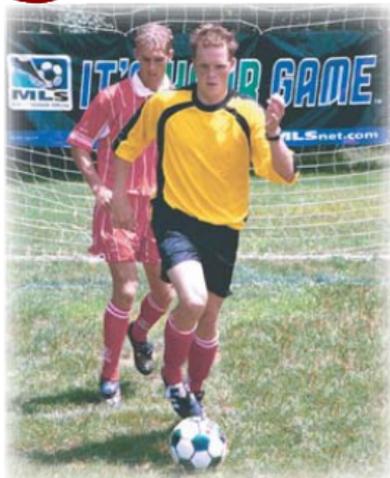




MLS CAMPS

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.



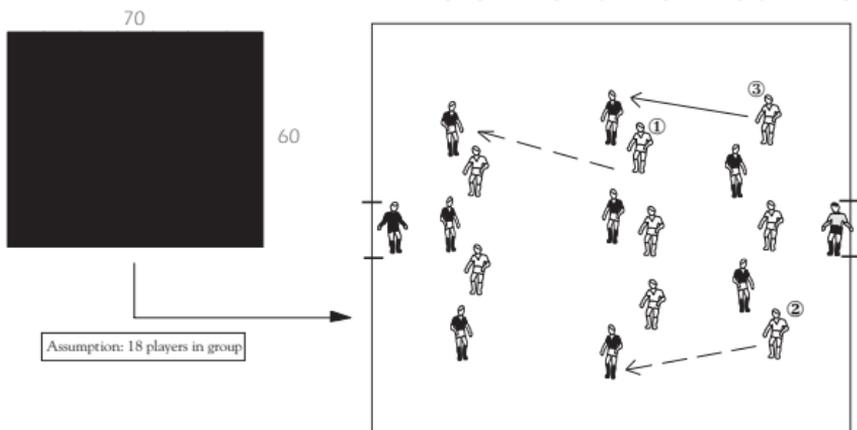
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SESSION 1 - Week 8

2 hour practices, 2 recommended practices per week

More Arrows Than Robin Hood**Purpose**

To develop dribbling to shoot in a small sided game.

Organization

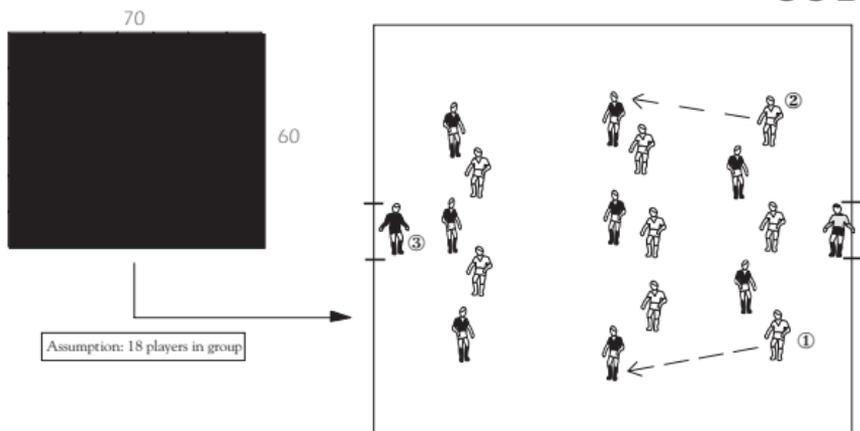
Set out a 70x60 yard area. Station two teams of eight at opposite ends of the area set in a 3-3-2 formation plus goalkeepers.

Game Objective

Starting position 1 is a poor pass from a light midfielder to a dark outside defender. Starting position 2 is a poor clearance from a light defender to a dark midfielder. Starting position 3 is a light outside defender tackled by a dark outside midfielder. The dark team score 1 point for a dribble and shot on target and 3 points for a goal that comes as the result of a dribble followed by a shot.

Key Coaching Points

1. Create space as a team long and wide as soon as possession is gained.
2. The player on the ball must decide quickly whether to shoot, dribble then shoot or pass, in that order!
3. Use a good dribbling technique and take players on. Approach defenders quickly and beat them with a change of pace or with a trick.
4. Always have an end product of a shot or cross, using the appropriate technique.



Purpose

To improve finishing from crosses as a phase of play.

