



THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

# 10 Week Curriculum Planner **U14** RECREATIONAL



## SESSION 1

NASC, Inc.

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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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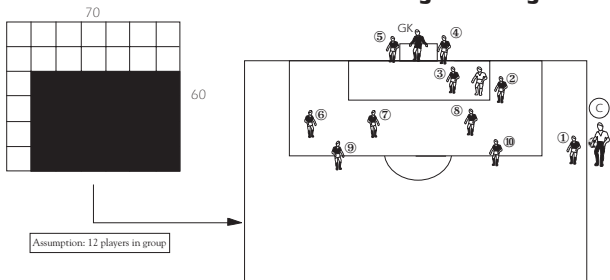
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## SESSION 1 - Week 9

2 hour practices, 2 recommended practices per week


## Defending The Long Throw













### Purpose

Defending the long throw.

### Organization

Set out a 60 x 40 yard area. Play 1 v 10 + 1 goalkeeper. The coach  should serve the ball in with a long throw.

### Game Objective

The coach serves the ball in. Player  ① positions himself so the thrower must use more height. Players  ② and  ③ mark front and back of the attacker at the near post. Players  ④ and  ⑤ are on each post. Players  ⑥  ⑦ and  ⑧ then mark players in their respective zones. Players  ⑨ and  ⑩ are at the top of the area to clear any loose balls.

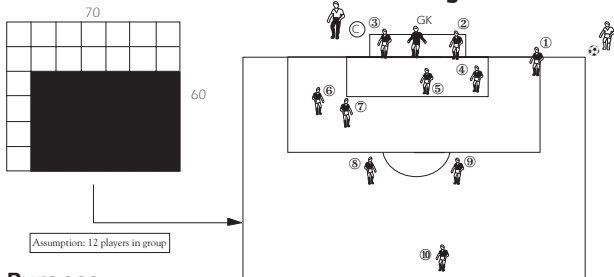
### Progressions

Introduce attackers to play 4 v 6.

### Key Coaching Points

1. The defender in front of the thrower must not jump up at the thrower.
2. Attack the ball.
3. Clear the ball high, wide and far.
4. Call for the ball if it is your responsibility.
5. Only the keeper calls someone else's name.
6. Push out behind the ball, picking up attackers as you leave.
7. At any throw in, never allow the thrower to receive the ball back without pressure.

## Defending A Corner Kick



Assumption: 12 players in group

### Purpose

Defending a corner kick.

### Organization

Set out a 60 x 40 yard area. Play 1 v 10 + 1 goalkeeper. The coach (C) should position himself behind the goal or outside the area at the top of the "D" (top of the penalty box).

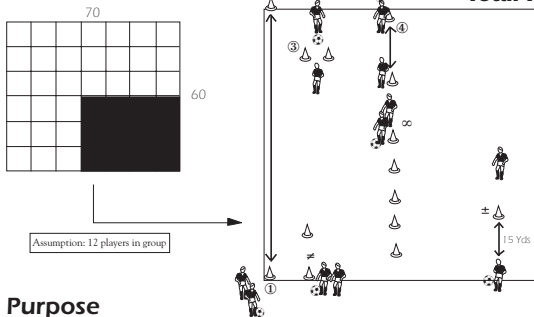
### Game Objective

Player 1 delivers the ball into the area. Player 1 stands 10 yards from the ball about 2 yards into play. As the attacker hits the ball, player 1 should jump in the air with his back to the ball and arms down. This forces the attacker to put extra height on the ball and cross it away from the danger area. Players 4 and 5 are the primary players responsible for clearing the ball. Players 8 and 9 need to be aggressive to any knockdowns. Player 8 may have to help players 6 and 7 by man marking. Players 9, 1 and 10 should be midfield or attacking players.

### Key Coaching Points

Player 1 acts as a blocker and delays short corner—this player breaks immediately after the kick is taken to support player 10. Player 4 attacks the ball at the near post between the post and the corner of the 6 yard box. Players 2 and 3 stay on the goal posts to cover the goal. Player 5 attacks the ball in the center of the area. He should not be marking a player. Players 6 and 7 mark man to man with attacking players. Players 8 and 9 pick up scraps around the edge of the area. Player 9 breaks to support player 10 and can help on short corners. Player 10 holds any ball that is cleared to await support from players 9 and 1.

## Total Football



## 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.

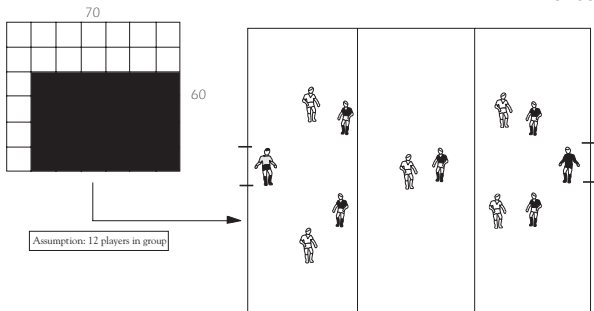
Station #2 - Up to the cone, 5 yards away, turn and back. Partner repeats.

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.



## Purpose

To improve defending as a team.

## Organization

Set out a 60x40 yard area. Divide the field into three zones as in the diagram above. Mark out two goals and station two teams of six at opposite ends of the area.

## Game Objective

The dark team starts with the ball. The object of the game is to win the ball back as near to the opposition goal as possible. If a team regains possession in the attacking third they score 3 points, 2 points for the midfield third and one point for the defensive third. Shots scored count for 2 points also. The first team to reach 20 points is the winner.

## Progressions

1. If possession is won in the attacking third and a goal is then scored, it is worth 3 points.

## Key Coaching Points

1. When your team wins possession, defenders should move further up the field.
2. When your team loses possession, attackers should come back to help.
3. Defend actively and make your opponent beat you.
4. Communicate with other players and work together to win the ball back.