



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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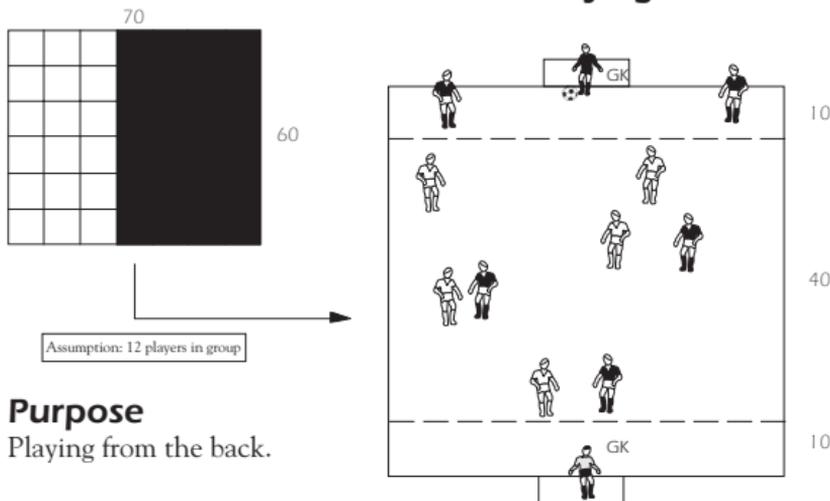
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SESSION 2 - Week 6

2 hour practices, 2 recommended practices per week

Playing From The Back



Purpose

Playing from the back.

Organization

Set out a 40 x 60 yard area with a 10 yard zone at opposite end lines. Play 5 v 5 +1 goalkeeper at each end. Only defending players and goalkeepers are allowed in the end zones. The game is started by the coach playing the ball into an end zone.

Game Objective

The object of the game is for the team to score with a shot on the opposite goal. A defensive player receives the ball from the goalkeeper at the top of the diagram. The defenders must attempt to pass the ball around the area until an opportunity arises to play the ball forward to the lone striker. Defenders and midfield players must then push forward toward the opposing goal line in support of the attack. Defenders and midfield players should retain possession until they are able to play the ball forward without fear of losing possession.

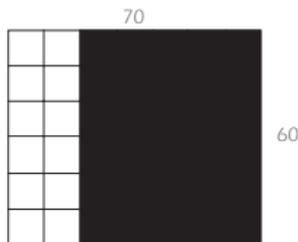
Progressions

Take away end zone areas.

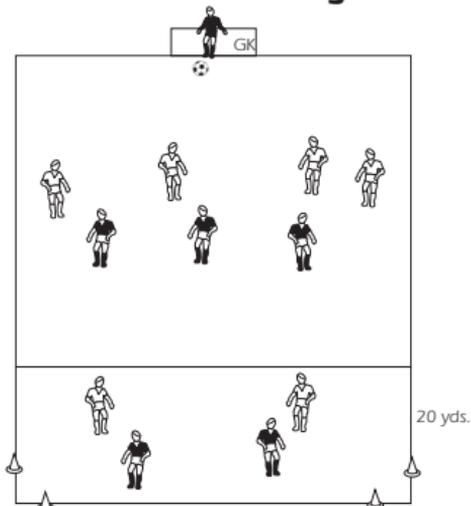
Key Coaching Points

1. Play *from* the back not *at* the back.
2. Pass to midfield players with a call of hold or turn.
3. Play to midfield player then support at an angle.
4. Play backwards to go forwards whenever necessary.

Defending In Midfield



Assumption: 12 players in group



Purpose

Defending in midfield and the back four.

Organization

Set out a 50 x 60 yard area. Play 2 v 2 in the area furthest from goal and 3 v 4 in the defensive area around the goal. Make 2 small goals on the end line for the defense to play out through.

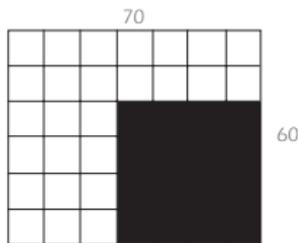
Game Objective

1 team in the area furthest from goal, combine to play the ball in to the 3 attackers in the opposite area. The 2 defenders in the area furthest from goal attempt to intercept passes as they are played through. The 4 defenders in the defensive area must pressure the ball, marking tightly when close to the ball or goal. Defenders from the area furthest from goal may enter into the defensive area to support the 4 defenders and to serve as midfield players for clearances from the back. If defenders intercept the ball, they should attempt to play the ball through either of the small goals at the bottom of the diagram.

