



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U16 **COMPETITIVE**



SESSION 1

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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

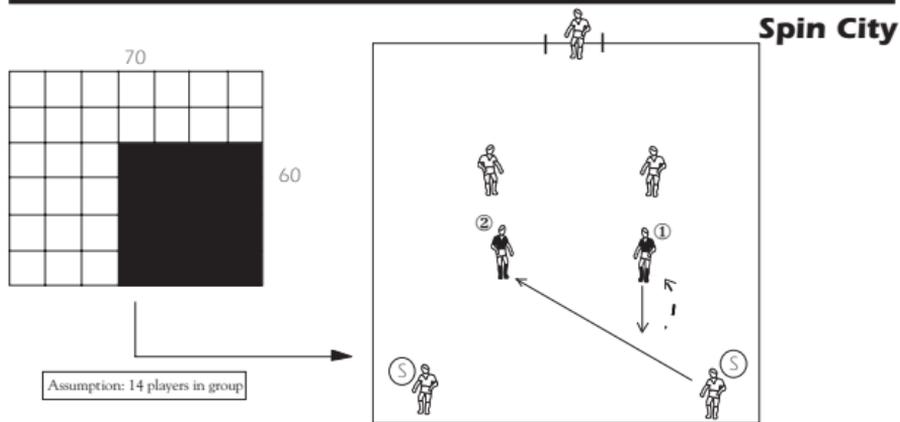
Key Coaching Points

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.



SESSION 1 - Week 7

2 hour practices, 2 recommended practices per week



Purpose

To improve link up play between attackers.

Organization

Set out an area 40x40. The starting position for service from the right is shown in the diagram. Defenders are passive initially. Repeat in another area for a total of 14 players.

Game Objective

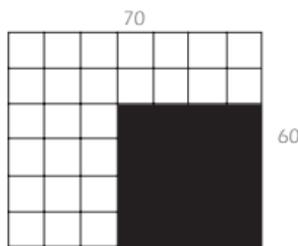
One of the strikers calls for the ball from the nearest server and makes a run towards them. The second striker lines up diagonally behind the first striker and calls “Sid” as the ball approaches. The first striker dummies the ball and spins into the space behind their marker, leaving the ball to roll to the second striker, who can play a return pass or turn and shoot.

Progressions

1. Defenders have no restrictions.

Key Coaching Points

1. First striker calls for the ball and break towards it to lose your marker.
2. Second striker makes the “Sid” call only if the ball has enough speed.
Line up behind so the dummy comes to feet.
3. First striker makes the defender believe he is taking the ball and spins into the space.
4. Second striker decides whether it is best to pass back or to turn and shoot.



Assumption: 14 players in group



Purpose

To improve attacking play in the final third.

Organization

Set out a 40x40 area. Set out one full size goal and two mini goals. Station two teams of three and a neutral goalkeeper in the area as shown. Repeat in another area for a total of 14 players.

Game Objective

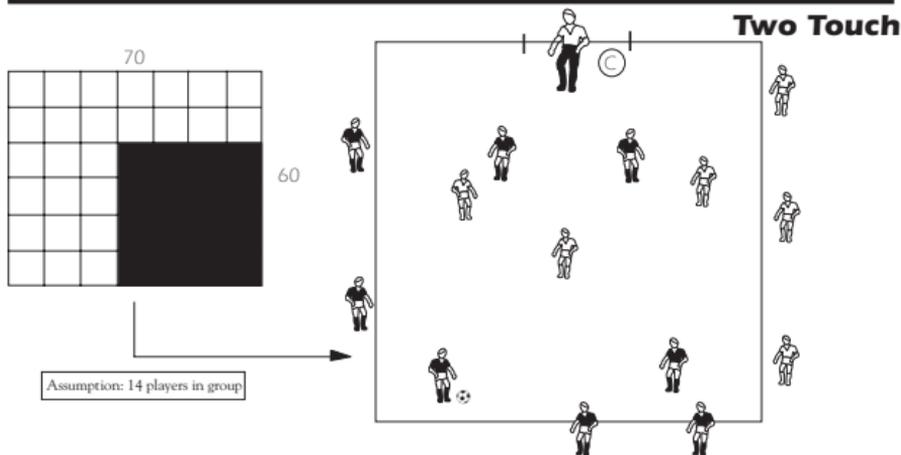
The object of the game is for the dark team to score in the full size goal, with the light team attacking the two mini goals at the bottom of the area. Each team scores a point for scoring in their respective goal and the first team to five points is the winner.

