v 5 in the entire 20 x 50 yard area.

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.



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.

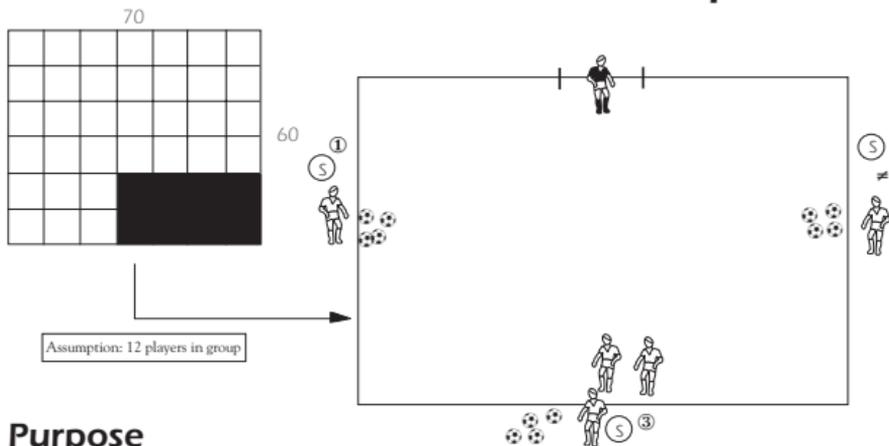
Progressions

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.

Shape To Shoot



Purpose

To develop finishing from different angles.

Organization

Set out a 40x20 yard area, with three numbered stations marked around the outside. Repeat in another area for a total of 12 players.

Game Objective

Two players start back to back at the top of the area shown in the diagram. Coach calls a server number out and a ball is played on the ground about five yards from the server. The players compete and attempt to score, with each round lasting a maximum of five seconds. Repeat in another area for a total of twelve players.

Progressions

1. Servers can alter the height and speed of the ball.
2. Servers can alter their position on the outside of the area.
3. Award 2 points for one touch finishes.
4. Combine groups and have 3 players compete with additional servers.

Key Coaching Points

1. Finishing instinct – be first to the ball.
2. Get between your opponent and the ball.
3. Adjust your body shape as you look to shoot.
4. Try for a first time strike.
5. Good shooting technique – hit the target.
6. Follow in for any potential rebounds.