



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U16 RECREATIONAL



### SESSION 1

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SoccerMadeSimple.com  
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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.



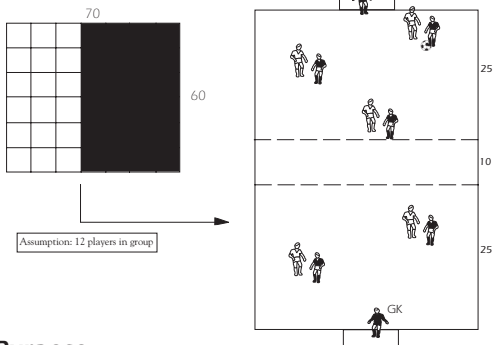
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## SESSION 1 - Week 2

2 hour practices, 2 recommended practices per week



### Purpose

To develop running and turning with the ball.

### Organization

Set out a 40 x 60 yard area. Play 5 v 5, plus a goalkeeper. Make a 10 yard channel in the middle of the area.

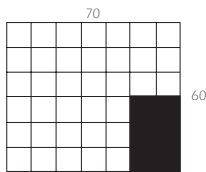
### Game Objective

The object of the game is for the team in possession to advance the ball into the middle area in preparation for an attack on goal. From the middle zone, the team in possession may either attack the opposing goal or turn and attack their defensive goal. No player, other than the player carrying the ball, may enter the middle area.

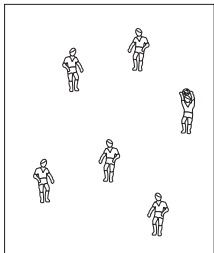
### Key Coaching Points

1. Spread the players out deep and wide.
2. Attack by running with the ball.
3. Turn and change direction.
4. Move from defense to attack quickly.
5. Encourage improvisation and risk taking.

## Team Keep Up



Assumption: 12 players in group



### Purpose

To develop ball control and communication skills.

### Organization

Set out a 20 x 30 yard area. Groups of 6 with 1 ball per group. Repeat in another area for a total of 12 players.

### Game Objective

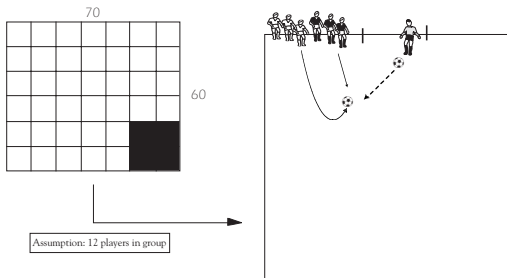
The team of 6 moves about as a group, throwing the ball to each other. When a player tosses the ball to another player, he must call out a number. The receiving player must keep the ball up for that number of touches. He then plays the ball to another player who must attempt to keep the ball up for the same number of touches. Repeat for all players in the area until the ball drops to the ground. Pick the ball up and start again with a new number.

### Progressions

Develop to passing the ball to each other with feet.

### Key Coaching Points

1. Make your final touch into the air so the next player can get underneath it.
2. Take responsibility to get under the ball and control it.
3. Once the ball is on the ground, cover as much of the area as possible.



## Purpose

To improve anaerobic fitness in a competitive environment.

## Organization

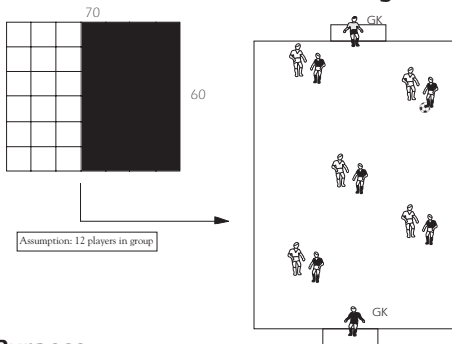
Set out a 20x20 area. Place two goals at the top of the area with two goalkeepers. Station the remaining players as shown in diagram.

## Game Objective

The goalkeepers start with a supply of soccer balls and start each round by rolling the ball out to the cone. The attacker has a one second head start on the defender and must run around the back of the cone and attempt to score past the keeper. The defender does not have to run around the cone when attempting to win the ball. Each round has a ten-second time limit. A shot on target or a goal is worth 1 point for the attackers, a blocked shot or steal is worth 1 point for the defenders.

## Key Coaching Points

1. React quickly to the goalkeeper rolling the ball out.
2. Work at 100% effort for the duration of the exercise.
3. Play each round at match intensity and try to outscore your opponent.

**Big Match Atmosphere****Purpose**

To highlight how a game is played at the top level.

**Organization**

Set out a 40 x 60 yard area. Play 5 v 5 + a goalkeeper.

**Game Objective**

This activity is designed to mimic the sequence of play exhibited during a professional soccer match. For example, the start of a game is typically hectic until players get a sense for their opponent and play slows to a normal pace. The end of the game is typically intense as teams push to score. Follow the progressions below to reenact this scenario.

**Progressions**

1. Play only 1 touch (1st 10 minutes of a game is rushed).
2. 2 touch play (now game settles down).
3. Free play.
4. When player receives the ball, defensive pressure is put on immediately (as final part of the game is high pressure). If pressure is not put on, then a free kick is awarded. (Put balls around the field so no rest when ball goes out of play).