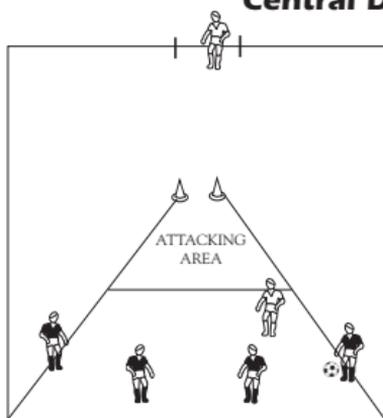
Key Coaching Points

1. Midfield players must track forward runners.
2. If playing a flat back four, make sure they push up together.
3. Keep play in front of you in defense—force it across the goal and make it predictable.
7. As a back four, can we apply pressure, support and balance.

Central Defense



Assumption: 12 players in group



Purpose

To improve defending in central areas.

Organization

Set out a 40x40 yard area. Set out a full size goal at the top of the area and a five-yard goal at the halfway point, marking out cones as shown in the diagram. Station four attackers in an arc at the bottom of the area, with a defender and goalkeeper to defend the two goals. Repeat in another area for a total of twelve players. The defender is not allowed into the attacking area until an attacker enters the area with the ball.

Game Objective

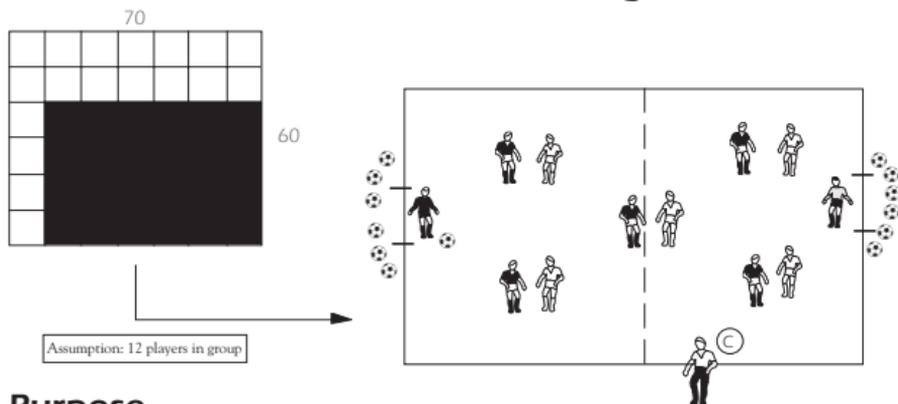
The four dark players combine to create space and attempt to run the ball through the small goal past the light defender. Only one attacker is allowed into the designated attacking area at any one time. The ball cannot be switched directly from one side to the other. If the attacker runs through the gate they play 1v1 against the goalkeeper and is awarded 1 point for a goal.

Progressions

1. Move to three attackers versus two.

Key Coaching Points

1. Defend the area first and only try to win the ball if the opportunity arises.
2. Try to make play as predictable as possible.
3. Work hard to adjust as the ball travels.
4. Make your opponents beat you.



Purpose

To develop play in a competitive environment.

Organization

Set out a 60x40 yard area. Station two teams of six players at opposite ends of the area. Collect the remaining balls and position them behind the goalkeepers.

Game Objective

The dark team starts with the ball and looks to attack the light team goal as quickly as possible. Any time a player from either team is caught in possession in the defensive half or plays a poor pass that results in a loss of possession in the defensive half, they must sprint around the coach and then around the back of the goal they are attacking before entering the field to continue playing.

Progressions

1. Any player that is caught in possession NOT running with the ball at an opponent anywhere on the field must run around the back of the opposition goal.

Key Coaching Points

1. Possession is key so don't waste it, especially in the defensive half.
2. Remember your passing priorities, but remember that the ball must arrive safely.
3. Use your first touch to move the ball out of your feet to avoid being caught in possession.
4. Encourage players to pressure the opposition in order to gain a numerical