



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U14** RECREATIONAL



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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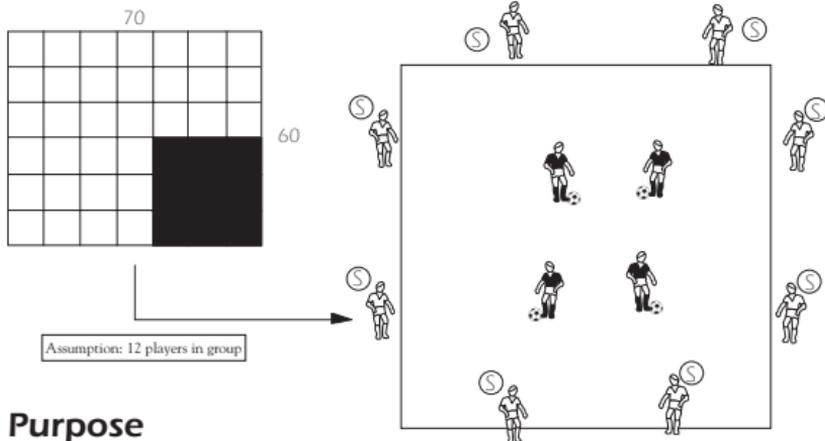
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SESSION 2 - Week 1

2 hour practices, 2 recommended practices per week

Movement Off The Ball



Purpose

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

Organization

Set out a 30 x 30 yard area. Position 2 players (servers) on each side of the area. Four receiving players, each with a ball, play within the confines of the area.

Game Objective

The 4 players pass the ball to a server on the outside of the area. The server plays the ball back to the 4 player. Player 4 turns with the ball and passes to a different server. Rotate positions. If you pass to outside player, 4 options. "Give and Go" = 1 - 2 pass;" Hold the ball" = pass then run up to player, open legs and play ball through for player to turn onto; "Overlap" = pass ball, hold it and run around receiving player for a return pass; "Takeover" = cross over and change places.

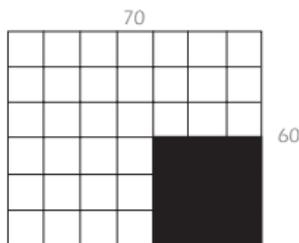
Progressions

1. The outside server plays the ball with his first touch.
2. 4 players in middle with 3 balls. If a ball is stolen, then players must attempt to get another ball.

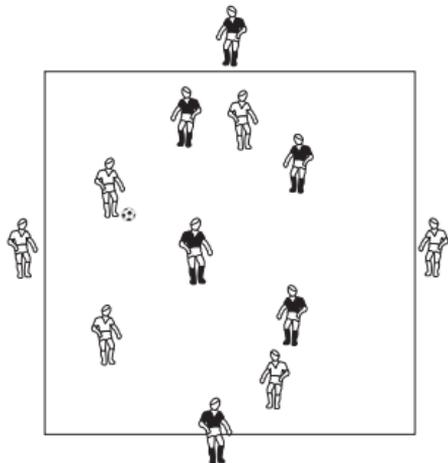
Key Coaching Points

1. Call name of the person you are passing to and call for the return pass.
2. One-touch passes should be firm and to the feet.
3. Use your body to screen the ball and turn away from the defender.

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

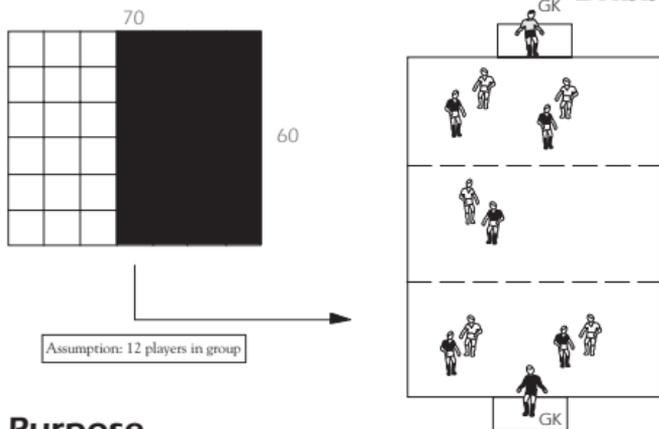
The  team has possession of the ball. A goal is scored when the ball is played to a teammate on the outside of the area. Each team has two supporting players on opposite sides of the area. The supporting players are allowed to move up and down the entire sideline.

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.

Dribbling In A Game**Purpose**

To develop recognition of where and where not to dribble.

