



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U8



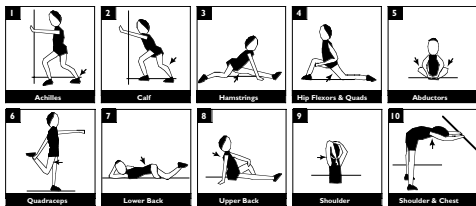
### SESSION 2

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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.



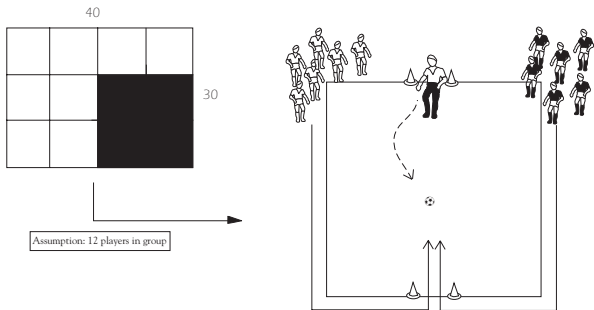
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## SESSION 2 - Week 4

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



## Purpose

To develop finishing in the goal area.

## Organization

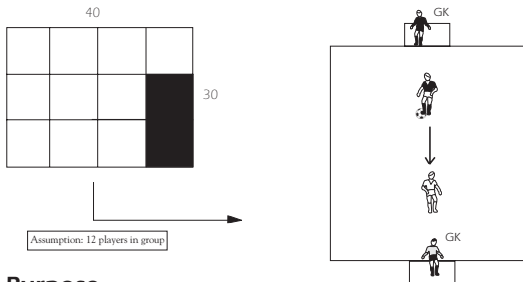
Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the same endline. Number players on each team from 1 to 6. Position discs as shown in the diagram. The coach is both goalkeeper and server.

## Game Objective

The coach calls out a number from 1 to 6. The respective players from each team follow the directional arrow as shown in the diagram to the gate at the end of the grid. The coach drops the ball into the middle of the area. The two players must compete to shoot on goal.

## Key Coaching Points

1. Good running speed to the gate.
2. Keep the head down on the ball.
3. Strike the ball with the laces.
4. Shoot at earliest opportunity.
5. Follow in for rebounds.



## Purpose

To encourage dribbling, shooting and 1 v 1 attacking play.

## Organization

Set out a 10 x 20 yard area with a goal at each end. Put a goalkeeper in each goal and play 1 v 1 in the middle. Play pair vs. pair for 3 minutes, then change. Repeat in 2 other areas for a total of 12 players.

## Game Objective

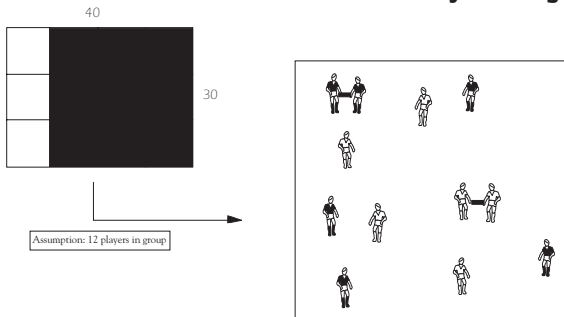
The object of the game is to score in the opposing goal. The team in possession must attempt to attack the opposing goal as a pair using passing, dribbling and shooting skills to score. Hence, the goalkeeper of the team in possession comes out of the goal to support his partner, but cannot score. Repeat in the opposite direction.

## Progressions

1. Goalkeepers can now score.
2. If a player does a fake or move, he scores 1 point. 3 points for each goal.

## Key Coaching Points

1. Try to beat the defender by using a fake.
2. Once you see the goal, shoot with your laces.
3. Goalkeeper (“Grab”) try to get the ball to the striker (“Smash”) so he can shoot the ball first time.
4. “Grab” can dribble out and help “Smash.”



## Purpose

To develop heads up play and movement on and off the ball.

## Organization

Set out a 30 x 30 yard area. Divide players into 2 teams of 6. Take 2 players from each team and have them hold a shirt between them to form a floating goal. The remaining 8 players play 4 v 4. 2 balls in play at once.

## Game Objective

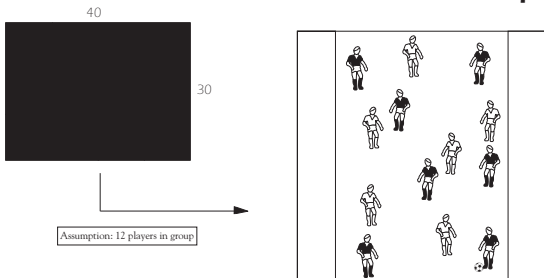
The object of the game is to score in your team's goal as the floaters move around the area trying to get close to the ball. A goal is scored by a pass, header or shot in the goal. Players can score on both sides of the goal.

## Progressions

1. Develop to using only one ball.
2. Develop to 2 touch only.

## Key Coaching Points

1. As players receive the ball, look up to see an open player and the goal.
2. Players should pass the ball to an open player near the goal.
3. Try to receive the ball standing sideways so the whole field can be seen.




## 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

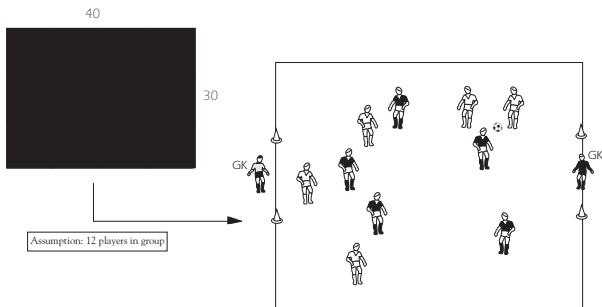
The  team starts in possession of the ball. The object of the game is to advance the ball to the attacking end zone. A goal is scored when a player dribbles the ball into the end zone and stops the ball with the sole of his foot. No defenders are allowed in this area.

## 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.



### 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.