



# 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.



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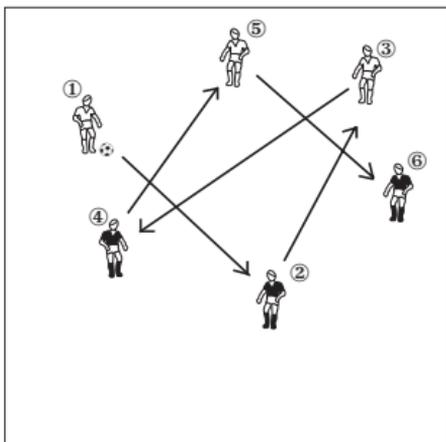
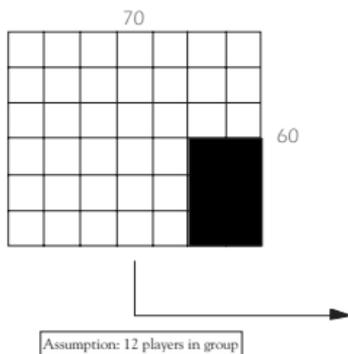
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## SESSION 1 - Week 7

2 hour practices, 2 recommended practices per week

## Possession Play



## Purpose

To develop ground passing and receiving.

## Organization

Set out a 20 x 30 yard area. Groups of six. One ball per group. Number the players from 1 to 6. Repeat in another area for total of 12 players.

## Game Objective

Player ① is in possession of the ball. All players are jogging around the area. Player ② calls for the ball. Player ① turns to face player ② and passes the ball to him. Player ② dribbles off with the ball until player ③ calls for the ball. Repeat practice through player ⑥. Player ⑥ passes to player ①.

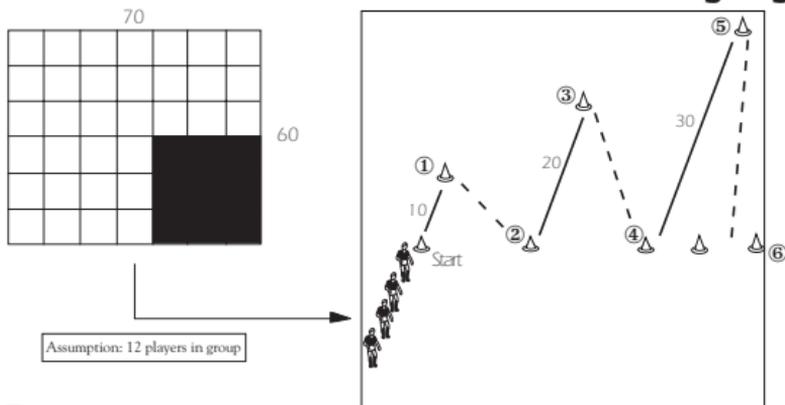
## Progressions

- 2 groups now play in 1 large 40 x 40. Still 2 groups of 6 with 2 balls.
- The passes must be short-long-short-long, etc. and move into line with the ball.

## Key Coaching Points

- Select the controlling surface.
- Receive the ball on your back foot so you can open up the field.
- After receiving the ball, run with it across the front of another player.
- Use the outside of the foot to pass off with.

## Zig-Zag Sprint

**Purpose**

To develop sprinting and quick turns.

**Organization**

Set out a 30 x 30 yard area. Set up a zig-zag course of cones as above. The first cone ① is 10 yards away from the start cone. Cone ② is 20 yards away from cone ③. Cone ⑤ is 30 yards from cone ④, etc.

**Game Objective**

The players line up behind each other. They sprint from the start to cone ① then jog/walk back to the start cone. Repeat 3 times. Now the players jog to cone ② and sprint from cone ② to cone ③. Repeat 3 times. Now players jog to cone ④ and sprint from cone ④ to cone ⑤. Repeat 3 times. Sprint from cone ⑤ through gate ⑥ to finish.

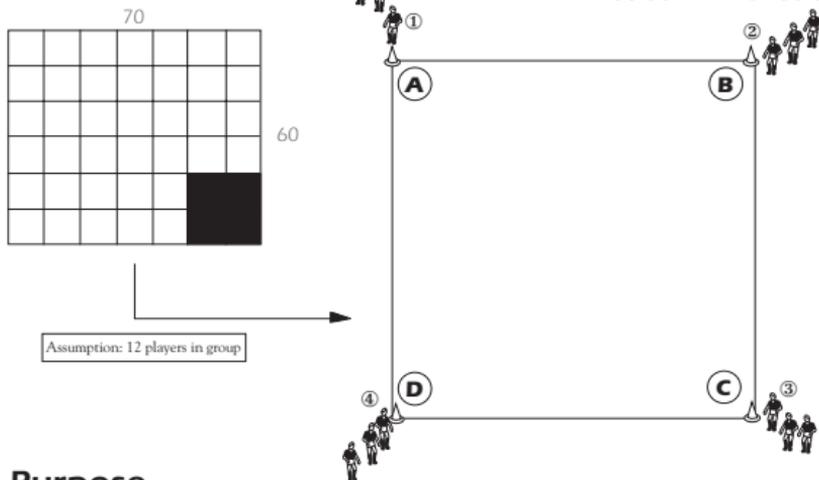
**Progressions**

1. Add more sprints or repeats.
2. Work back down from 6 to 1 again.
3. Perform the activity with a ball.

**Key Coaching Points**

1. Lean into your turns.
2. Get low and turn quickly.

## Catch The Catcher

**Purpose**

To develop soccer specific fitness.

