



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U14** 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

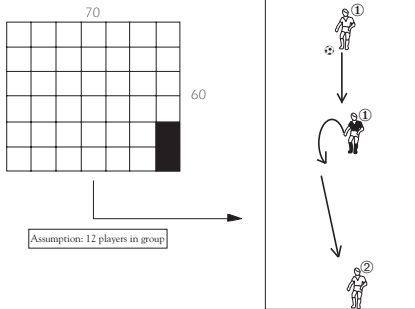
Key Coaching Points

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 1

2 hour practices, 2 recommended practices per week



Purpose

To develop turning with the controlling touch.

Organization

Set out a 10 x 20 yard area. Groups of 3, 1 ball per group. 2 servers and a receiver in the middle of the area. Repeat in 3 other areas for a total of 12 players.

Game Objective

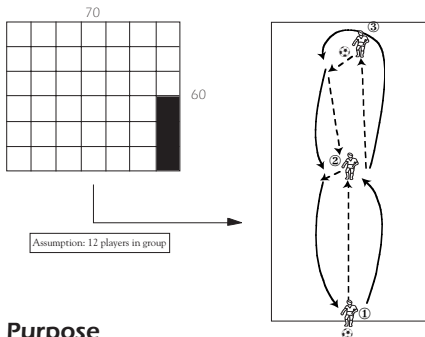
Server ① tosses the ball at variable heights to player ①. Player ① must knock the ball onto player ② without the ball touching the ground.

Progressions

1. Begin with headers.
2. Thigh and pass.
3. Chest and pass.
4. Knock on with your thigh.
5. Side and laces volley.

Key Coaching Points

1. As the ball comes to you, make a step so your body is sideways on and open.
2. Be on your toes, ready to move.
3. Controlling 1st touch should make space for the volley pass.



Purpose

To develop speed recovery fitness in competitive players.

Organization

Set out a 10x30 yard area. Position three players as shown in the diagram. Repeat in three other areas for a total of 12 players.

Game Objective

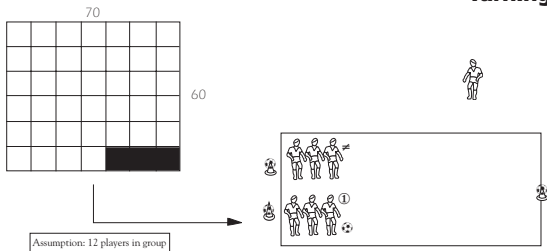
Player one plays a give and go with player 2, then passes to player 3 before running around the back of the top cone to receive the return pass. Player 1 then plays a give and go with player 2 again before running with ball around the starting cone to begin the sequence again. Each player works continuously for 60 seconds at maximum intensity with 3-5 reps and a maximum of three sets.

Progressions

1. Each player must conduct the practice using only their weaker foot.
2. Race all four groups against each other. The player that covers the most ground in 60 seconds scores 1 point for their team.

Key Coaching Points

1. Carry out each repetition at match intensity.
2. Concentrate on good techniques in both passing and running with the ball.
3. Encourage and support other players as they work, as this is a hard exercise.



Purpose

To develop individual flair, turning and running with the ball.

Organization

Set out a 30x10 yard area. Mark out a three-yard goal to the left of the area. Balance a soccer ball on a cone as a target to the left of the area and station the players as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective

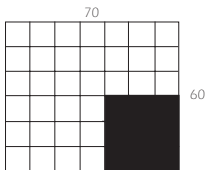
Player 1 tries to either run the ball to the top of the area to knock over the target ball or turn and run the ball through the small goal. The player must travel at least ten yards before turning. Player 2 can defend after player 1 has taken their first touch. Attackers score 2 points for each “goal” and defenders score 1 point for steals or clearances.

Progressions

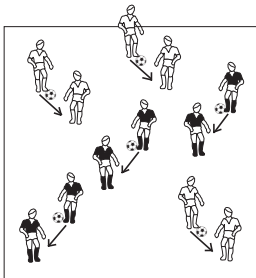
1. Defenders can counter attack if they win the ball with a ten second time limit on the game.

Key Coaching Points

1. First touch out of your feet.
2. Accelerate and position your body between your opponent and the ball.
3. Make good decisions. Select the correct turn for the situation.
4. Use disguise and exaggerate body movements.



Assumption: 12 players in group



Purpose

To develop passing and receiving in a conditioned practice.

Organization

Set out a 30 x 30 yard area. Group in pairs. One ball per pair.

Game Objective

Players are grouped in pairs. Each pair passes the ball back and forth within the confines of the area. After a pass has been made, the player must make a curved run around another player from a different pair. A curved run permits the player to see both the ball and the field at all times.

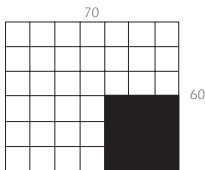
Progressions

1. Put a pair of defenders in the area to develop resistance. If they get your ball, you and your partner are defenders.
2. Each team has a time limit to see how many passes they can complete.

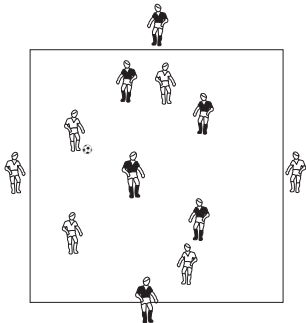
Key Coaching Points

1. Pass the ball into the space in front of your partner to run onto.
2. Do not force the pass. Wait for the right moment or dribble to a new position where the passing angle is improved.
3. Cover as much of the area as possible.
4. Communicate with your partner.
5. Try to receive the ball on your back foot so you open up the field of play.

Turning, Dribbling, Running



Assumption: 12 players in group




Purpose

To develop passing, support and moving into space.

Organization

Set out a 30 x 30 yard area. Play 4 v 4 within the area with 4 supporting players on the outside of the area. One ball per practice.

Game Objective

The  team has possession of the ball. A goal is scored when the ball is played to a teammate on the outside of the area. Each team has two supporting players on opposite sides of the area. The supporting players are allowed to move up and down the entire sideline.

Progressions

1. The support players can play the ball back into the field of play so that the game becomes continuous.
2. Whoever passes the ball to the target player then replaces them by taking their place.

Key Coaching Points

1. Play the ball to the support player as quickly as possible.
2. Make 1-2 combination passes around defenders.
3. Use turns and fakes when pressured by defenders.
4. Use your body to shield the ball from defenders.
5. Open up the play by receiving the ball sideways on, on your back foot.