



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U14** COMPETITIVE



SESSION 2

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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.



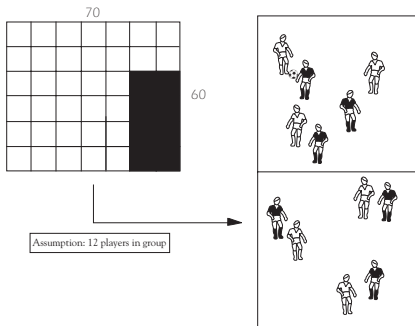
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SESSION 2 - Week 4

2 hour practices, 2 recommended practices per week



Purpose

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

Organization

Set out a 20 x 40 yard area in 20 yards grids. Play 3 v 3 in each area. One ball per practice.

Game Objective

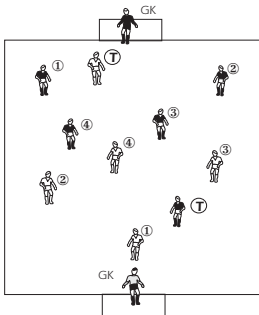
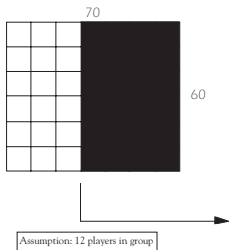
The object of the game is to pass the ball to a player on the same team in the opposing area. A goal is scored when a.) the receiver plays a one touch pass back to a teammate in the originating area or b.) the receiver turns with the ball and plays it to a teammate in his area.

Progressions

Score 2 goals when the team advances the ball to the opposing endline and stops the ball on the line.

Key Coaching Points

1. The receivers must check away from the ball and back towards the ball.
2. The team in possession should combine to create a better passing opportunity across the grid.



Purpose

To develop movement off the ball.

Organization

Set out a 40 x 60 yard area. Play 5 v 5 with goalkeepers at each end. Each team should assign a target player.

Game Objective

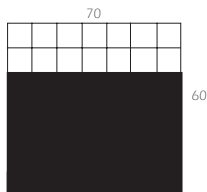
The object of the game is to incorporate the target player in the approach to goal through a wall pass or 3rd man run. Defenders are not allowed to tackle the target player but can intercept passes to them.

Progressions

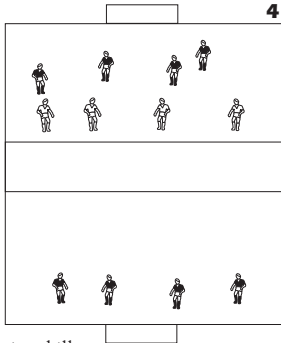
Allow 1 player from each team to try to tackle ①.

Key Coaching Points

1. Keep attacking triangles.
2. Move forward without the ball.
3. Play the way you are facing if there is pressure on the ball.
4. May have to go backward to go forward.
5. Attack the far post area.
6. Target players must get open for a pass by checking to the ball.



Assumption: 12 players in group



Purpose

To develop attacking and defensive skills.

Organization

Set out a 70 x 50 yard area with a 10 yard middle area. Station 8 players in 2 teams of 4 in 1/3 of the area and 4 players in 1 team in the other 1/3.

Game Objective

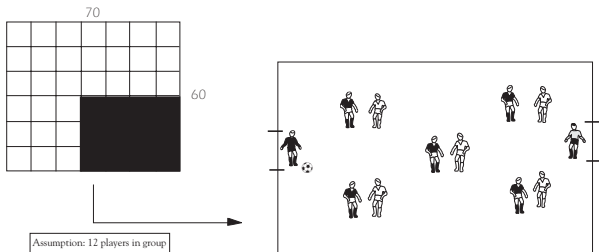
The ball starts in the area at the top of the diagram. The 4 players in possession must attempt to advance the ball into the middle area. The team advancing the ball into this area then carries the ball into the opposing 1/3. Now they must attempt to advance the ball to the end line at the bottom of the diagram beyond the 4 players in the bottom 1/3. Defensive players must attempt to prevent the team in possession from getting the ball to either the middle area for the end line. Play continues from end to end with the winner being the first team to get to 5 points/goals.

Progressions

Develop so that 4 defenders become 3 defenders plus a goalkeeper. Now you have 4 attackers trying to beat 3 defenders and score past the goalkeeper.

Key Coaching Points

1. Good supporting positions at good distance and angles.
2. Quality of pass and quality runs.
3. Spread out wide and deep when we attack.
4. Move from defense to attack at controlled speed.



Purpose

To develop key techniques in a competitive environment.

Organization

Set out a 40x30 yard area. Station two teams of six players inside the area.

Game Objective

The dark team starts with the ball and must play with a two-touch restriction for two minutes. The game continues with both teams having the restriction alternately, with the coach calling out when the change takes place. Play is continuous for 15-20 minutes maximum.

Progressions

1. Coach can call out for a change in the restriction at any time.
2. All shots must be with one touch only.

Key Coaching Points

1. Look to pick out your next action as the ball is moving towards you.
2. Adjust your body position in preparation.
3. Select the correct surface and move the ball past your opponent or into space with your first touch.
4. Once the ball has been passed, look to move into supporting positions quickly.