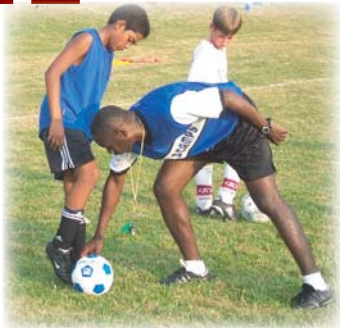




# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U12 RECREATIONAL



### 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

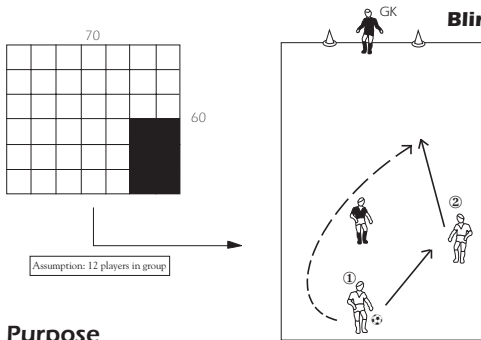
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



## **SESSION 1 - Week 3**

2 hour practices, 2 recommended practices per week

## Blind Side Runs



Assumption: 12 players in group

### Purpose

To develop the blind-side run or diagonal run.

### Organization

Set out a 20 x 30 yard area. Groups of 4, one attacker, one defender, one support player and one goalkeeper. One ball per practice. Repeat in 2 other areas for a total of 12 players.

### Game Objective

Player ① passes the ball to player ②. Player ① runs to the goal and then cuts towards the corner. Player ② plays the ball into the space down the touchline for player ① to run onto. Player ① shoots with his first touch on goal. Rotate positions.

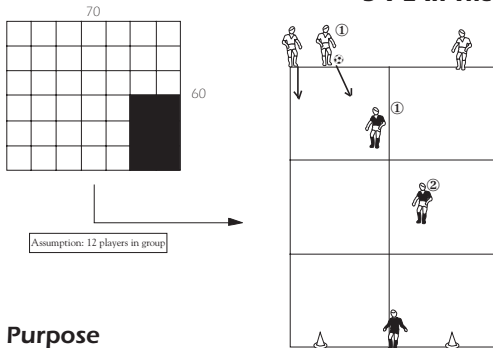
### Progressions

Player ① crosses the ball for player ②, who has attacked the goal area. The defender attempts to mark player ② and clear the ball from the cross.

### Key Coaching Points

1. The ball must be played into the space before player ① passes the defender and is thus in an off-side position.
2. The player making the run must call for the ball when he begins his cut to the corner.
3. Make a curved run so you can see the defender and the ball.

**3 v 2 In The Final Third**



**Purpose**

To develop deception, feints and beating an opponent.

**Organization**

Set out a 20 x 30 yard area in 20 x 10 yard grids. Groups of six. One ball per group. Position attackers and defenders as shown in the diagram. Repeat in another area for a total of 12 players.

**Game Objective**

Player ① is in possession of the ball. Player ① must combine with his teammates to beat defenders ① and ②, who each defend a 10 x 20 yard area. When they advance into the goal scoring area beyond the final defender, they must shoot on goal. Rotate positions

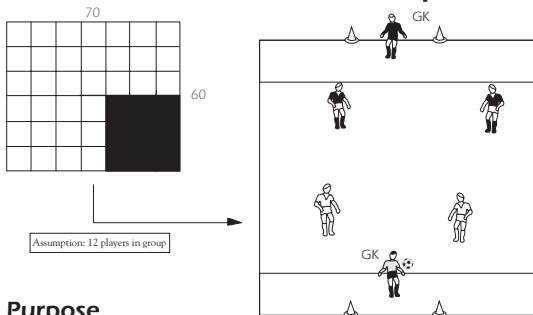
**Progressions**

Allow only one pass per area between teammates and encourage players to run with the ball.

**Key Coaching Points**

1. Attack the space to the side of the defender.
2. Are the attackers creating space off the ball by making diversionary runs?
3. Can you pass into the space behind the defender?
4. Play in the direction you are facing.
5. Attack at pace.

## Super 3 Tournament





### Purpose

To develop creating space as a team in a small sided game.

### Organization

Set out a 30 x 30 yard area with 5 yard channels. Play 3 v 3 with a *rush back* sweeper/keeper. Repeat in another area for a total of 12 players.

### Game Objective

The  goalkeeper serves the ball to a  teammate. The object of the game is to score a goal into the opposing goal using any/all of the techniques for creating space previously outlined. The goalkeeper is allowed to use his hands anywhere inside the defensive endzone. The goalkeeper is expected to go forward as an outfield player when his team is in possession.

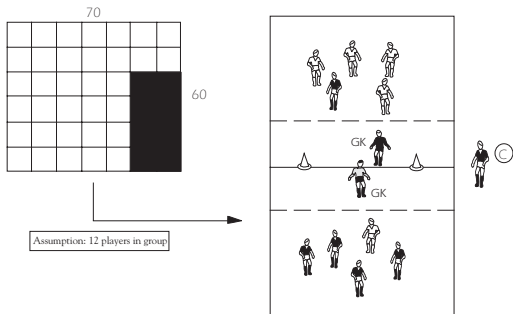
### Progressions

Select one player on the team. Only that player is allowed to score. Use combination plays to release the target player.

### Key Coaching Points

1. The *onus* to create space in a game always lies with the player without the ball.
2. Do not allow players to get frustrated when they make a good run and they do not receive the ball. Remember creative runs are more often than not effective as decoys for the players with the ball to exploit the space that has been created.

## Shoot On Sight



Assumption: 12 players in group

### Purpose

To develop quick shooting in and around the penalty area.

### Organization

Set out a 20 x 40 yard area with a goal on the 1/2 way line. Make a 5 yard area on each side of the goal and put 2 goalkeepers on either side of the goal line. Play 4 v 1 on either side of the goal line.

### Game Objective

The attacking players in possession attempt to get a shot on goal by beating the lone defender. If the defender intercepts the ball, he must attempt to shoot on the same goal. Repeat in the opposite direction from the other side of the goal after saves, goals and missed shots. Score 1 point for each goal scored. First team to score 10 points, wins.

### Progressions

1. Play 3 v 2 in the end areas.
2. All throw ins must result in a 1 touch shot or volley on goal.

### Key Coaching Points

1. Shoot through and around defenders.
2. Keep the ball low.
3. Try to shoot the ball straight back from the other side of the goal.
4. If you cannot shoot, then make a pass that allows a 1st time shot by someone else.