



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U8



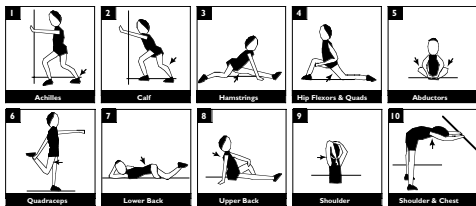
SESSION 1

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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

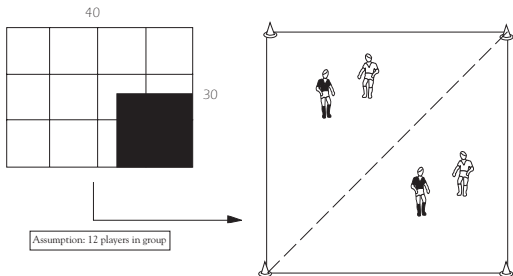
Key Coaching Points

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 1 - Week 5

1 hr. 30 min. practices, 2 recommended practices per week



Purpose

Body awareness and introduction to skills of the day.

Organization

In a 15 x 15 yard area, set up 2 triangles using cones in each corner. Pair up players, 1 pair per triangle. Repeat in 2 other areas for a total of 12 players.

Game Objective

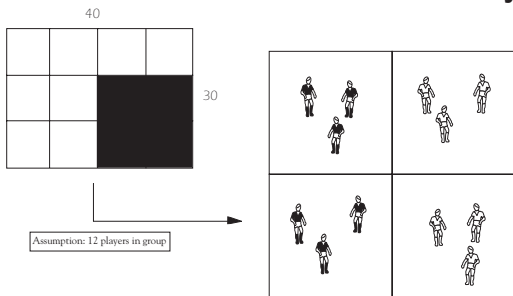
The player has to try and put his foot on a cone without the other player tagging him first. The object of the game is to get to the cone using fakes, change of pace and movement. Once a player reaches the cone, he should repeat the practice until he is tagged or scores. Rotate positions. 5 points for every cone reached.

Progressions

1. Reduce the number of cones to 2.
2. Introduce a ball and 3 cones.

Key Coaching Points

1. Tell the runner to change direction and speed.
2. Make a fake to go one way, then sprint in the other direction.
3. Make sharp turns, not large, round turns.



Purpose

To develop awareness of space and movement—encourage spreading out.

Organization

Set a 20 x 20 yard area with four 10 x 10 yard grids. Station a team of 3 players in each area.

Game Objective

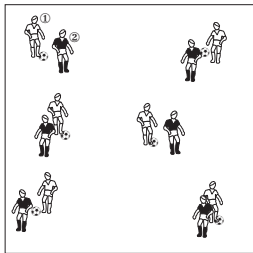
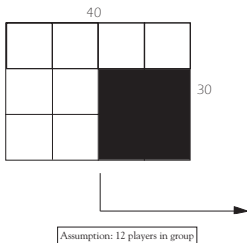
On the command of “Go!,” the players must move into another area as a team. The first team to reach the other area together, wins. If 1 other player from another team is in the area, the team must find another area to go into. Players are to communicate with each other and find the fastest route.

Progressions

1. All players must go through 1 other area before getting to the final area.
2. Have 1 ball per team—game ends when everyone is in the area with their feet on the ball.

Key Coaching Points

1. Tell the players not to bunch up as they run.
2. Look for the quickest route.



Purpose

To encourage players to look up in pursuit.

Organization

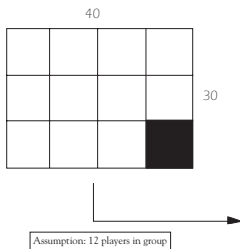
Set out a 20 x 20 yard area. Group in pairs. 1 ball per pair. Number players ① and ②.

Game Objective

Player ① is in possession of the ball. He must pursue his partner ② who runs around the area trying to lose his shadow. When the coach shouts “freeze” all players stop where they are. Player ① attempts to pass the ball through the legs of player ②.

Key Coaching Points

1. Look up between touches.
2. Pass with the inside of your foot for accuracy.
3. Cover the ground quickly.



Purpose

To develop dribbling, shielding and turning.

Organization

Set out a 10 x 10 yard area. Groups of three. One ball per player. Two defenders and one attacker are stationed inside the grid. Repeat in three other areas for a total of 12 players.

Game Objective

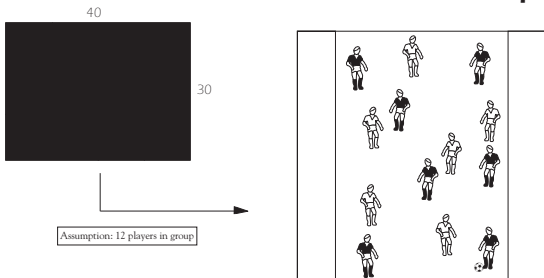
The attacker player must dribble his ball to escape the two defenders. The defenders must try to pass their ball against that of the attacker player. When the player's ball is hit, the players rotate positions.

Progressions

1. Attacker player must dribble the ball, but the defender players can carry the ball then roll it at the attacker player's ball.
2. Attacker player can shield his ball by positioning his body between the defenders and the ball.

Key Coaching Points

1. Try to glance up and around between touches.
2. Try to get close to the defender player before attempting a pass.
3. Attacker players should attempt many turns to change direction.




Purpose

To develop control in a small sided game.

Organization

Set out a 30 x 40 yard area. Set out end zones 5 yards wide from each end line. Play 6 v 6. 1 ball per group.

Game Objective

The  team starts in possession of the ball. The object of the game is to advance the ball to the attacking end zone. A goal is scored when a player dribbles the ball into the end zone and stops the ball with the sole of his foot. No defenders are allowed in this area.

Progressions

1. Make end zones neutral such that either team can score in both end zones.

Key Coaching Points

1. Encourage players to take on defenders at every opportunity.
2. Look for switching of the direction of play in Progression #1.