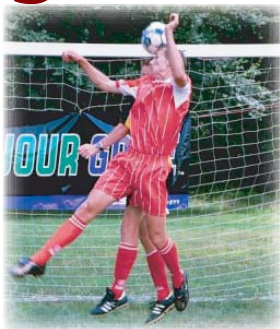




# MLS CAMPS

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.



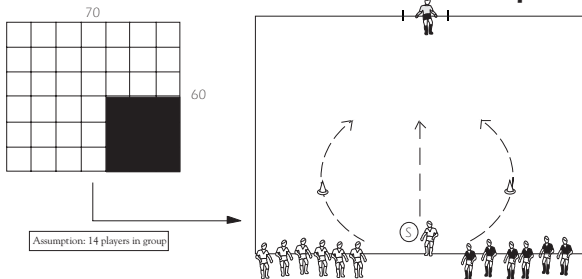
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## SESSION 2 - Week 4

2 hour practices, 2 recommended practices per week



## Purpose

To develop basic speed and agility.

## Organization

Set out a 30x30 area. Mark out two stations at the bottom of the area, with cones placed diagonally away at a distance of 6-8 yards. Position a team at each station and a server with a supply of soccer balls in between.

## Game Objective

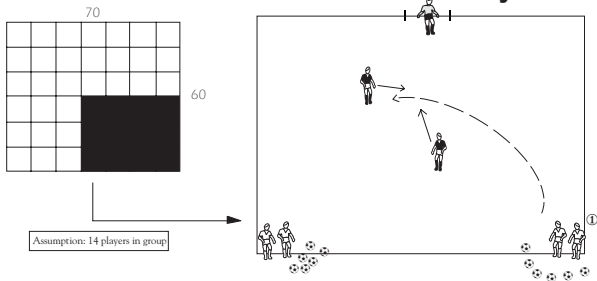
The server plays a ball 10 yards ahead for the first two players to compete for. The players must sprint to their respective cones and run around them, always facing forwards before continuing to try and score. The work rate should be for no more than 6 seconds and can be repeated 3-5 times for between 3-5 sets, with a recovery period of stretching and light jogging in between.

## Progressions

1. One touch finishing only.

## Key Coaching Points

1. This exercise develops both speed and agility fitness and must be conducted with maximum effort every time.

**Lay And Play**

Assumption: 14 players in group

**Purpose**

To develop finishing a moving ball from an aerial lay-off.

**Organization**

Set out an area 30x40. Split the players into groups of seven. Station two players with a supply of soccer balls in each of the bottom corners, a goalkeeper in the goal and two players in positions as shown in the diagram. Repeat in another area for a total of 14 players.

**Game Objective**

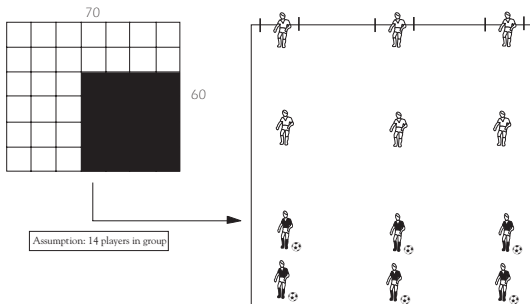
Number 1 starts by playing a long diagonal ball to the target player, who lays the ball off to their partner. The striker, running in, shoots on goal, scoring 1 point for a shot past the far post or a saved shot and 2 points for a goal. All players return to the starting position and the ball is then played from the opposite side.

**Progressions**

1. Double points for headers or volleys to score.

**Key Coaching Points**

1. Time your run so you can run onto the lay-off without breaking your stride.
2. Adjust your body shape to hit the ball first time.
3. Select which shooting technique to use depending upon the speed and height of the lay-off.



## Purpose

To improve attacking play in the final third.

## Organization

Set out a 40x40 area. Station three goalkeepers and three defenders for the light team at the top of the area as shown in diagram. Two groups of three attackers and a server for the dark team start at the bottom of the area.

## Game Objective

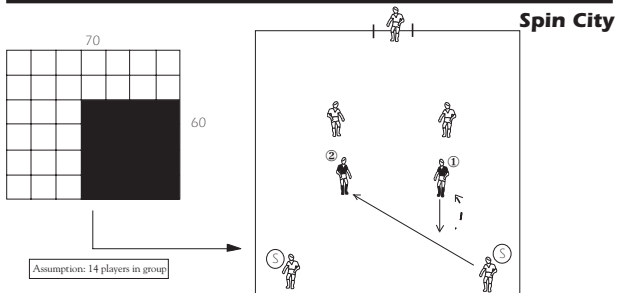
Each attacker starts with a ball and can attack any of the three goals to score within a ten second time limit. Defenders score 2 points for any ball they steal or 1 point for any clearance. The attackers score 2 points for every goal or 1 point for a shot on target.

