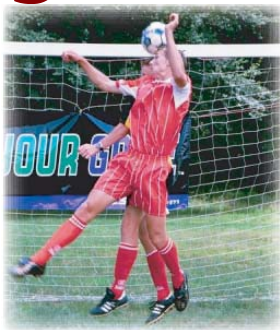




# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner **U19** COMPETITIVE



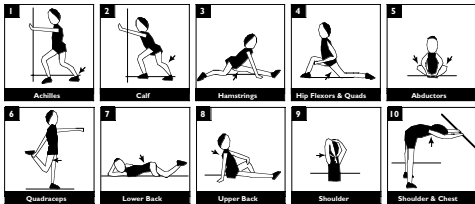
### SESSION 2

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](http://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

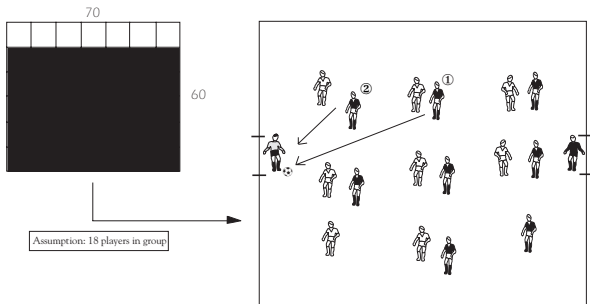
### Key Coaching Points

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.



## **SESSION 2 - Week 7**

2 hour practices, 2 recommended practices per week



## Purpose

To improve defending as a team in a small sided game.

## Organization

Set out a 70x50 yard area. Both teams play a 3-3-2 formation plus keepers. Coach the dark team first and then switch if required. The light team has a two-touch restriction initially.

## Game Objective

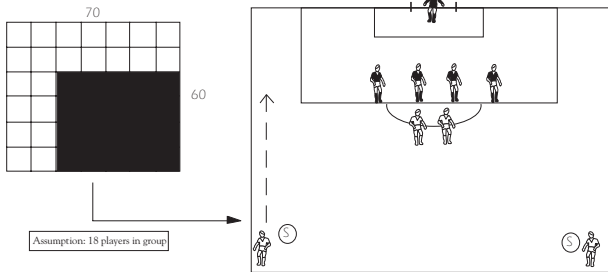
Starting position 1 is a dark team midfielder over hitting a pass to the opposition goalkeeper. Starting position 2 is a dark team striker hitting a weak shot on goal.

## Progression

1. If a regained possession in the attacking third results in a goal, it is worth 5 points.

## Key Coaching Points

1. As soon as the ball is with the opposition goalkeeper, strikers retreat and split the opposition defenders. Defending starts in the attacking third!
2. If the ball is played wide to a defender on the outside, strikers should make recovery runs.
3. Midfield players shift across to the side of the field where the ball is and stay compact, ensuring there is always pressure on the ball and balance.
4. As the ball reaches the defensive third, defenders should also become compact and look to make play predictable.



### Purpose

To improve defending from crosses in a functional practice.

### Organization

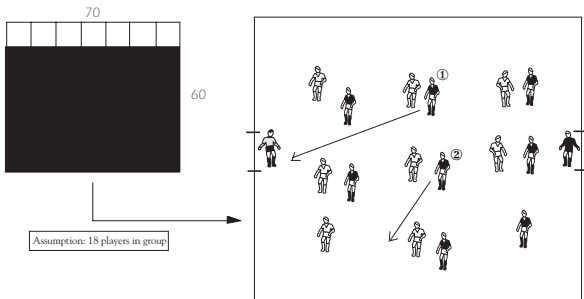
Set out a 40x50 yard area. Station a goalkeeper and four defenders against two strikers and two servers as shown in the diagram above. Repeat in another area for a total of 18 players.

### Game Objective

The game starts with one of the servers running down the outside and crossing for the light team forwards to score. The dark team is looking to clear the ball and push out quickly. The dark team scores 2 points for a headed clearance and 1 point for any clearance before the attackers touch the ball.

