



# 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.



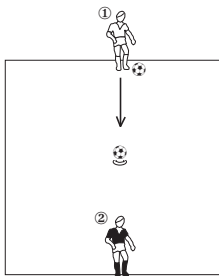
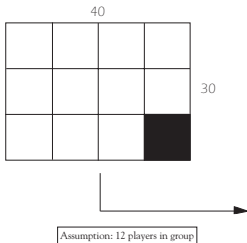
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## SESSION 1 - Week 6

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

**Tony Chestnut's Double Pass Masters**

## Purpose

To develop passing accuracy over short distances.

## Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Place a disc in the center of the area and place a ball on top of it. Repeat in 5 other areas for a total of 12 players.

## Game Objective

Player ① passes the ball across to his partner with the object of knocking the target ball off the disc. Player ② moves into line to control the ball, then dribbles it back to the starting point. Player ② repeats the practice in the opposite direction.

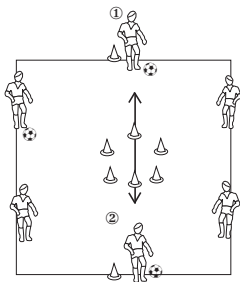
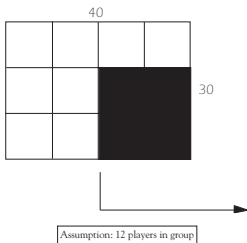
## Progressions

1. Increase passing distances.
2. Have players control the ball and make the pass in two touches.

## Key Coaching Points

1. Place the non kicking foot directly alongside the ball, toes pointing at the target.
2. Keep your head over the ball.
3. Strike the ball with the inside of the foot.

## Tony Chestnut's Team Pass Masters



## Purpose

To develop passing accuracy over short distances.

## Organization

Set out a 20 x 20 yard area. 1 team of 6. 3 balls per team. Place 6 cones at the center of the area approximately 3 yards apart. Repeat in another area for a total of 12 players.

## Game Objective

Player ① takes 2 steps back from the ball and passes the ball across the area to player ②. The goal is to strike the ball at the cones and knock over as many as possible. The first team to knock all their cones over is the winner.

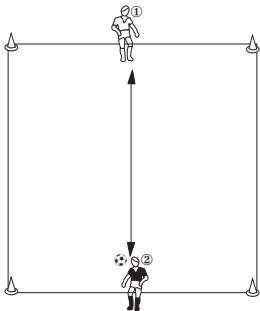
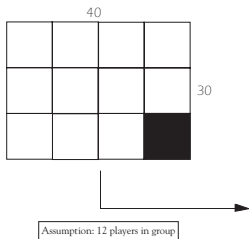
## Progressions

1. Progress to two touches.
2. Use only 1 soccer ball per team.

## Key Coaching Points

1. Place the non kicking foot directly alongside the ball, toes pointing at the target.
2. Keep your head over the ball.
3. Strike the ball with the inside of the foot.

## World Cup Control



## Purpose

To develop receiving the ball.

## Organization

Set out a 10 x 10 yard area. Group in pairs. One ball between the pair. Repeat in 5 other areas for a total of 12 players.

## Game Objective

Player ① passes the ball across the area to player ②, who must control the ball with the inside of his foot. Player ② then passes the ball back across the area. Player ① repeats the practice. The object of the game is to roll the ball over the end line without the opposing player stopping it. To score a goal, the ball must travel below waist height. Each player should pick his favorite national team and represent that country. The first country to score 5 goals, wins the World Cup.

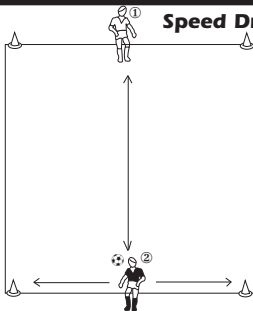
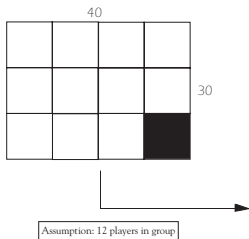
## Progressions

If you pass the ball back first time and score, you get 2 goals.

## Key Coaching Points

1. Move into line with the ball as early as possible.
2. Select the controlling surface, e.g., right or left foot.

## Speed Dribbler



### Purpose

To develop directing the first touch.

### Organization

Set out a 10 x 10 yard area. Group in pairs. One ball between the pair. Repeat in 5 other areas for a total of 12 players.

### Game Objective

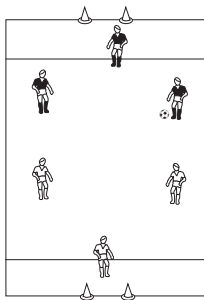
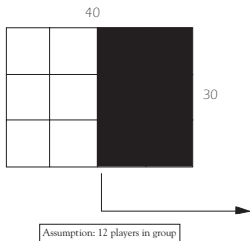
Player ① passes the ball across the area to player ②, who must control the ball with his foot angling the ball left or right. He must then dribble to the disc he is facing. Player ② repeats the practice from the starting point.

### Progressions

Player ① can put pressure on player ② by trying to steal the ball before he can reach the disc. Player ① cannot move until player ② has made his first touch.

### Key Coaching Points

1. Move into line with the ball as early as possible.
2. Select the controlling surface, e.g., right or left foot.
3. Try to make a baby pass towards the cone using the inside or outside of your foot.



## Purpose

To develop all soccer skills.

## Organization

Set out a 20 x 30 yard area and make an end zone 5 yards wide from the endline. Play 3 v 3. Repeat in another area for a total of 12 players.

## Game Objective

Play 3 v 3. Each team elects a goalkeeper. This player is allowed to use his hands in the defensive end zone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. Select scores for various soccer skills demonstrated.

## Progressions

Vary the skills rewarded.

## Key Coaching Points

1. In attack, try to spread out and give the ball carrier support.
2. In defense, try to get between the ball and the goal.
3. React quickly when there is a change in possession.