## Progressions

1. Play 3v3 on 3 goals with one ball using the same scoring system.

## Key Coaching Points

1. Take a good first touch out of your feet to generate speed for the approach to goal.
2. Be positive and take the defender on with a change of pace or a trick.
3. Use the movement of other players to your advantage by making overlapping runs to score on a different goal.
4. Observe the goalkeeper and select an appropriate finish.



## Purpose

To improve link up play between attackers.

## Organization

Set out an area 40x40. The starting position for service from the right is shown in the diagram. Defenders are passive initially. Repeat in another area for a total of 14 players.

## Game Objective

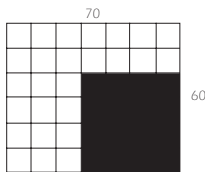
One of the strikers calls for the ball from the nearest server and makes a run towards them. The second striker lines up diagonally behind the first striker and calls “Sid” as the ball approaches. The first striker dummies the ball and spins into the space behind their marker, leaving the ball to roll to the second striker, who can play a return pass or turn and shoot.

## Progressions

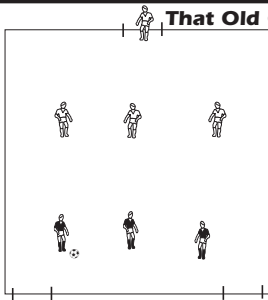
1. Defenders have no restrictions.

## Key Coaching Points

1. First striker calls for the ball and break towards it to lose your marker.
2. Second striker makes the “Sid” call only if the ball has enough speed.  
Line up behind so the dummy comes to feet.
3. First striker makes the defender believe he is taking the ball and spins into the space.
4. Second striker decides whether it is best to pass back or to turn and shoot.



Assumption: 14 players in group



### Purpose

To improve attacking play in the final third.

### Organization

Set out a 40x40 area. Set out one full size goal and two mini goals. Station two teams of three and a neutral goalkeeper in the area as shown. Repeat in another area for a total of 14 players.

### Game Objective

The object of the game is for the dark team to score in the full size goal, with the light team attacking the two mini goals at the bottom of the area. Each team scores a point for scoring in their respective goal and the first team to five points is the winner.

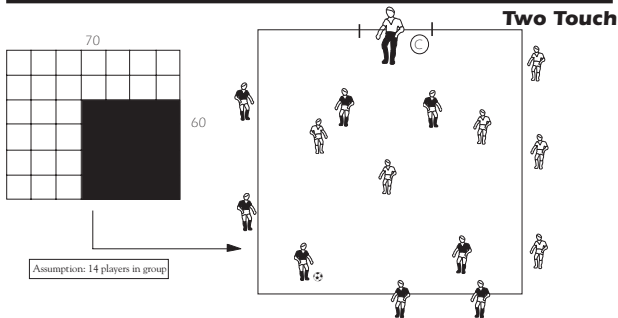
### Progressions

1. Play is continuous if the goalkeeper makes a save so the defending team can counter attack.

### Key Coaching Points

1. Be positive and take players on when the opportunity arises.
2. Look to create numbers up situations whenever possible.
3. Communicate with teammates at all time both in attack and defense.
4. Don't be afraid to take risks in this area of the field going forward and shoot if the chance is there.





## Purpose

To develop attacking in numbers down situations

## Organization

Set out a 40x40 area. Station a team of three and a team of four inside the area, with coach playing as goalkeeper with a supply of soccer balls. The remaining players surround the perimeter ready to rotate into the practice.

## Game Objective

The team of four combines to keep possession for as long as possible (with a two-touch restriction), as the team of three try to score in the large goal. If the team of three players scores, they nominate an opponent to join their team to make two new teams of three and four. The new team of four then keeps possession as the new team of three tries to score. Play continuously for three minutes then rotate in the resting players.

## Progressions

1. The team of four players has no restriction on touches.

## Key Coaching Points

1. Spread the field long and wide when in possession.
2. Try to isolate defenders and take them on whenever possible.
3. The team of three must look to create numbers up situations at every opportunity.
4. Take shooting opportunities when they arise.