Progressions

1. Play is continuous if the goalkeeper makes a save so the defending team can counter attack.

Key Coaching Points

1. Be positive and take players on when the opportunity arises.
2. Look to create numbers up situations whenever possible.
3. Communicate with teammates at all time both in attack and defense.
4. Don't be afraid to take risks in this area of the field going forward and shoot if the chance is there.



Purpose

To develop attacking in numbers down situations

Organization

Set out a 40x40 area. Station a team of three and a team of four inside the area, with coach playing as goalkeeper with a supply of soccer balls. The remaining players surround the perimeter ready to rotate into the practice.

Game Objective

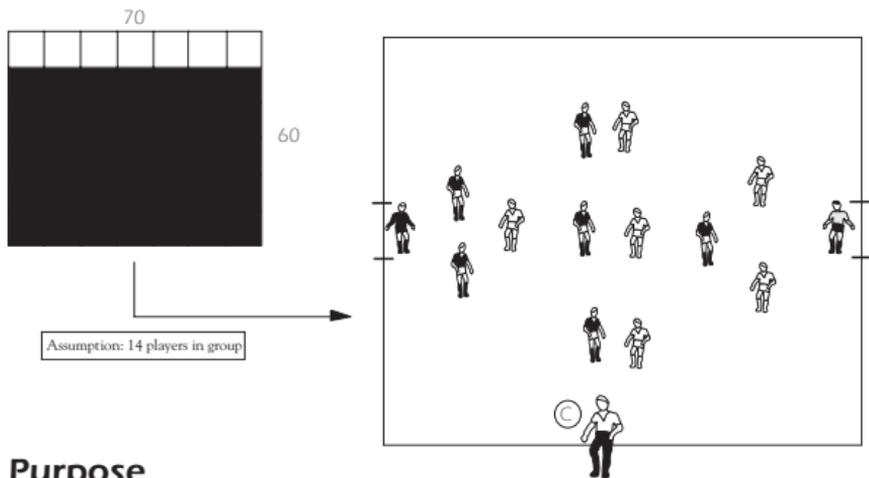
The team of four combines to keep possession for as long as possible (with a two-touch restriction), as the team of three try to score in the large goal. If the team of three players scores, they nominate an opponent to join their team to make two new teams of three and four. The new team of four then keeps possession as the new team of three tries to score. Play continuously for three minutes then rotate in the resting players.

Progressions

1. The team of four players has no restriction on touches.

Key Coaching Points

1. Spread the field long and wide when in possession.
2. Try to isolate defenders and take them on whenever possible.
3. The team of three must look to create numbers up situations at every opportunity.
4. Take shooting opportunities when they arise.



Assumption: 14 players in group

Purpose

To improve intercepting when defending.

Organization

Set out a 70x50 area. Select two teams of six plus goalkeepers and station at opposite ends of the area.

Game Objective

The object of the game is to intercept as many passes as possible. All players have a two-touch restriction once they are in possession so they are unable to run with the ball. Players are not allowed to steal the ball from each other. Every intercepted pass is worth one point, a goal is worth two points and an interception that leads directly to a goal is worth five points.

Progressions

1. Allow players to steal from each other as in a regular game.
2. Take away the touch restriction.

Key Coaching Points

1. Identify good opportunities to intercept such as when the ball is played long, weighted incorrectly or when there is plenty of cover.
2. Do not take risks especially in the defending third when there is no cover or when outcome of your attempt is unsure.
3. Understand the defending triangle! Assess the position of the ball, the opponent and the goal before attempting to intercept.