



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U16 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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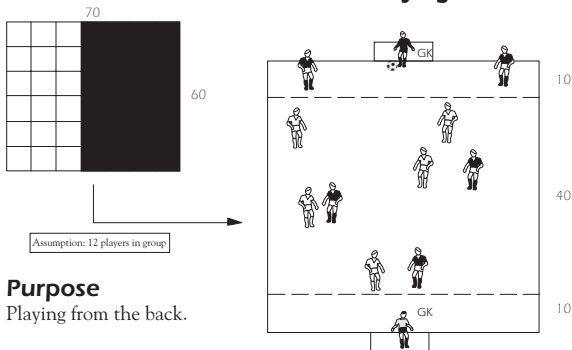
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SESSION 2 - Week 8

2 hour practices, 2 recommended practices per week

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.

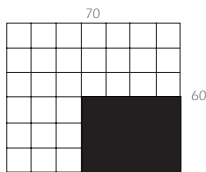
Progressions

Take away end zone areas.

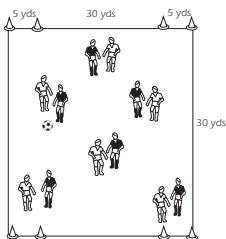
Key Coaching Points

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.

NE Revolution's Headers & Volleys



Assumption: 12 players in group



Purpose

To develop crossing and finishing with headers and volleys.

Organization

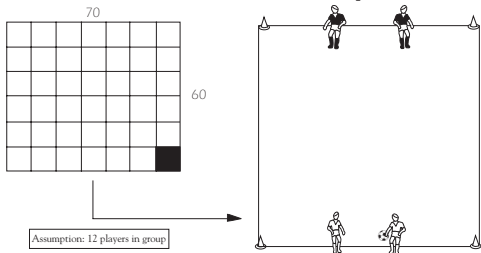
Set out a 40 x 30 field and make a 5 yard goal in each corner. Play 6 v 6 in the area.

Game Objective

The teams attack their respective goals but can only score with a header or volley. No goalkeepers are allowed, the ball can be stopped only by the chest, hands, thighs or feet. Players cannot flick the ball up to themselves to score.

Key Coaching Points

1. Try to switch the ball to the other side of the field with a lofted pass or chip.
2. Make a curved run as you approach the cross and come down the line of the ball.
3. Concentrate on making good contact and redirect the ball towards the goal.

Colorado Rapids World Cup Headers**Purpose**

To develop attacking and defensive headers.

Organization

Set out a 10 x 10 yard grid. Position 2 players on each end line. Each team takes on the identity of a World Cup team. Repeat in 2 other areas for a total of 12 players.

Game Objective

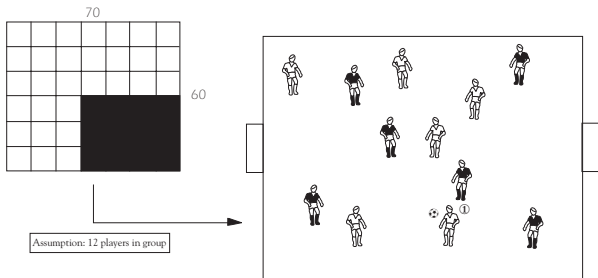
One of the players throws the ball to his partner to head past the other team. The defending team tries to stop the ball going over the goal line without using their hands. Once the ball has been stopped, the receiving player picks the ball up and serves it to his partner. A goal is scored when the ball crosses the line under head height.

Progressions

If a team heads the ball straight back and scores, the team gets 2 points.

Key Coaching Points

1. To aim for the goal, turn your shoulders to face the target.
2. Head the ball down toward the center.
3. Use diving headers for more power.



Purpose

To develop defensive and offensive heading in a conditioned 6 v 6 game.

Organization

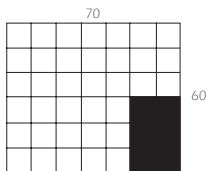
Set out a 40 x 30 yard area. Play 6 v 6 in the confines of the area. Make a goal at each end of the area.

Game Objective

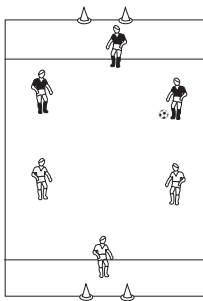
Player ① throws the ball to a teammate who must head the ball to another teammate, who in turn must catch the ball. The correct sequence is throw, head, catch. **Receiving** players are only allowed two steps after catching the ball. Opponents may intercept the ball in the correct sequence; e.g., if ① throws the ball, ② must head the ball to another ③ player to intercept. To score you must head the ball into the goal.

Key Coaching Points

1. Focus on height, width and distance of headers.
2. Anticipate the placement of your header before the ball comes to you – read the game.
3. Keep your eye on the ball at all times.
4. Attack the ball at its highest point.

Total Soccer

Assumption: 12 players in group

**Purpose**

To develop all soccer skills.

Organization

Set out a 20 x 30 yard area and make an end zone 5 yards wide from the endline. Play 3 v 3. Repeat in another area for a total of 12 players.

Game Objective

Play 3 v 3. Each team elects a goalkeeper. This player is allowed to use his hands in the defensive end zone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. Select scores for various soccer skills demonstrated.

Progressions

Vary the skills rewarded.

Key Coaching Points

1. In attack, try to spread out and give the ball carrier support.
2. In defense, try to get between the ball and the goal.
3. React quickly when there is a change in possession.