



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U19** COMPETITIVE



### 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

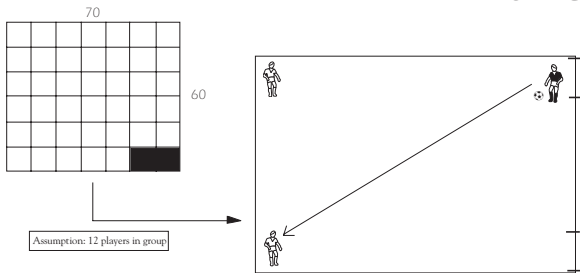
### Key Coaching Points

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.



## **SESSION 1 - Week 3**

2 hour practices, 2 recommended practices per week



## Purpose

Set out a 20 x 10 yard area. Set out two cones, three yards apart in the corners of each end line as goals. Repeat in three areas for a total of 12 players.

## Game Objective

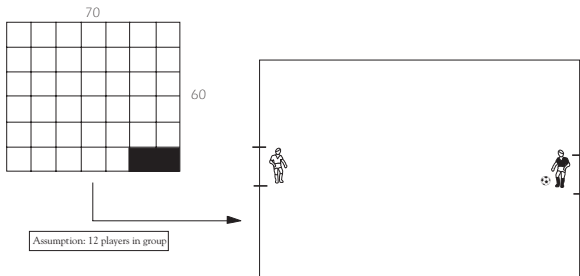
The defender starts by passing diagonally to an attacker. The two attackers then combine and attempt to score in the furthest goal by running through it with the ball. The defender attempts to force the player in possession through the nearest goal and prevent the attackers passing to each other. If the attackers make a pass and score it is worth a point. If the defender can intercept a pass or force the attacker out of the box, it is worth 1 point.

## Progressions

1. Allow the defender to counter attack.
2. Impose a 10 second time limit on the attackers.

## Key Coaching Points

1. Pressure the ball by moving quickly as it travels.
2. Slow down as you approach, get turned to 45 degrees with knees slightly bent.
3. Cut passing angles to the second attacker – make play predictable.
4. Delay and only challenge if you can get the ball.



## Purpose

Set out a 20 x 10 yard area. Set out two cones, three yards apart in the center of each end line as goals. Repeat in five other areas for a total of 12 players.

## Organization

Players take it in turns to defend against their opponent and prevent them from stopping the ball in their goal within a five second period, without attempting to “steal” the ball. If the attacker gets within five yards – attacker gains one point. If the defender delays successfully – defender gains one point.

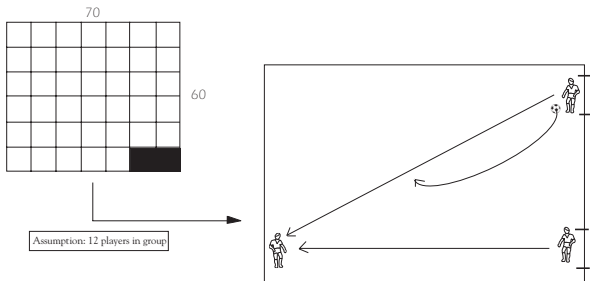
## Progressions

1. In conjunction with coaching point four, allow the defender one attempt to steal the ball, after which they must stand still if unsuccessful.
2. Allow play to be continuous for two-minute rounds.
3. Have a competition with other players - the top scorer takes on the coach.

## Key Coaching Points

1. Get to the ball quickly.
2. Slow to a stop.
3. While slowing, half turn body to 45 degrees.
4. Force play in one direction.
5. Be patient - make your opponent beat you.
6. Timing of the challenge (if needed).

## Diagonal Defense



## Purpose

To introduce defending in 2v1 situations.

## Organization

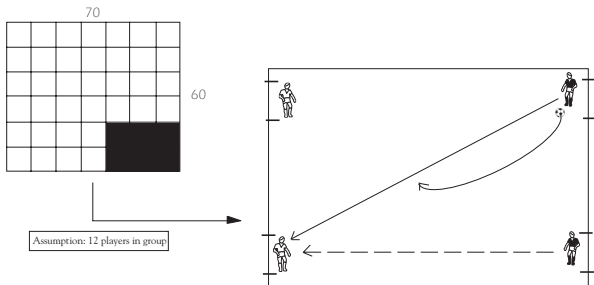
Set out a 20 x 10 yard area. Set out two cones, three yards apart in the corners of each end line as goals. Repeat in three areas for a total of 12 players.

## Game Objective

One defender starts in a corner by passing diagonally to the attacker. The attacker then attempts to score in either goal by running through them with the ball within 8 seconds. The defenders attempt to force the player/ball out of the area. If the attacker scores it is worth 2 points - if the defenders can force the attacker out of the box, it is worth 1 point. Play first to five points before rotating roles.

## Key Coaching Points

1. Nearest defender pressures the ball, move quickly as it travels.
2. Supporting defender takes a position about 5 yards behind at an angle so a pass cannot split the pair.
3. Nearest defender tries to force play in the direction called by the supporting defender.
4. The supporting defender should be able to cover the nearest defender in the event he/she is beaten.

**Double Diagonal Defense****Purpose**

To introduce defending in 2v2 situations.

**Organization**

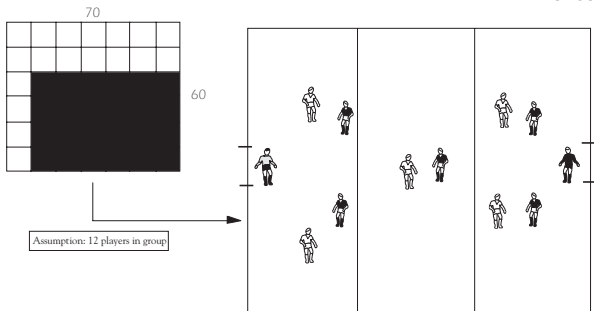
Set out a 30 x 20 yard area. Set out two cones, three yards apart in the corners of each end line as goals. Repeat in two areas for a total of 12 players.

**Game Objective**

One defender starts in a corner by passing diagonally to the attacker. The attacker then attempts to score in one of the furthest goals by running through either with the ball within 10 seconds. The defenders attempt to force the player/ball out of the area. If the attacker scores it is worth 2 points. If the defenders can force the attacker out of the box, it is worth 1 point.

**Key Coaching Points**

1. Nearest defender pressures the ball, move quickly as it travels.
2. Supporting defender takes a position about 5 yards behind the first defender so a pass cannot split the pair.
3. Nearest defender tries to force play in the direction called by supporting defender.
4. The supporting defender should be able to cover the nearest defender in the event he/she is beaten.
5. If beaten, remember to recover into a supporting position.



## Purpose

To improve defending as a team.

## Organization

Set out a 60x40 yard area. Divide the field into three zones as in the diagram above. Mark out two goals and station two teams of six at opposite ends of the area.

## Game Objective

The dark team starts with the ball. The object of the game is to win the ball back as near to the opposition goal as possible. If a team regains possession in the attacking third they score 3 points, 2 points for the midfield third and one point for the defensive third. Shots scored count for 2 points also. The first team to reach 20 points is the winner.

## Progressions

1. If possession is won in the attacking third and a goal is then scored, it is worth 3 points.

## Key Coaching Points

1. When your team wins possession, defenders should move further up the field.
2. When your team loses possession, attackers should come back to help.
3. Defend actively and make your opponent beat you.
4. Communicate with other players and work together to win the ball back.