Organization

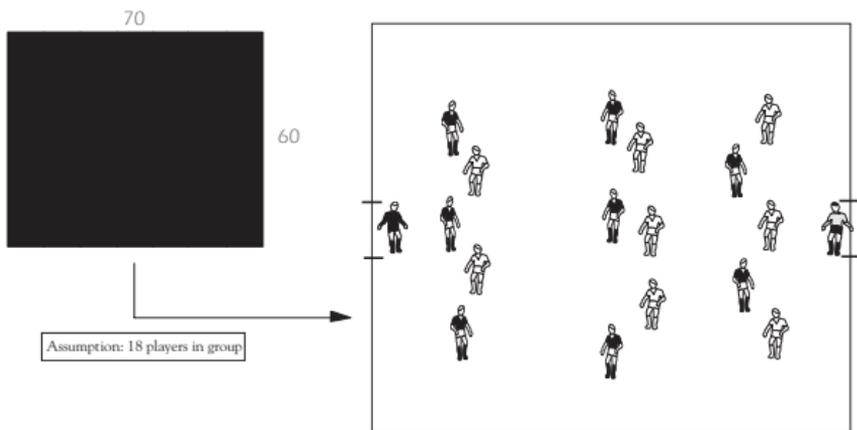
Set out a 70x60 yard area. Station one large goal to the right of the area and two five-yard goals to the left of the area, with two teams of nine. Coach the dark team to attack (3-3-2 plus server/sweeper), with the light team defending, playing 3-3-2 plus a goalkeeper.

Game Objective

Starting positions 1 and 2 are poor passes to opposition outside midfield players from the locations shown in the diagram. Starting position 3 is from the dark team server. The dark team scores a point for a goal but 3 points for a goal from a cross.

Key Coaching Points

1. Create space by pulling away from the defender before making your run into the prime target area (PTA).
2. Adjust your speed and angle of approach so you arrive in the PTA at the same time as the ball.
3. Use good technique based upon the speed and height of the ball.
4. Make sure the player attacking the ball has support behind so if they miss it there is someone else with an opportunity to score.

Crossfire II**Purpose**

To improve speed of play in a small sided game.

Organization

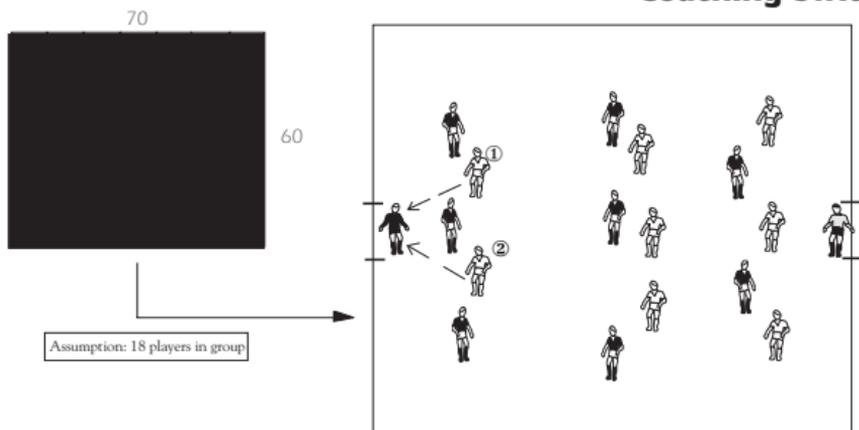
Set out a 70x60 yard area. Station two teams of eight at opposite ends of the area, both set up in a 3-3-2 formation plus goalkeepers. Coach the dark team first before switching if required.

Game Objective

The object of the game is for the dark team to score using instances of quick play. Any goal scored by the dark team is worth a point, but extra points can be awarded for goals resulting from a first time cross or pass, a flick on or goals scored in less than ten seconds from when possession was regained. The first team to score five points wins.

Key Coaching Points

1. Make a decision as the ball travels to you as to what you will do next.
2. If not directly involved, think about moving into supporting positions quickly.
3. Defenders look to play comfortably to the feet of the furthest player forward.
4. Midfielders look to play the ball in behind the defense early.
5. Attackers look to play half-turned and link up quickly with the other striker.

Coaching Switch**Purpose**

To improve forward play in a small sided game.

Organization

Set out a 70x60 yard area. Station two teams of eight plus keepers at opposite sides of the area, both playing a 3-3-2 formation plus keepers. Coach the dark team first and then switch if required.

Game Objective

Starting position 1 is a weak shot at goal by the either of the light team strikers. Starting position 2 is a light midfielder on the outside losing possession to an outside defender for the dark team. The dark team then attacks the goal to the right.

Key Coaching Points

1. Can the goalkeeper play the ball safely high up the field?
2. Defenders should spread out side to side quickly in a half turned position to create space.
3. Play the ball out of defense beyond opponents whenever possible.
4. Midfielders and strikers create space long and wide.
5. Look for quality passes that are well timed, weighted and accurate. A pass that is too hard is better than a pass that is too soft.
6. Always seek an end product with a decisive pass or shot at goal.