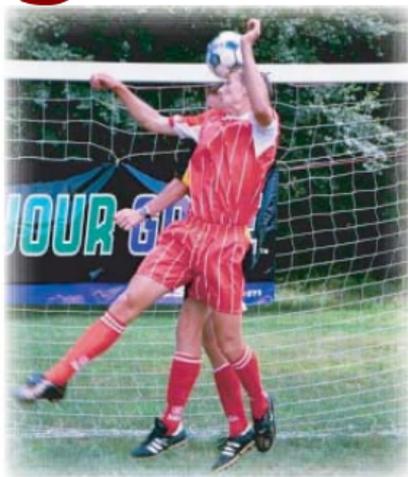




# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

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



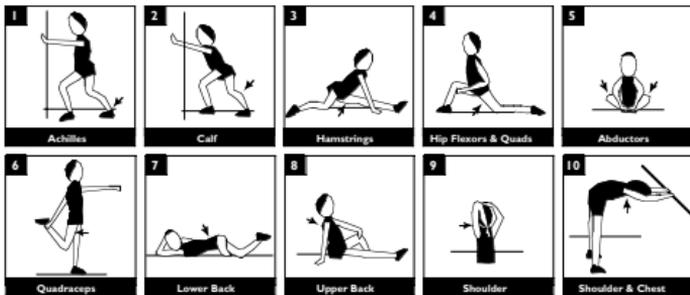
### SESSION 2

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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.



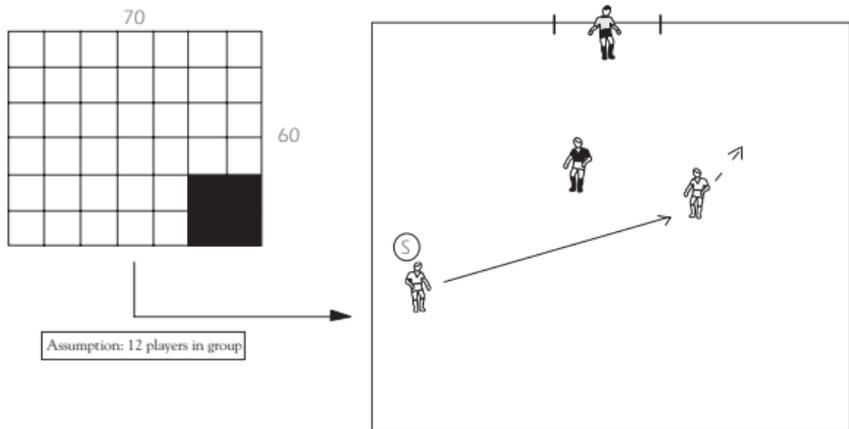
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## **SESSION 2 - Week 1**

2 hour practices, 2 recommended practices per week



## Purpose

To improve use of the first touch to beat an opponent in an attacking area.

## Organization

Set out a 20x20 yard area. Station a server, a defender, a striker and a goalkeeper in the area as shown in the diagram above. Repeat in two areas for a total of 12 players.

## Game Objective

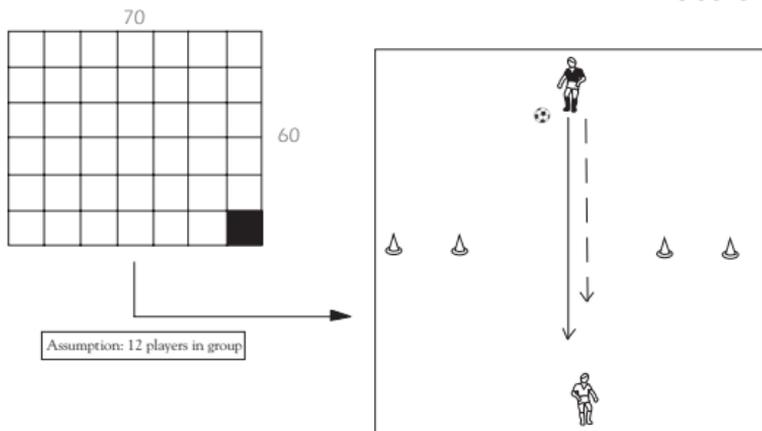
The server plays the ball along the line to the striker who must try to beat the defender with their first touch and get a strike on goal. The defender is passive initially and can only block shots. The striker gets 1 point for a shot off target, 2 points for a shot on target and 3 points for a goal. The defender gets a point for every blocked shot.

## Progressions

1. Each player has five serves from each side and all players rotate and keep scores.
2. The defender becomes active and scores 1 point for tackling the striker.

## Key Coaching Points

1. Observe the position of your opponent as the ball travels.
2. Move the ball beyond the defender with your first touch.
3. Use disguised movement to confuse defenders.
4. Get a shot off at all costs.



## Purpose

To improve use of the first touch to beat an opponent.

## Organization

Set out a 10x10 yard area. Set out two small goals halfway into the area on either side of the area. Repeat in another five areas for a total of 12 players.