Organization

Set out a 40 x 60 yard area in 1/3's. Play 5 v 5 + 2 goalkeepers.

Game Objective

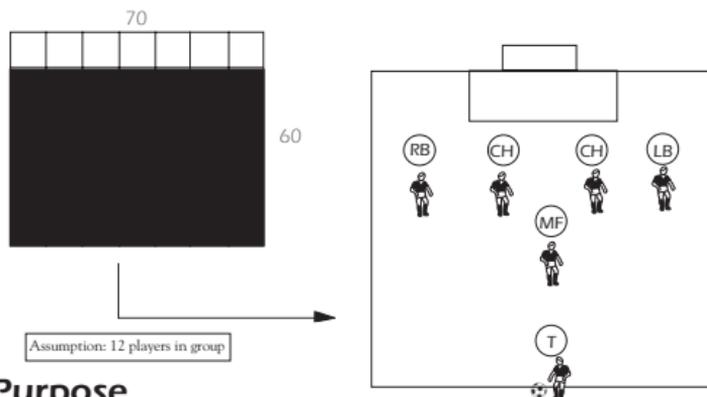
The object of the game is to score in the opposing goal. Once entering the final 1/3 of the field, teammates may shoot or dribble, but may not pass to teammates unless the ball is played backwards. This encourages players to adopt a clear attacking mentality.

Progressions

In the middle and attacking 1/3, the defending team can only man to man mark a designated opponent. Attackers should be encouraged to take defenders on and advance to goal.

Key Coaching Points

1. When to dribble and when to pass.
2. Where do you dribble and how.
3. Can you use fakes and turns.
4. Can you take risks and be aggressive in the final 1/3 of the field.



Purpose

To develop midfield play in support of the defense.

Organization

Set out a 70 x 50 yard area. 2 groups of 6, rotating in and out of the practice.

Game Objective

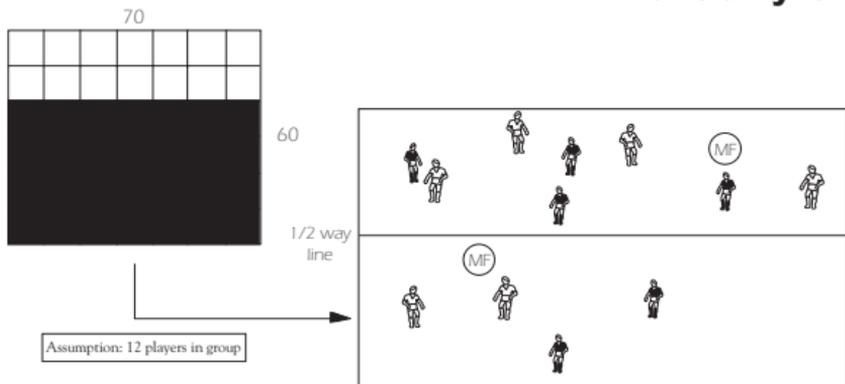
The target player plays the ball in the space behind the 4 defenders towards the goal box as shown on the diagram. The target player or coach calls out a number between 2 and 5. The 4 defenders must combine with the midfielder player to make that number of passes before playing the ball back to the target player. The target player is allowed to move along the end line at the bottom of the diagram.

Progressions

Introduce a goalkeeper and 4 attacking players. The attacking players pressure the 4 defenders and lone midfielder in their efforts to return the ball to the target player. Should the attacking players intercept the ball, they must attempt to score past the goalkeeper stationed in the goal at the top of the diagram. Additionally, 1 of the attacking players may be assigned to mark the target player and attempt to intercept balls played through to the target player on the end line.

Key Coaching Points

1. Midfield player should look to make a triangle with defenders to play out from the back.
2. Passing across the back must be done quickly and crisply.
3. If there is a covering defender, take on attacking players 1 v 1.



Purpose

Developing team play through midfield.

Organization

Set out a 60 x 40 yard area in halves. The 12 players are divided into two teams of 5 v 5 + 2 (MF) floating players who play for the team who has possession.

Game Objective

The object of the game is to score a point by making 5 consecutive passes. The floating players are not allowed to play 1st time passes. 1 midfield player must stay in each 1/2 so as not to get caught square or crowd the ball.

Progressions

1. All players now have 1 touch, except midfield players who must still have at least 2 touches.
2. Now players have unlimited touches, except midfield players who have only 1 touch.

Key Coaching Points

1. As you prepare to receive the ball, think where it will go next.
2. Play with your head up and side on!
3. Play short passes, then switch the play to spread the defender's out.