



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U8



### 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

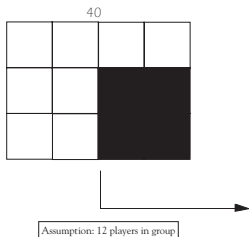
### Key Coaching Points

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 1**

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







## Purpose

To develop change of speed and direction.

## Organization

Set out a 20 x 20 yard area. One ball per player. Players must stay within the confines of the area.

## Game Objective

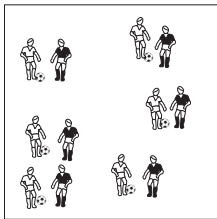
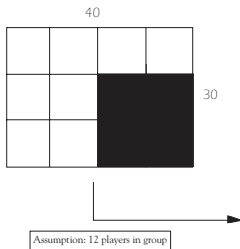
The  players dribble their balls in pursuit of the  players. All players must be in control of their soccer ball at all times. The goal of the game is for the  player to tag a  player who then becomes *it*. The catchers are identified by carrying pinnies. A player cannot tag the player who just tagged him. Once a catcher tags a player, he must give his pinnie to the player. Both players then dribble away with their soccer balls.

## Progressions

Introduce the “sole turn” and the “forward roll” commands to the practice.

## Key Coaching Points

1. One player should be escaping the opponent by using change of speed and direction.
2. Pretend to go one way, then the other.
3. Use the drag back/sole turn to escape the catchers.









## Purpose

To develop turning and running with the ball.

## Organization

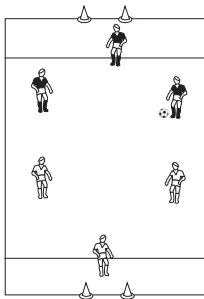
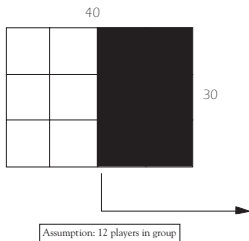
Set out a 20 x 20 yard area. Group in pairs. The  player stands behind their  partner. The  player is in possession of the ball.

## Game Objective

The objective of the game is for the  player to lose his shadowing  player. The  player must dribble at speed to track the  player. When the coach shouts out “Catch me if you can”, both players freeze. The  player now has to try to pass the ball through the legs of his  partner to score. Rotate positions.

## Key Coaching Points

1. Push the ball with the laces.
2. Push the ball 2-3 feet in front of you between touches.
3. Look up and around between touches.
4. Runners should try to lose catchers by running towards other players, thus redirecting them.

**Run And Turn****Purpose**

To develop running and turning with the ball.

**Organization**

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

**Game Objective**

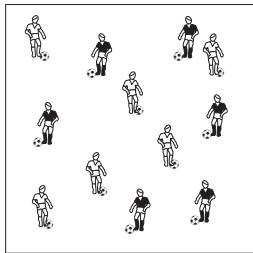
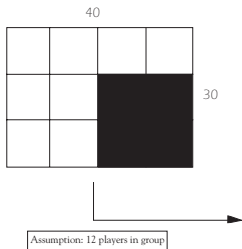
Play 3 v 3. Each team elects a goalkeeper. This player is allowed to use his hands in the defensive end zone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. When a player receives the ball, he should try to move forward with it. Award 3 points for every successful turn; 5 points for every goal; 1st team to 21 wins.

**Progressions**

Allow the players to pick scores for different skills.

**Key Coaching Points**

1. Try to run the ball forward.
2. Support the ball in forward positions.
3. Use turns to get away from defenders.

**Red Light, Green Light****Purpose**

To develop using the inside and outside of both feet.

**Organization**

Set out a 20 x 20 yard area. One ball per player. All players must stay within the confines of the area.

**Game Objective**

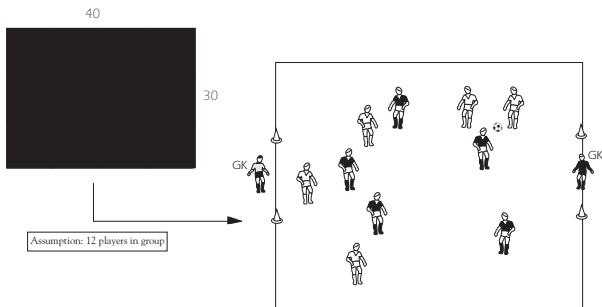
When the coach calls out “green light,” each player must work the ball around the area using the inside then the outside of the stronger foot. When the coach says “red light,” each player must stop the ball with the sole of the foot. When the coach says “yellow light,” the players leave their ball, run off and dribble away with a different ball.

**Progressions**

1. Inside and outside of the weaker foot only.
2. Use both feet.

**Key Coaching Points**

1. Keep the ball moving.
2. Push the ball 2-3 feet in front of you between touches.
3. Look up between touches and keep away from other players.
4. When the coach says, “yellow light,” get to another ball quickly.



### Purpose

To develop all around soccer skills and team play.

### Organization

Set out a 40 x 30 yard area. Play 5 v 5 + 2 goalkeepers. Each team should take on the identity of an MLS team.

### Game Objective

The object is to score by shooting past the goalkeeper. Goalkeepers may only throw the ball in, not kick it. When your goalkeeper receives the ball, the attacking team should spread out like the number 5 on dice. When the ball rolls out of bounds, it should be rolled in underhand by a player.

### Key Coaching Points

1. Try not to bunch up around the ball.
2. Try to pass to someone in a better position than you.
3. Shoot at the goal whenever you have the chance.
4. Try to get between the ball and your goal when defending.