



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U14** COMPETITIVE



### SESSION 1

NASC, Inc.  
©2002. All Rights Reserved. No part of this publication  
may be reproduced, copied or transmitted in any form  
without the prior written consent of NASC, Inc.

SoccerMadeSimple.com  
[www.MLScamps.com](http://www.MLScamps.com)

# 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.



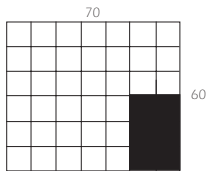
# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

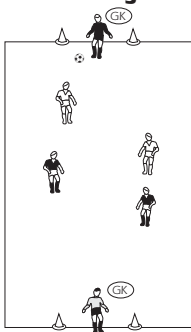
[www.MLScamps.com](http://www.MLScamps.com)

## SESSION 1 - Week 8

2 hour practices, 2 recommended practices per week

**Defending In Front Of Goal**

Assumption: 12 players in group

**Purpose**

To improve man to man marking.

**Organization**

Set out a 20 x 30 yard area. Groups of 6, play 2 v 2 with a goalkeeper at each endline. Repeat in another area for a total of 12 players.

**Game Objective**

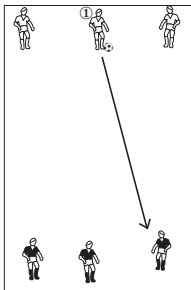
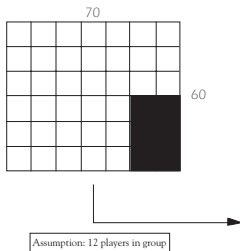
Each player is assigned a man marker on the opposition. Players can only challenge the player they are assigned to man mark. The defending team must prevent the opposition from getting a shot on goal. The attacking team must attempt to score into the opposition's goal.

**Progressions**

Mark any player you want.

**Key Coaching Points**

1. Shadow the attacking player at all times.
2. Keep play in front of defenders at all times.
3. Defenders should attempt to force the play in one direction to allow a second supporting defender to close off the passing options.
4. Remember that the closer your player is to the ball or goal, the closer you are to them.
5. Guiding triangle is ball—supporting attacker—goal. Always be inside it.



## Purpose

To improve cover and changing roles.

## Organization

Set out a 20 x 30 yard area. Groups of 6, play 3 v 3 within the confines of the area. Repeat in another area for a total of 12 players.

## Game Objective

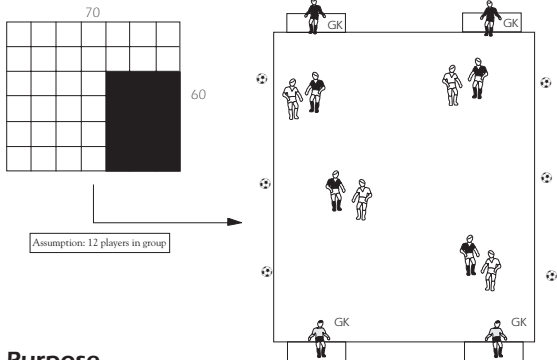
Player ① passes the ball to any of the players on the team. The team defends the endline on the top of the diagram. A goal is scored against the defending team when the opposition advances the ball to the endline and stops the ball with the sole of the foot.

## Progressions

The players can switch markers when an attacker makes a run into another defender's space.

## Key Coaching Points

1. Defenders should shadow their attacking counterparts.
2. The closest person to the ball must close down the space to the ball and pressure.
3. Defenders should channel attackers across the field and away from the endline.
4. As the ball moves so do defenders in terms of balance & support.
5. Pressure and delay until you have #s to defend with.
6. Cover ground as ball travels.
7. Don't get beaten by the attacker's 1st touch.

**Defensive Pressure****Purpose**

To develop the need to pressure the ball in defense.

**Organization**

Set out a 30 x 40 with 2 goals at each end of the field. Play 4 v 4 in the middle area with goalkeepers stationed in each of the goals. Balls are placed around the field so that as soon as a ball goes out, the closest ball is played in.

**Game Objective**

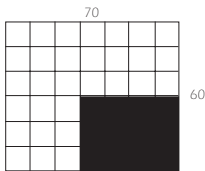
As soon as a player receives the ball from a goalkeeper or an outfield teammate, he should attempt a shot on goal. The defending team must attempt to pressure the ball carrier and closely mark all other attacking players.

**Progressions**

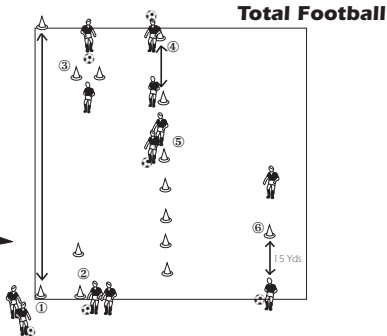
Play 5 v 5 with 1 regular goal on each end line in a 30 x 50 yard area.

**Key Coaching Points**

1. Make early decisions. The player nearest to the player with the ball must challenge.
2. Do not get beaten by an attacker's 1st touch.
3. Get there early, then establish your position.
4. Clear communication between defenders is key.



Assumption: 12 players in group



## Purpose

To develop the skills worked on during the week.

## Organization

Set up stations as above in a 40 x 30 yard area. The players compete as a pair against the other pairs at various skill stations.

## Game Objective

Station #1 is the control group by which the time allotment for all stations is set. In station #1, 1 partner runs the ball from the first cone and back to the 2nd cone 3 times. The partner repeats. All other pairs compete at their stations until the 2nd player completes station #1 at which time the coach shouts, "Freeze!" Rotate stations.

## Key Coaching Points

Station #1 - Run with ball between 2 cones placed 20 yards apart. Repeat 3 times.

Station #2 - Up to the cone, 5 yards away, turn and back. Partner repeats.

Station #3 - Passing between 2 discs set 2 yds apart—players 10 yds from the goal. 1 touch only.

Station #4 - Heading between partners.

Station #5 - Dribble up and back through the cones.

Station #6 - Shoot at cone 15 yds away while partner retrieves.