



# 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.



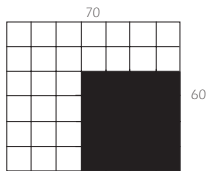
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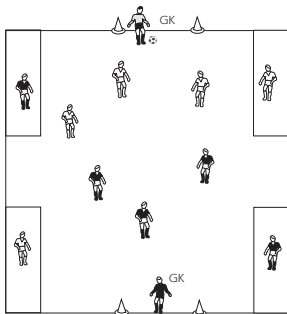
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## SESSION 2 - Week 9

2 hour practices, 2 recommended practices per week



Assumption: 12 players in group







### Purpose

To develop width in attack.

### Organization

Set out a 40 x 40 yard area with four 5 x 15 yard channels from each corner as shown in the above diagram. Station one player in each channel. Play 3 v 3 in central area.

### Game Objective

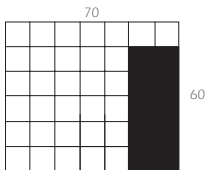
The goalkeeper  GK serves the ball to one of his three  teammates in the central area. The goal is to get the ball to either  player stationed in a channel. This player delivers a crossed ball into the attacking area. The three  players stagger their attacking runs into the near post, mid-goal and far post areas. Finish with a shot or header on goal.

### Progressions

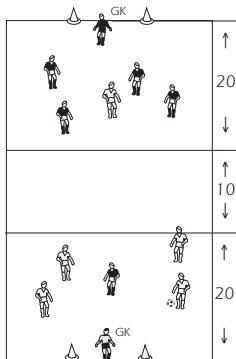
When the wide player gets the ball in the channel the opposing wide player on his side of the field may run into his area to challenge the cross.

### Key Coaching Points

1. The near post run should be at approximately a 45 degree angle. It is essential that the near post runner beats his defender to the ball.
2. The far post runner cuts around the decoy of the near post to attack the far post.
3. An attacker must exploit the space in the mid-goal area to challenge the goalkeeper.
4. Can the cross be played early behind the recovering defense?



Assumption: 12 players in group






### Purpose

To develop shooting from a distance.

### Organization

Set out a 20 x 50 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 4 v 1 in each large area.


### Game Objective

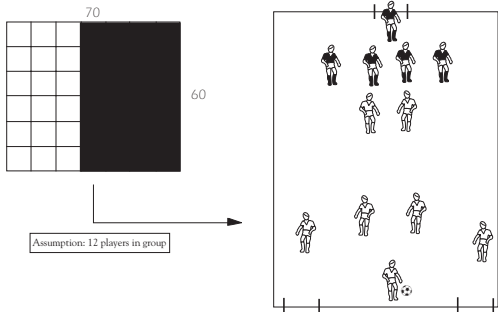
The four  players combine to advance the ball past the lone  defender into the midfield area. One player must pass the ball into the midfield space for a second attacker to run on to and shoot on goal. The lone  player in the other area follows up for rebounds from the goalkeeper. Repeat in the opposite direction. Rotate positions.

### Progressions

1. The lone defender can track the attacking player into the midfield area in an attempt to pressure the attacker or block the shot.
2. Change the ratio of attackers to defenders to 3 v 2.

### Key Coaching Points

1. The  player making the pass should play the ball into the space in front of the receiver.
2. Shoot after one controlling touch.
3. Assess the position of the goalkeeper in selecting your target.



### Purpose

To develop incisive attacking play in a numbers up situation.

### Organization

Set out a 40x60 yard area. Station a team of four defenders and a goalkeeper against a team of a sweeper, four midfielders and two attackers as shown in the diagram. Mark out two small goals in the bottom corners of the area.

### Game Objective

The light team sweeper starts with the ball and plays it to either of the wide midfielders. The attacking team has a total of 20 seconds to create a shot at goal and score 1 point for doing so. The defending team can score a point by regaining possession and running it through one of the small goals.

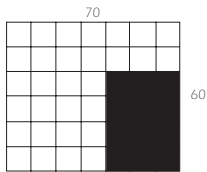
### Progression

The first pass can go to any attacking player, but the strike on goal must come as the result of a cross.

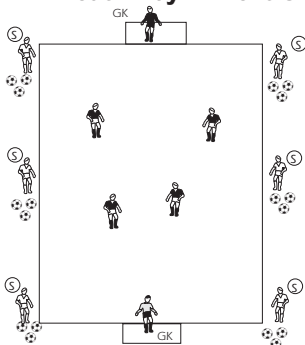
### Key Coaching Points

1. Central midfielders and forwards support the wide player quickly.
2. Create an overload in the wide area to produce opportunities to for crosses.
3. Quality delivery of crosses into the prime target area (PTA).
4. Adopt a positive attitude to scoring and attack the crossed ball.

## 1 Touch Play In Front Of Goal



Assumption: 12 players in group



### Purpose

One touch play in and around the penalty area.

### Organization

Set out a 30 x 40 yard area with goals at each end line. Play 2 goalkeepers, 6 servers and 4 attackers. The servers should have a supply of balls.

### Game Objective

One of the servers (S) plays the ball into the (A) team. The receiving player must play the ball to 1 of his teammates in the area with his first touch. This is repeated with all players inside the area until all have touched the ball. Score 3 points for a goal, 2 points for a shot on target and 1 point for a close miss.

### Progressions

1. 2 of the servers become defenders. Receiving players have 2 touches.

### Key Coaching Points

1. Assess the quality of finishing.
2. Receive the ball sideways on.
3. Can you make an angled pass for the player to run onto?
4. Communication between players.