**Organization**

Set out a 20 x 20 yard area. Station 3 players in each corner of the area.

**Game Objective**

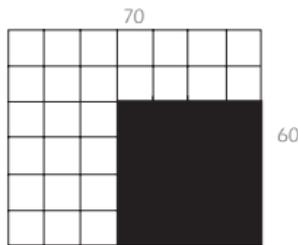
Player ① sets off around the outside of the area in a clockwise direction from cone (A) to cone (C). As soon as he passes cone (B), player ② can set off and attempt to catch him. Player ② is sprinting to cone (D). When player ① reaches cone (C), he joins the end of the line of players, while player ③ sets off to cone (A) in pursuit of player ②. This procedure repeats itself until all players reach their original positions.

**Progressions**

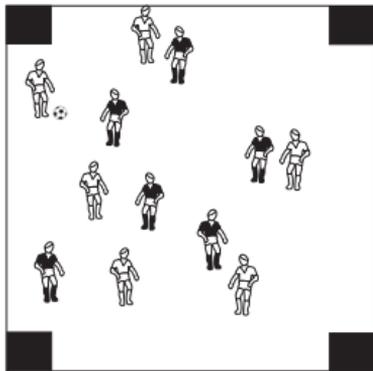
Make the area larger. Introduce zig-zag cones.

**Key Coaching Points**

Don't get caught by the players behind you!



Assumption: 12 players in group



## Purpose

To develop one touch passing, receiving and turning with the ball in a conditioned game.

## Organization

Set out a 40 x 40 yard area. Create 5 x 5 yard squares in corners of the grid. Play 6 v 6.

## Game Objective

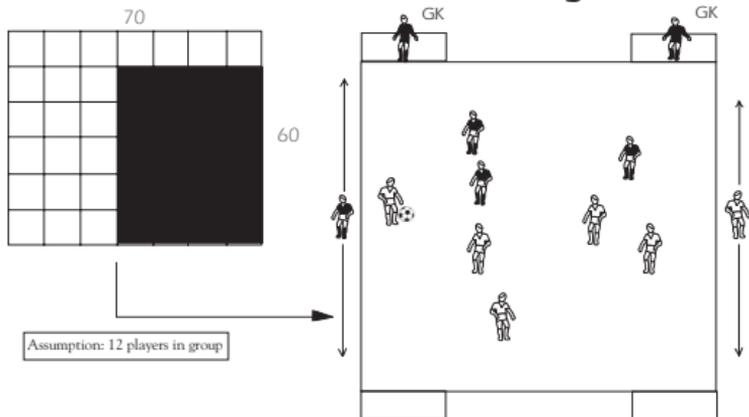
The  team has possession of the ball. The object of the game is to play the ball into one of the two attacking boxes for a player to run into and control the ball with the sole of the foot. The play is conditioned to encourage one touch passing and switching play. The  team is attacking to the right side of the diagram.

## Progressions

Attack diagonally opposite goals (top right and bottom left in the diagram) This will encourage players to switch the point of attack.

## Key Coaching Points

1. Disguise in passing.
2. Control and alter angle in 1 movement.
3. Attack at pace with and without ball.
4. Receive the ball side on so players can see the whole field.
5. Turn into the space away from the challenging defenders.
6. Play quickly.
7. Change the direction of play.

**Attacking From Wide Angles****Purpose**

To develop attacking from width and changing point of attack.

**Organization**

Set out a 40 x 50 yard area with 2 goals at each end of the field as shown in the diagram. Play 5 v 5 in the middle area with 2 floating players on the outside of the area. The floating players play with the team that has possession.

**Game Objective**

The object of the game is to score a goal in one of the 2 opposing goals. This may be achieved by play within the area or by getting the ball wide to a floating player to cross or shoot on goal. When a team has possession, the other team must drop back 2 of its players to defend the goal as goalkeepers. The floating players are restricted to 2 touches.

**Progressions**

The team in possession can score only from a cross by a floating player.

**Key Coaching Points**

In Attack

1. Switch the ball to the weak side.
2. Open up the field by receiving the ball side on.
3. Keep possession by spreading out side to side and end to end.
4. Cross early to the space behind the defense.

In Defense

1. Defender/goalkeeper on the weak side acts as cover and support until ball gets there.