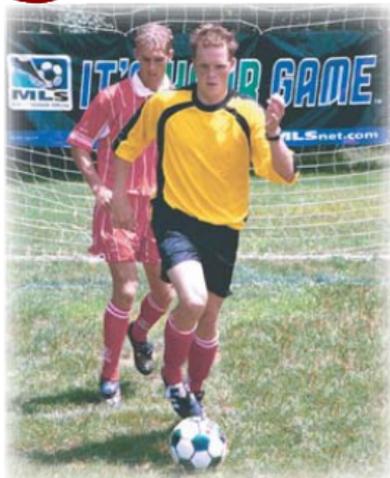




MLS CAMPS

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

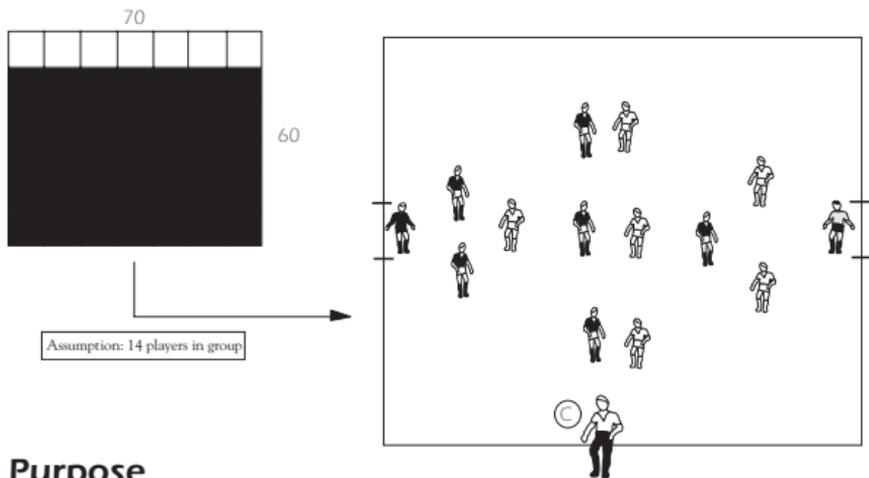
Key Coaching Points

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 5

2 hour practices, 2 recommended practices per week



Assumption: 14 players in group

Purpose

To improve intercepting when defending.

Organization

Set out a 70x50 area. Select two teams of six plus goalkeepers and station at opposite ends of the area.

Game Objective

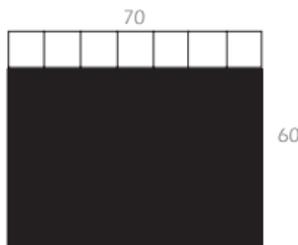
The object of the game is to intercept as many passes as possible. All players have a two-touch restriction once they are in possession so they are unable to run with the ball. Players are not allowed to steal the ball from each other. Every intercepted pass is worth one point, a goal is worth two points and an interception that leads directly to a goal is worth five points.

Progressions

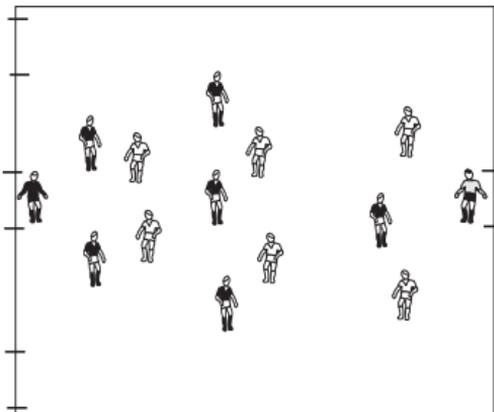
1. Allow players to steal from each other as in a regular game.
2. Take away the touch restriction.

Key Coaching Points

1. Identify good opportunities to intercept such as when the ball is played long, weighted incorrectly or when there is plenty of cover.
2. Do not take risks especially in the defending third when there is no cover or when outcome of your attempt is unsure.
3. Understand the defending triangle! Assess the position of the ball, the opponent and the goal before attempting to intercept.



Assumption: 14 players in group



Purpose

To develop forcing play in one direction.

Organization

Set out a 70 x 50 area. Pick two teams of six plus goalkeepers and station them at opposite ends of the area. Set out one full size goal and two five-yard goals as shown in the diagram.

Game Objective

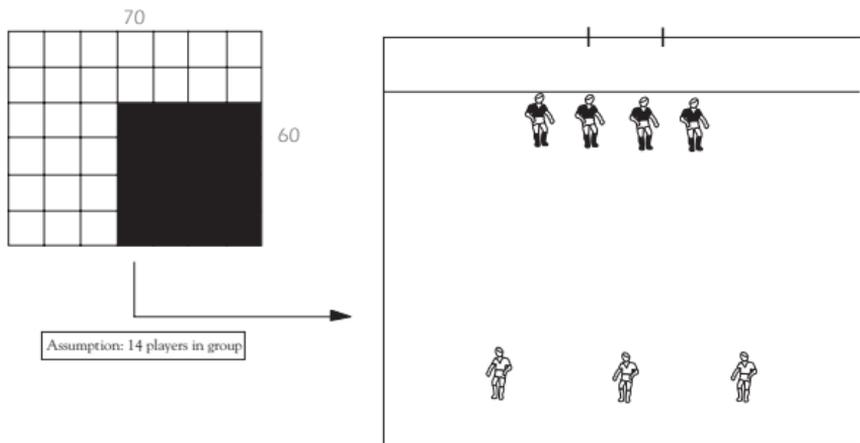
The object of the game is for the dark team to force the light team away from the small goal designated by the coach and the light team tries to gain a point by scoring in the large goal. The light team has a 30 second time limit to score once in possession, otherwise the dark team scores a point. The first team to five points is the winner and the roles are then switched.

