



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U19** COMPETITIVE



SESSION 1

NASC, Inc.
©2002. All Rights Reserved. No part of this publication
may be reproduced, copied or transmitted in any form
without the prior written consent of NASC, Inc.

SoccerMadeSimple.com
www.MLScamps.com

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.



MLS CAMPS

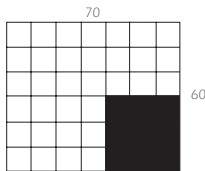
THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

www.MLScamps.com

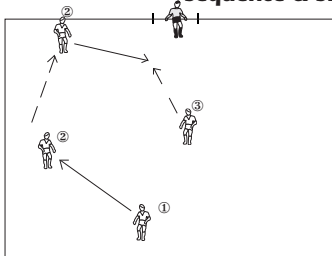
SESSION 1 - Week 2

2 hour practices, 2 recommended practices per week

Sequence & Shot



Assumption: 12 players in group



Purpose

To improve finishing a moving ball from a cutback cross.

Organization

Set out a 30x30 yard area. Divide the players into groups of four, rotating positions after every five shots. Repeat in another two areas for a total of twelve players.

Game Objective

Player 1 starts by passing to player 2, who dribbles infield to the end line and crosses the ball low to an area around twelve yards out, for player 3 to attempt a shot on goal. A goal scores 3 points, a shot past the far post scores 2 points and a ball past the near post or a save by the keeper scores 1 point. No points are awarded for a shot over the goal.

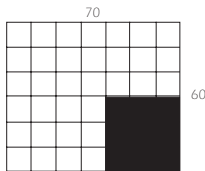
Progressions

1. All players must use their weaker foot for passing, dribbling and finishing.

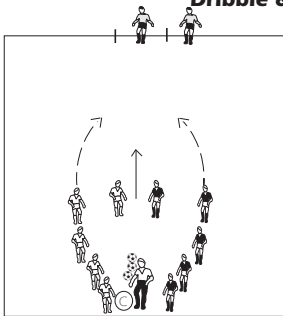
Key Coaching Points

1. Time your run so you arrive at the same time as the ball and thus don't have to break stride.
2. Have a look at the position of the goalkeeper before striking the ball.
3. Pick your spot in the goal and pass it there with the inside of the foot.
4. Follow in for any rebounds.

Dribble & Shoot



Assumption: 12 players in group



Purpose

To improve finishing under pressure.

Organization

Set out a 30x30 yard area. A goalkeeper starts in the goal with another rotating in and out for the duration of the practice. The remaining players start at the central point, with the coach having a supply of soccer balls and acting as a server.

Game Objective

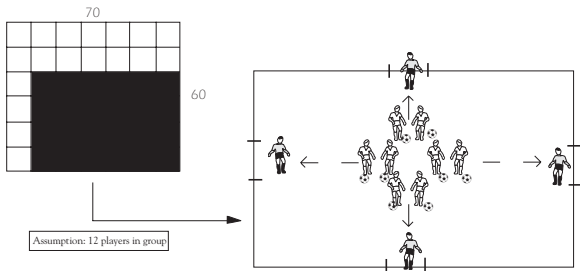
The object of the game is to score goals in 1v1 situations against the goalkeeper while competing against an opponent. Two players stand back to back in the middle of the area and coach serves a ball into the space ahead of them. They must then compete to get a strike at goal, with 3 points for a goal and 2 points for a shot on target.

Progressions

1. Players start on their hands and knees facing the goal as the ball is served over their head.
2. Players start lying flat on their face with arms outstretched as the ball is served.

Key Coaching Points

1. Use your first touch to cut across the front of your opponent.
2. Observe the position of the goalkeeper and decide which type of finish to use.
3. Be positive and believe you are going to score every time.



Assumption: 12 players in group

Purpose

To improve finishing in 1v1 situations.

Organization

Set out a 60x40 yard area. Station goalkeepers in each of the four goals and the remaining players each with a ball at the central point.

Game Objective

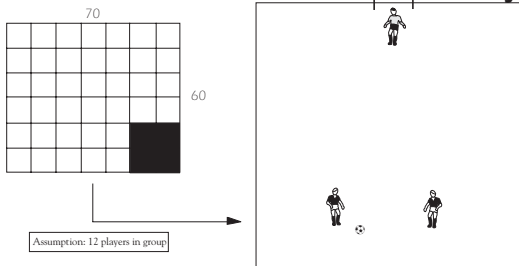
The object of the game is to score goals in 1v1 situations against different goalkeepers. Once a player has attacked one goal, successfully or not, they move on clockwise to the next goal ready to go 1v1 again. The goalkeeper must start on their line and will give a ready signal before the 1v1 commences. Rotate the goalkeepers so every player has a turn in goal.

Progressions

1. See which player can score the most 1v1 goals in three minutes.

Key Coaching Points

1. Use the first touch to move the ball out of the feet and build up some speed.
2. Observe the position of the goalkeeper.
3. Select a finish based upon their position such as a pass into the goal, dribbling around them or a chip.
4. Be positive and creative trying different methods, especially when dribbling around the keeper.



Purpose

To develop different shooting techniques with a moving ball.

Organization

Set out a 20x20 yard area. Divide the players into groups of three, rotating positions after every five shots. Repeat in another three areas for a total of twelve players.

Game Objective

The two strikers take turns to shoot at the goalkeeper using different techniques:

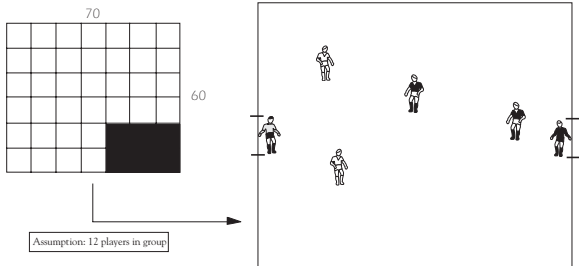
1. Lift the ball off the ground with the toe 2-3 yards ahead and shoot.
2. Face away from goal and drag the ball 2-3 yards behind before turning to shoot.
3. Push the ball 3-5 yards away from goal with the outside of the foot before shooting back across goal with the same foot.

Progressions

1. Keep score to see who is the hot shot.

Key Coaching Points

1. Observe the position of the goalkeeper.
2. Keep your eye on the ball.
3. Strike through the top half of the ball with laces.
4. Keep your toes down and keep your knee, chest and head over the ball upon contact.



Purpose

To develop an attitude to shooting and finishing.

Organization

Set out a 30x20 yard area. Divide the players into teams of three and station at opposite ends of the area. Repeat in another area for a total of twelve players.

Game Objective

The object of the game is to create scoring opportunities as quickly as possible. A shot off target is worth 1 point, a shot on target is worth 2 points and a goal is worth 3 points.

Progressions

1. Keep score to see who is the hot shot.

Key Coaching Points

1. Observe the position of the goalkeeper.
2. Keep your eye on the ball.
3. Strike through the top half of the ball with the laces.
4. Keep your toes down and keep your knee, chest and head over the ball upon contact.