



# 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

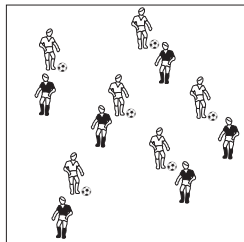
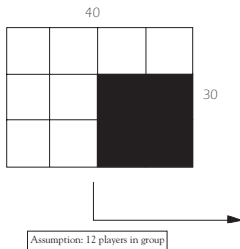
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



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## **SESSION 2 - Week 3**

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









### Purpose

To develop dribbling, turning and pursuit.

### Organization

Set out a 20 x 20 yard area. Group in pairs, 1 ball per pair. The  player with the ball stands behind the  player.

### Game Objective

The object of the game is for the  player to lose his shadowing  partner. The  player must dribble at speed tracking the  player. When the coach shouts out “Freeze!,” all players stop. Is the  player close enough to reach out and tag the  player?

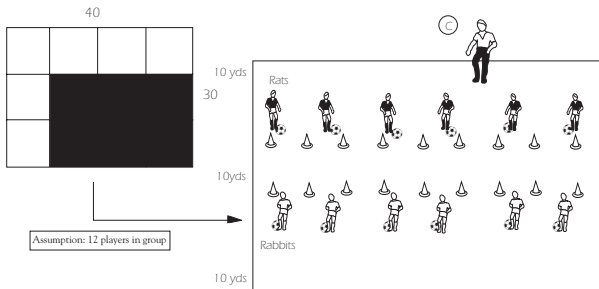
### Progressions

Both players have a ball.

### Key Coaching Points

1. Encourage players to look up between touches to track their opponent.
2. Push the ball 2-3 feet in front of you between touches.
3. Use the inside and outside of both feet to move the ball side to side.

## Rats & Rabbits





### Purpose

Change of speed and covering the area at speed.

### Organization

Set out a 30 x 20 yard area with a 10 yard channel in the middle. 1 ball per player. Players should perform fast footwork drills—either the inside of foot to inside of foot or toe tapping on top of the ball.

### Game Objective

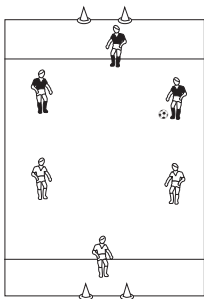
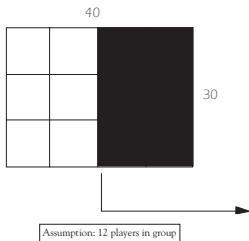
When the coach shouts out, “Rats!,” the  players at the top of the diagram must attempt to chase the  players. The object of the game is for the player in pursuit to tag his opposing partner on the back of the shoulders before he reaches the end line. Players return to the middle discs after each attempt. Repeat and rotate directions.

### Progressions

The team in pursuit attempts to strike their ball to hit the opposing player on or below the knee.

### Key Coaching Points

1. Get the ball out of your feet quickly.
2. Cover the area quickly.
3. Use your laces to run with the ball—point your toes down.

**Shake And Bake**


## Purpose

To develop dribbling 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

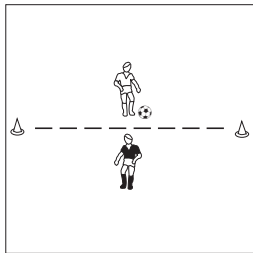
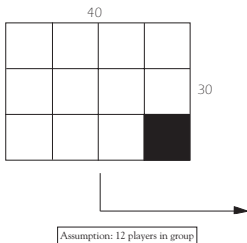
Each team elects a goalkeeper. This player is allowed to use his hands in the defensive endzone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. When a player gets the ball in the opposition's half, he should try to dribble past them. Award 3 points for fakes past the defender; 5 points for every goal; first team to 21 wins.

## Progressions

Allow the players to pick scores for different skills.

## Key Coaching Points

1. Attack the space behind and to the side of the defender.
2. Use fakes and moves to go past defenders.
3. Change direction, change speed.







## Purpose

To develop deception and feints.

## Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Position one player on each side of an imaginary line made by the discs. Repeat in 5 other areas for a total of 12 players.

## Game Objective

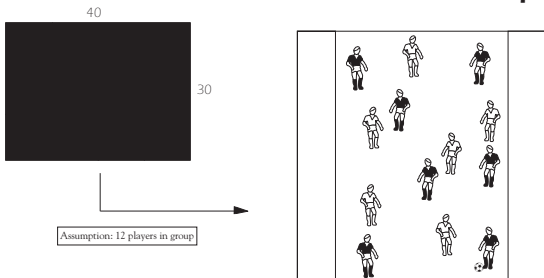
Player  starts with the ball. Neither player is allowed to cross the imaginary line. The  player attempts to dribble to either of the discs before the  defender touches the very same disc. Repeat practice with the  player in possession. To encourage feints, try doing the practice first without a ball, then with.

## Progressions

Use a feint, dummy or a trick to deceive the opponent in aiding you to get to the disc first.

## Key Coaching Points

1. Close Control.
2. Head up whenever possible.
3. Change of pace in change of direction.
4. Encourage feints and dummies.




## 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.