



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U16** RECREATIONAL



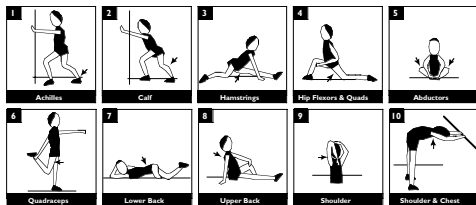
SESSION 1

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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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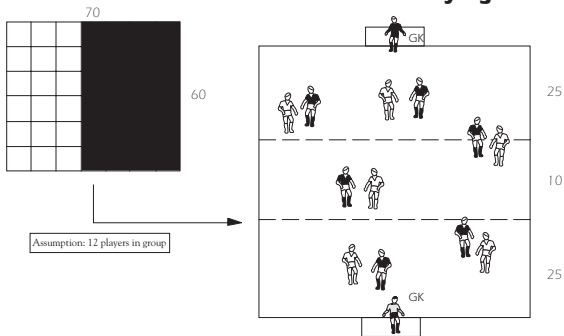
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SESSION 1 - Week 6

2 hour practices, 2 recommended practices per week

Delaying The Attack



Assumption: 12 players in group

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

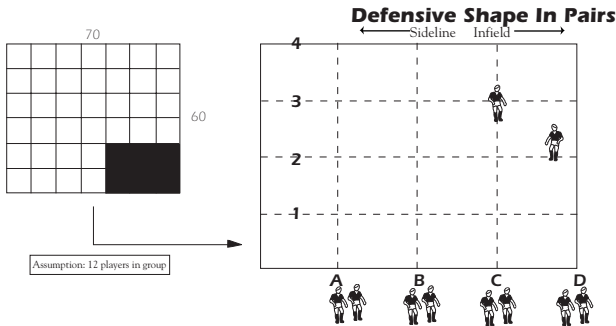
The object of the game is to score in the opposing goal. When the ball is played into the middle area, defensive players are not allowed to tackle the team in possession—they can only delay or block their path, forcing them away from goal towards the touch line.

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 reinforce forcing play in one direction.

Organization

Set out a 30x20 yard area. Position a series of cones as shown in the diagram above. Station players in pairs at the bottom of the area.

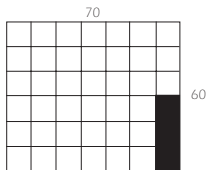
Game Objective

All of the players are given a location in the grid A-D along with an ascending number 1-4 as in the diagram. Position A is equivalent to the sideline. Coach calls out a location and an instruction, for example, "C3 inside!" The first defender sprints to that position and shapes their body to force play inside, with their partner taking up a supporting position. Each pair works for 30 seconds to adapt their position to the calls made by the coach. The nearest player to the locations is always the first defender.

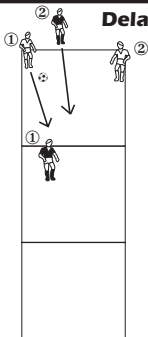
Key Coaching Points

1. React quickly and move to the location at speed.
2. Slow as you approach getting the body position half-turned and bend the knees slightly.
3. Communicate with your partner to establish your role as first or second defender.
4. Concentrate and move at match intensity for the full 30 seconds.

Delay To Recover



Assumption: 12 players in group



Purpose

To develop pressing cover in a 2 v 2 situation.

Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

Game Objective

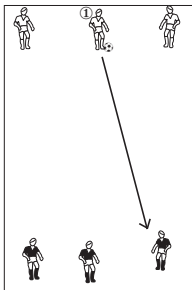
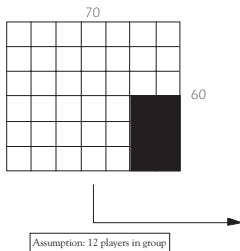
Player ① starts with the ball. The ① team must combine their efforts to advance the ball to the opposing endline. Defender ① must pressure the ball and delay the attackers until ② gets back in to help and offer support. ② cannot enter the field until the ball crosses the 1st 10 yard line.

Progressions

Encourage attackers to make crossover, diagonal, blind-side runs etc...to create man to man and zone marking instances which can be illustrated.

Key Coaching Points

1. As ② recovers, can they try to get a foot on the ball.
2. The recovery run must be quick and take the shortest route.
3. ② must be careful not to make too deep a recovery run.
4. ①'s primary role is to delay the attacker until ② can support.
5. The defender's primary responsibility must be to mark the second attacker. Cover can best be given by forcing the play across the field from where both defenders are goal side and maintain full vision of the field.



Purpose

To improve cover and changing roles.

Organization

Set out a 20 x 30 yard area. Groups of 6, play 3 v 3 within the confines of the area. Repeat in another area for a total of 12 players.

Game Objective

Player ① passes the ball to any of the players on the team. The team defends the endline on the top of the diagram. A goal is scored against the defending team when the opposition advances the ball to the endline and stops the ball with the sole of the foot.

Progressions

The players can switch markers when an attacker makes a run into another defenders space.

Key Coaching Points

1. Defenders should shadow their attacking counterparts.
2. The closest person to the ball must close down the space to the ball and pressure.
3. Defenders should channel attackers across the field and away from the endline.
4. As the ball moves so do defenders in terms of balance & support.
5. Pressure and delay until you have #s to defend with.
6. Cover ground as ball travels.
7. Don't get beaten by the attackers 1st touch.