## Game Objective

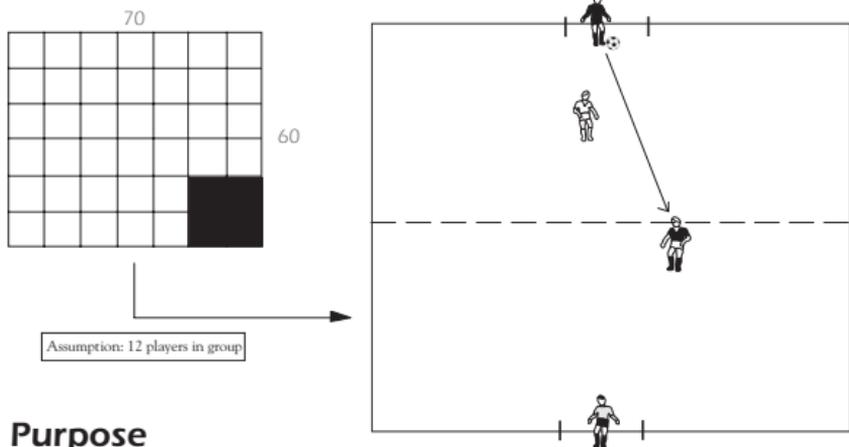
The dark player passes the ball to the light player and applies pressure as soon as the ball is moving. The light player attempts to take the ball past the dark player with their first touch and dribble the ball through either of the two small goals. Each player has five attempts before switching roles and scores one point for beating their opponent and an extra point for dribbling through one of the goals.

## Progressions

1. Each pair competes against other players, keeping score of how many wins they achieve.

## Key Coaching Points

1. Observe the position of your opponent as the ball travels.
2. If you have the opportunity, move the ball beyond the defender with your first touch, otherwise control the ball and then look to move past them at speed.
3. Use disguised movement to beat your opponent.

**Two Minute Touch**

Assumption: 12 players in group

**Purpose**

To improve creating space as an individual.

**Organization**

Set out a 20x20 yard area. Divide the area in half and station two teams of two players as shown in the diagram. Repeat in two areas for a total of 12 players.

**Game Objective**

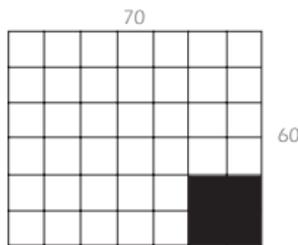
The dark team goalkeeper throws the ball to the dark team player, standing in the opposite half of the field. The dark team player must get the ball back to the dark team goalkeeper in as few touches as possible without leaving the opposition half. The light team player can move into the other area and pressure the ball. The object of the game is to get the lowest score possible, as every touch scores 1 point. Play for two-minute rounds before rotating positions.

**Progressions**

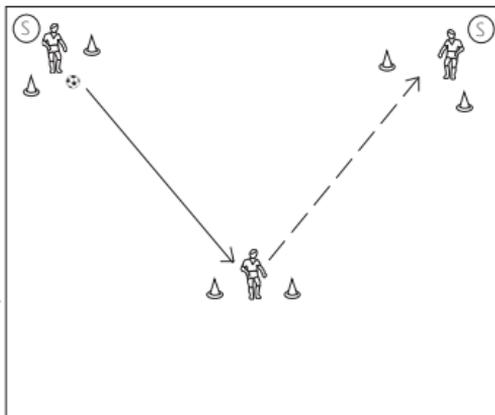
1. The ball cannot travel above knee height once the goalkeeper has thrown it out.

**Key Coaching Points**

1. Create space long and wide inside the area.
2. Move towards the ball to control it.
3. Play it back first time if possible, otherwise create an angle to pass with the first touch.
4. Use disguise on the controlling touch to unbalance the defender.



Assumption: 12 players in group



## Purpose

To improve moving the ball into space with the first touch.

## Organization

Set out a 20x20 yard area. Station two servers and one attacker in three mini goals as shown in the diagram above. Repeat in three areas for a total of 12 players.

## Game Objective

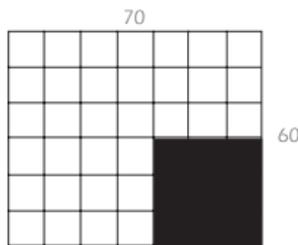
The servers take it in turns to throw the ball to the attacker, who must control the ball and pass it to the other server with two touches. Vary the height and speed of the serve to keep the player alert. Every time the ball is controlled and passed successfully, the player scores 1 point. Play up to ten points before rotating positions.

## Progressions

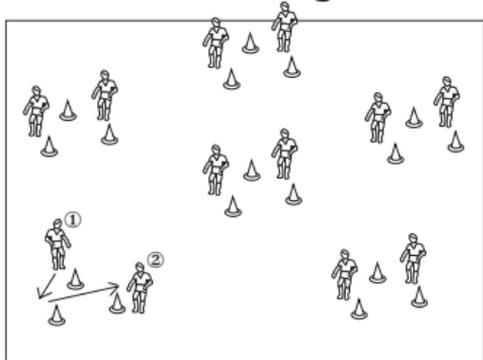
1. Make three groups of four players and have a passive defender stand in front of the attacker to make the exercise more game specific.
2. To progress from the point above, make the defender active off the attacker's first touch, making the need for disguise necessary.

## Key Coaching Points

1. Adjust your body position as the ball travels.
2. Select the appropriate controlling surface.
3. Move the ball into space with the first touch into a good position for the pass.

**Triangular Touches**

Assumption: 12 players in group

**Purpose**

To improve use of the first touch.

**Organization**

Set out a 30x30 yard area. Within the area, set out six triangles of cones, with each side two yards in length. Station the players in pairs, one pair at each triangle with one ball.

**Game Objective**

Each pair must try to pass the ball through the triangle without the ball touching the cones. As the receiving player controls the ball, they must move it sideways to pass back to their partner through a different line, as the ball cannot go back through the line it just passed. The object is to use as few touches as possible before passing the ball back by using the first touch to create space for the pass.

**Progressions**

1. Count the number of successful passes in two minutes, taking away two points every time the ball hits a cone or is passed back the way it just traveled.

**Key Coaching Points**

1. Stay on your toes ready to move.
2. Use either the inside or outside of the foot to move the ball into space with the first touch.
3. Communicate with your partner at all times.