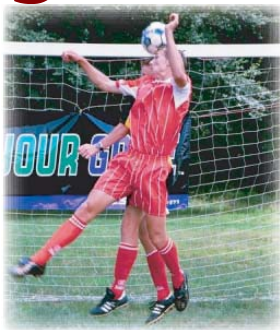




MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner **U19** COMPETITIVE



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

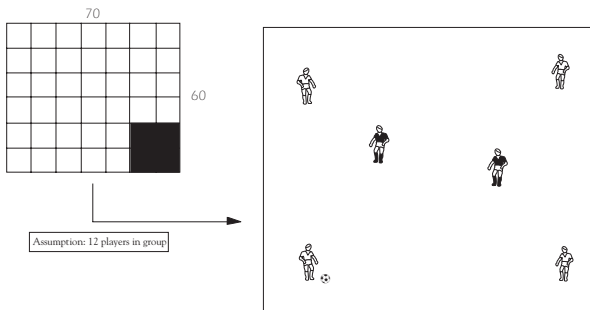
Key Coaching Points

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.



SESSION 2 - Week 2

2 hour practices, 2 recommended practices per week



Purpose

To improve passing under pressure.

Organization

Set out a 20x20 yard area. Split the players into a team of four and a team of two. Repeat in another area for a total of 12 players. Play is continuous for a maximum of one minute with positions rotated frequently.

Game Objective

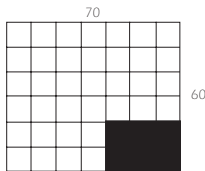
The object of the game is for the team of four to make as many consecutive passes without the dark team regaining possession.

Progressions

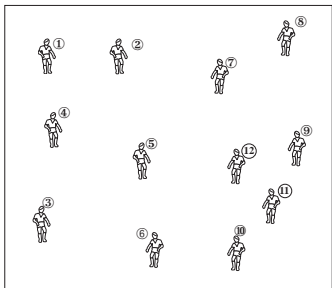
1. A pass that splits defenders is worth double.
2. Two-touch restriction.
3. Two-touch play is mandatory.

Key Coaching Points

1. Use your first touch to pass or create an angle to pass.
2. Move into supporting positions quickly.
3. Communicate with your teammates.
4. Use different parts of the foot to pass.



Assumption: 12 players in group



Purpose

To develop communication and passing as a team.

Organization

Set out a 30x20 yard area. Number the players 1-12 inside the area.

Game Objective

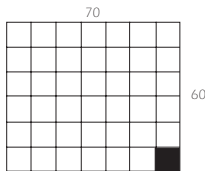
Coach is number zero who starts the exercise by passing to number one. Players then pass in numerical sequence (1 passes to 2, 2 passes to 3 etc) until the final player returns the ball to coach. Players should always be looking to jog slowly and accelerate to a space when it appears.

Progressions

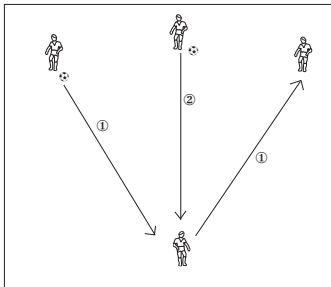
1. Add a second, third then a fourth ball depending upon team ability.
2. Reverse the sequence so it is passed to number 12 first.
3. Call out a random number to be a defender, passive at first and then actively trying to win the ball.

Key Coaching Points

1. Use your first touch to shift the ball into space and keep the ball moving.
2. Encourage players to call for the ball and point to where they wish to receive it, either into space or to feet.
3. Look to scan for your next pass as the ball travels towards you by keeping your head up.
4. Move into supporting positions quickly and using good movement off the ball.



Assumption: 12 players in group



Purpose

To develop quick short passes and peripheral vision.

Organization

Set out a 10x10 yard area. Station three players at the top end of the box and one player at the bottom. Two of the top players start with a ball. Repeat in another two areas for a total of 12 players.

Game Objective

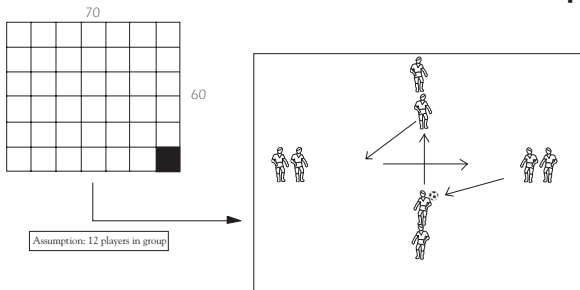
One of the top players starts the game by passing the ball along the ground to the player at the bottom, who passes the ball back to the spare player (not the player who passed it to them or the other player with a ball). As soon as the return pass is played, the other ball is passed to the bottom player, who must react and identify the spare player at the top.

Progressions

1. Return passes must be one touch.

Key Coaching Points

1. Stay on your toes ready to move.
2. Adjust the position of your body as the ball travels.
3. Push through the ball with the instep and follow through.
4. As the ball travels to you, look to see where the next pass needs to go.



Purpose

To develop quick short passes.

Organization

Set out a 10x10 yard area. Station two players in the center of each end line and one player on each sideline.

Game Objective

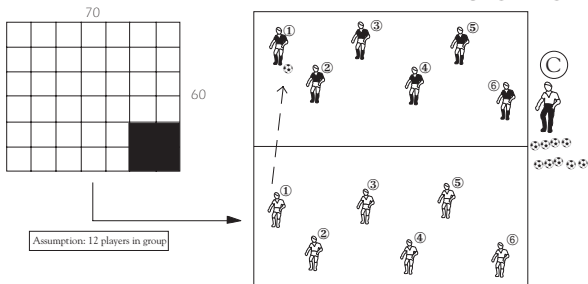
One of the players at the bottom of the area starts with the ball and it is passed in sequence as shown in the diagram above. Players make a quick sprint to follow their pass to a new position. Although the ball never changes sequence, the players must adjust to the direction of their next pass from their new position.

Progressions

1. The passer moves one space to the right once they have played the ball.
2. The passer moves one space to the left once they have played the ball.
3. The passer can move to any space but there can never be more than three players at any one location.

Key Coaching Points

1. Use the controlling touch to move the ball in the direction you are to pass.
2. Push through the ball with the instep, keeping your head down and still.
3. Accelerate after the pass to your new position.

Over The Line**Purpose**

To improve passing and decision making.

Organization

Set out a 20x20 yard area, divided in half across the center. Two teams of six, numbered 1-6 within each team. Coach is positioned at halfway with a supply of soccer balls.

Game Objective

Coach serves a ball in to the dark team - they must make ten consecutive passes before playing the ball to the light team to score a point. As soon as the ball is served, number 1 from the light team may cross the center and try to win possession back, or kick the ball out of the area. Any time the ball is kicked out, coach serves a ball immediately into the opposite area to make the game continuous.

Progressions

1. Two touch play only.
2. If a defender passes back to their own area, the next 10 passes are worth double points.

Key Coaching Points

1. In this game there are two types of pass, easy and hard. Play the easiest pass available.
2. Use your first touch to create a better angle to pass.
3. Communicate with other players on your team.
4. Don't put the ball at risk.