



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U16** COMPETITIVE



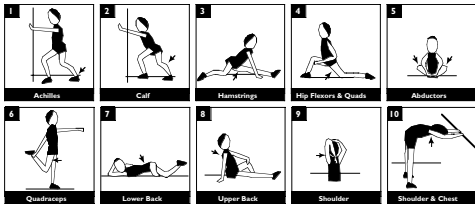
SESSION 1

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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.



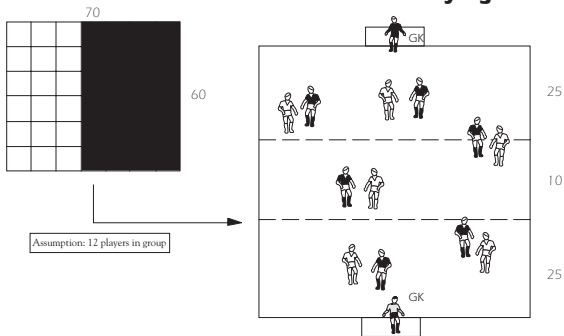
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SESSION 1 - Week 8

2 hour practices, 2 recommended practices per week

Delaying The Attack**Purpose**

To develop awareness of the need to delay and pressure when defending.

Organization

Set out a 40 x 60 yard area divided into 1/3's as shown in the diagram. Play 5 v 5 + goalkeepers.

Game Objective

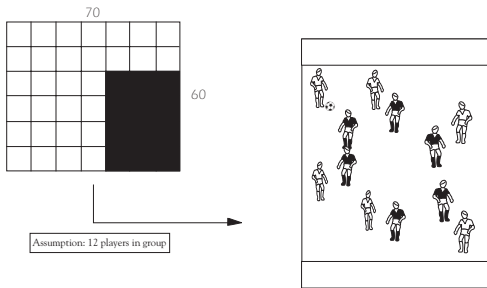
The object of the game is to score in the opposing goal. When the ball is played into the middle area, defensive players are not allowed to tackle the team in possession—they can only delay or block their path, forcing them away from goal towards the touch line.

Progressions

Now divide the playing area in 1/2—defensive players are not allowed to tackle the team in possession in the area furthest from the goal line.

Key Coaching Points

1. Fake the tackle—make them play before they are ready.
2. Pressure the ball and delay forward movement.
3. Don't jump in!
4. Take a good defensive stance.



Purpose

To develop man to man marking.

Organization

Set out a 30 x 40 yard area. Create a 5 yard endzone from each endline. Play 6 v 6. One ball per practice.

Game Objective

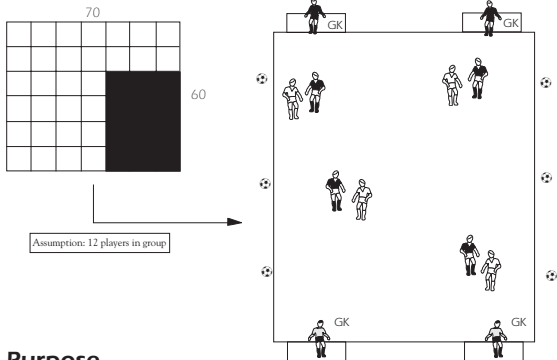
Each player is assigned a man marker on the opposition. Players can only challenge their assigned man marker. The object for the defensive team is to prevent their counterpart from receiving the ball. A goal is scored when the attacking team controls the ball in the offensive end zone.

Progressions

2 touch only to increase the speed of the play and to ensure pressure on ball is immediate.

Key Coaching Points

1. Defenders are forced to make the value judgement as to whether to challenge/intercept the ball or remain goalside.
2. The defenders should attempt to deny the space to the goal and thus keep the opposition playing square or in front of the defense.

Defensive Pressure**Purpose**

To develop the need to pressure the ball in defense.

Organization

Set out a 30 x 40 with 2 goals at each end of the field. Play 4 v 4 in the middle area with goalkeepers stationed in each of the goals. Balls are placed around the field so that as soon as a ball goes out, the closest ball is played in.

Game Objective

As soon as a player receives the ball from a goalkeeper or an outfield teammate, he should attempt a shot on goal. The defending team must attempt to pressure the ball carrier and closely mark all other attacking players.

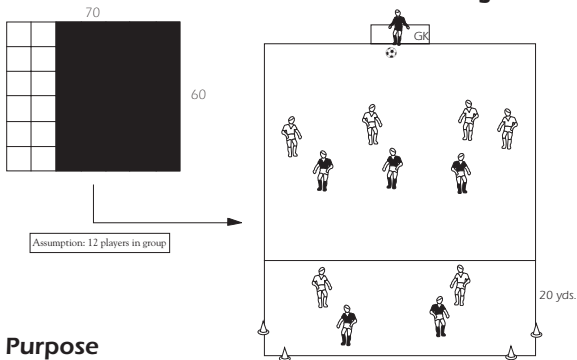
Progressions

Play 5 v 5 with 1 regular goal on each end line in a 30 x 50 yard area.

Key Coaching Points

1. Make early decisions. The player nearest to the player with the ball must challenge.
2. Do not get beaten by an attacker's 1st touch.
3. Get there early, then establish your position.
4. Clear communication between defenders is key.

Defending In Midfield



Purpose

Defending in midfield and the back four.

Organization

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

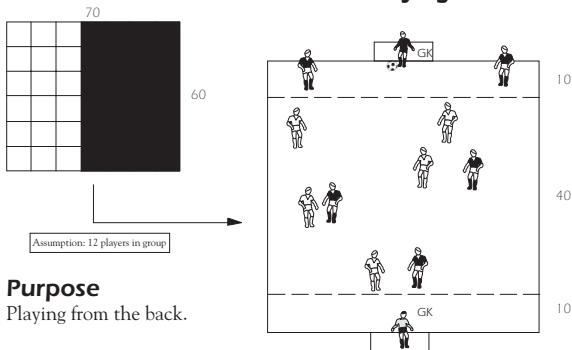
Game Objective

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.
4. As a back four, can we apply pressure, support and balance?

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.