Progressions

1. Coach can switch the direction that play is to be forced in at any time.

Key Coaching Points

1. The nearest player must pressure the ball quickly.
2. The nearest supporting player must move into position quickly and communicate well with the first defender.
3. Make play predictable and do not over commit.
4. Keep your shape as a team and stay compact when defending.



Purpose

To develop doubling up in defensive situations.

Organization

Set out a 40x40 area. Station the dark team of four and the light team of three in the area as shown in the diagram.

Game Objective

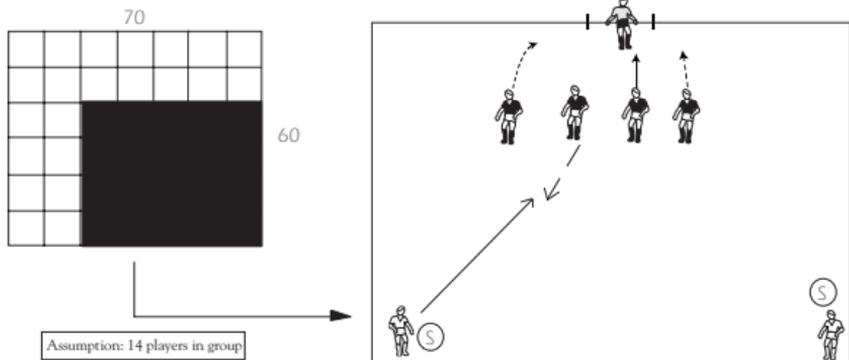
The object of the game is for the dark team to prevent the light team gaining possession in the endzone. The ball is played from the server to any one of the forwards who must combine to score within 30 seconds. The defenders must double up on every attacker as soon as they are in possession of the ball. If the attackers gain possession in the end zone they score a point, if the defenders win possession, they score a point.

Progressions

1. The defenders can only score by getting the ball back to the server.

Key Coaching Points

1. React as the ball travels and put pressure on the ball.
2. Supporting defender should move close to the first defender and communicate.
3. Force players towards the covering defender or onto their weaker foot.
4. As the ball moves, react and adjust roles to ensure the player in possession has two players pressing.



Purpose

To improve defending against the long ball.

Organization

Set out a 50x40 area. Station four defenders half way up the area, with a keeper in goal and two servers in the bottom corners of the box. Repeat in another area for a total of 14 players.

Game Objective

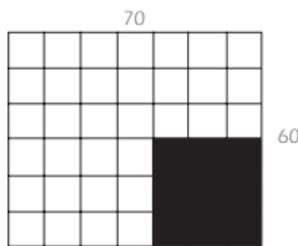
The defenders start in a flat line twenty-five yards from goal. One of the servers hits a lofted pass anywhere along the back line. The nearest player attacks the ball to clear it as the other defenders drop back five yards in the event that the ball travels beyond the first defender.

Progressions

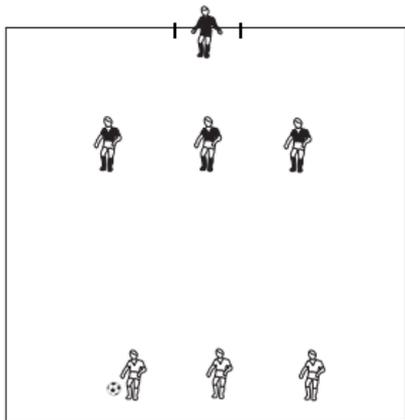
1. Have one of the servers play as a forward to challenge the defenders.
2. Vary the height of the service to keep the defenders on their toes.

Key Coaching Points

1. Nearest defender call for the ball and attack it at the highest point.
2. Supporting defenders drop five yards to cover, with all covering defenders squeezing together to keep the team shape.
3. If the ball is over the heads of the defenders, the goalkeeper should call and collect.
4. Push out as the ball is cleared.



Assumption: 14 players in group



Purpose

To improve defending in small groups.

Organization

Set out a 30x30 area. Station a team of three defenders plus a goalkeeper for the dark team at the top of the area, with three attackers for the light team at the bottom of the area. Repeat in another area for a total of 14 players.

Game Objective

The light team tries to score 1 point by beating the dark team defenders and scoring past the goalkeeper. The dark team score 1 point by winning possession.

Progressions

1. The dark team can only score by running the ball to the bottom of the area.

Key Coaching Points

1. Nearest defender pressures the ball.
2. The second defender moves into a supporting position quickly.
3. Communicate as a pair and force play in one direction.
4. Third defender provides depth and balance.
5. Switch roles quickly as the position of the ball and players change.