### Key Coaching Points

1. Be alert from the outset.
2. Pressure on the ball and try to prevent the cross reaching dangerous areas.
3. Provide cover for the first defender at the right distance and angle.
4. Hold a good line and squeeze out if there is good pressure on the ball.
5. Shift across so the furthest defender covers the far post and the furthest central defender covers the near post. Cover space if there are no players to mark.
6. Clearances should be high, long and wide.

**Functional Plays****Purpose**

To improve high pressure defending in a small sided game.

**Organization**

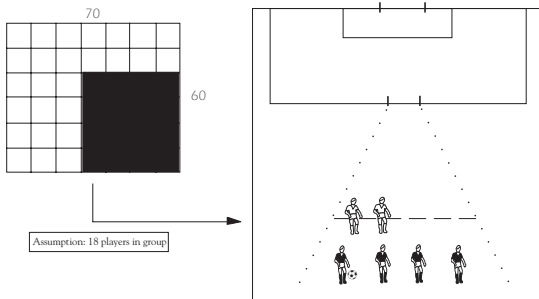
Set out a 70x50 yard area. Both teams play a 3-3-2 formation plus keepers. Coach the dark team first and then switch if required. The light team has a two-touch restriction initially.

**Game Objective**

Starting position 1 is a dark team midfielder overhitting a pass to the light team goalkeeper. Starting position 2 is a dark team midfielder giving away possession to a light team outside midfielder. The dark team score 1 point every time they win possession in the opposition half and 1 point each time they catch the light team offside.

**Key Coaching Points**

1. Switch on as soon as the opposition gains possession.
2. Strikers make recovery runs.
3. Midfielders and defenders push up to condense the space in front of the opposition. Mark closely on the shoulder of the opponent closest to the ball.
4. Look to intercept passes first, pressure the first touch second and prevent opponent from turning third.
5. Defend compactly in both midfield and defense.
6. If the opposition plays the ball backwards, condense space by pushing up defensively.

**The Letter A****Purpose**

To improve central defensive play in a functional practice.

**Organization**

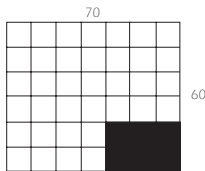
Set out a 40x40 yard area. Set out a five-yard mini goal at the halfway point of the area and mark the other lines as shown in the diagram. Station four attackers in an arc at the bottom of the area, with two defenders protecting the small goal. Repeat in another area for a total of twelve players.

**Game Objective**

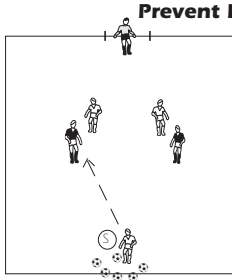
The four dark players combine to create space and attempt to run the ball through the small goal past the light defenders. Only one attacker is allowed into the designated attacking area at any one time. The ball cannot be passed directly between the furthest attacking players.

**Key Coaching Points**

1. Nearest defender presses the ball and force play towards the supporting defender. Be patient but defend actively to intercept and press the first touch if possible.
2. Try to make play as predictable as possible and force in one direction.
3. Communicate effectively to identify who is pressing and who is supporting as the roles change. Keep checking the supporting distance and angles to stay compact.

**Prevent Defense**

Assumption: 18 players in group

**Purpose**

To improve defenders preventing opponents from turning as a functional practice.

**Organization**

Set out a 30x20 yard area. Station a goalkeeper, two defenders, two attackers and a server with a supply of soccer balls in the area as shown in the diagram above. Repeat in another two areas for a total of 18 players.

**Game Objective**

The server plays the ball in to the feet of one of the strikers. The defenders must try to prevent the strikers creating shooting opportunities. A shot on target scores 1 point and a goal scores 2 points. The defenders score a point for a blocked shot or winning possession.

**Key Coaching Points**

1. The nearest defender moves as the ball travels to apply pressure on the ball.
2. Defenders must decide if they can intercept, tackle as the ball arrives or prevent the striker from turning.
3. 1st defender must move quickly to the ball, slow down upon the approach and get within an arms length of the striker, angling the body to force play in one direction making it predictable.
4. 2nd defender must support positionally and verbally.