



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U12** COMPETITIVE



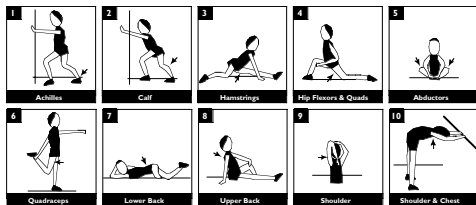
SESSION 1

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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

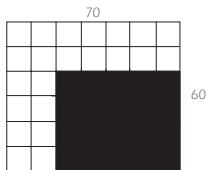
Key Coaching Points

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.

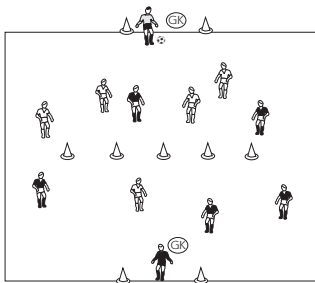


SESSION 1 - Week 6

2 hour practices, 2 recommended practices per week

Width & Forward Runs

Assumption: 12 players in group

**Purpose**

To develop spreading the play from side to side to create width in attack.

Organization

Set out a 50 x 40 yard area. Place 5 discs across the middle of the area 10 yards in from each sideline. Play 5 v 5 with a goalkeeper at each end.

Game Objective

The ball is not allowed to travel through or over the discs. The object of the game is to get the ball wide in the near side of the field and attack the flanks of the attacking area. Although the ball must not travel over the discs, players may make runs over the discs.

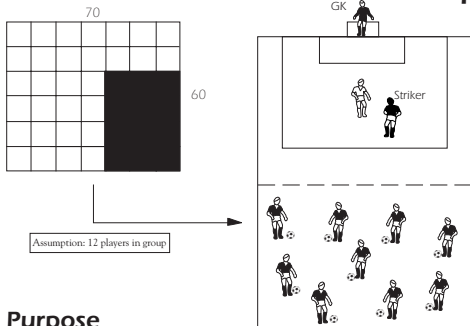
Progressions

1. Decrease the number and width of the discs in the area.
2. Players can pass the ball through the discs if they play a 1-2 combination to do so.

Key Coaching Points

1. Create space on the flanks by drawing defenders from the attacking space.
2. Diagonal runs, blind-side runs and overlapping runs should be encouraged to exploit space.
3. Supporting players must get forward in attack to meet the crosses to the prime scoring area.

Stoitchkov's Superstar Striker



Purpose

To develop team attacking using a central striker.

Organization

Set out a 30 x 40 yard area in 1/2's. In one 1/2 of the area, make a goal with 1 goalkeeper, 1 central striker and 1 defender. In the other 1/2, station 9 players each with a ball. Give each dribbler a number from 1 to 9.

Game Objective

When the coach calls a number, the dribbler immediately leaves the area and attacks the goal. This player passes to the lone striker who controls the ball and lays the ball off at an angle for a first time shot by the dribbler. The striker spins off for any rebounds.

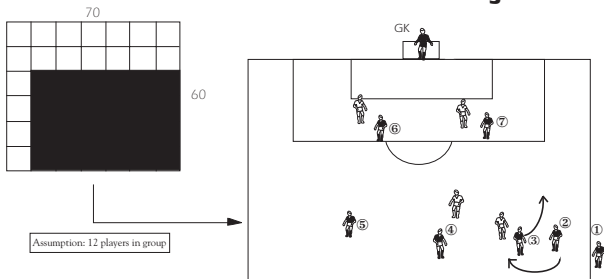
Progressions

Introduce a second defender to create a 2 v 2 in the attacking area.

Key Coaching Points

1. Striker must quickly move away from marker at an angle.
2. Can striker make a head check to see how close the defender is?
3. Passes should be played at correct weight and pace to allow 1 touch play.
4. Make curved runs to receive ball with an open body.
5. React and attack at pace.

Attacking Throw Ins

**Purpose**

To develop attacking throw ins in the final 1/3.

Organization

Set out a 60 x 40 yard area. Play 7 v 4 + 1 goalkeeper.

Game Objective

Player ① takes the ball from the throw in. The team attacks the goal at the top of the diagram. Player ① has the option of throwing the ball down the line to player ③ or in front of player ② for a shot or cross. Players ⑥ and ⑦ are strikers while players ④ and ⑤ are attacking midfield players.

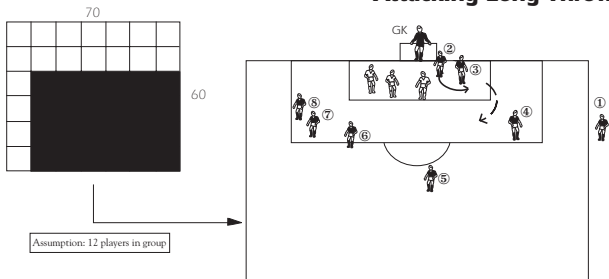
Progressions

Can the defenders run the ball over the end line to clear?

Key Coaching Points

1. Take the throw early—nearest player takes the throw.
2. Throw the ball forward behind defenders.
3. Throw to feet for easy control if under pressure or space if not for 1st time ball.
4. Can you get the thrower back into the game for a first time cross.
5. Players ① and ② perform a cross from their respective positions.
6. Quality of cross, angle and timing of runs.

Attacking Long Throw

**Purpose**

To develop attacking long throws in the final 1/3.

Organization

Set out a 60 x 40 yard area. Play 8 v 3 + 1 goalkeeper. Player ① starts the practice with a long throw.

Game Objective

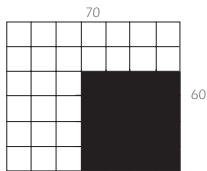
As player ① begins run up to throw, players ② and ③ run forward towards the thrower. Player ③ spins off and player ② looks to flick on, while players ⑥ and ⑦ look to attack the goal area in anticipation of the flick. They should begin their run as the ball gets to ②. Player ⑤ stops the ball leaving the area, player ⑧ is there for any knock downs.

Progressions

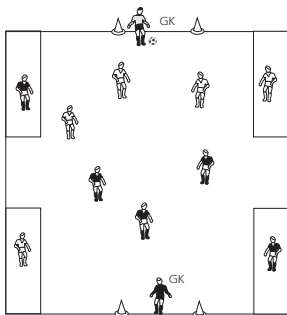
Try throwing to player ④'s feet to pass back at an angle for a 1st time cross.

Key Coaching Points

1. Take the throw early—nearest player takes the throw unless specialist long throw.
2. Looking for a hard, fast, flat throw to the near post.
3. Good angled runs towards the cross by other attackers.
4. Don't let the ball past the far post danger area.



Assumption: 12 players in group



Purpose

To develop width in attack.

Organization

Set out a 40 x 40 yard area with four 5 x 15 yard channels from each corner as shown in the above diagram. Station one player in each channel. Play 3 v 3 in central area.

Game Objective

The goalkeeper GK serves the ball to one of his three teammates in the central area. The goal is to get the ball to either player stationed in a channel. This player delivers a crossed ball into the attacking area. The three players stagger their attacking runs into the near post, mid-goal and far post areas. Finish with a shot or header on goal.

Progressions

When the wide player gets the ball in the channel the opposing wide player on his side of the field may run into his area to challenge the cross.

Key Coaching Points

1. The near post run should be at approximately a 45 degree angle. It is essential that the near post runner beats his defender to the ball.
2. The far post runner cuts around the decoy of the near post to attack the far post.
3. An attacker must exploit the space in the mid-goal area to challenge the goalkeeper.
4. Can the cross be played early behind the recovering defense.