



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U8



### SESSION 2

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SoccerMadeSimple.com  
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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.



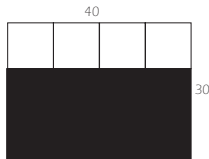
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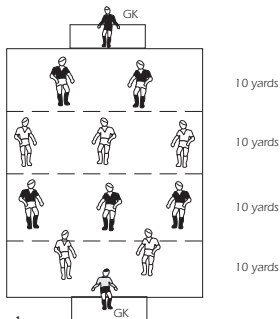
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## SESSION 2 - Week 8

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



Assumption: 12 players in group



## Purpose

To develop passing, shooting and control.

## Organization

Set out a 40 x 20 yard area. Position players in groups of 3 and 2 in the zones as shown in the diagram. Players must stay in their respective areas. Goalkeepers can throw or kick the ball into any area.

## Game Objective

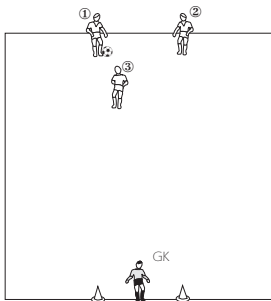
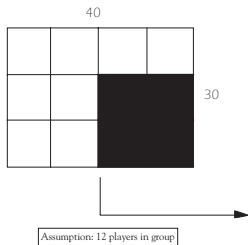
The object of the game is for defenders (groups of 2) to pass to attackers (groups of 3) who attempt to shoot on goal. If a defensive player blocks the path to goal, the player in possession should pass the ball to a teammate in a better scoring position. Change positions after a period of time or after a goal is scored by either team.

## Progressions

1. Add more balls for younger players.
2. Make it 2 touch for older players.

## Key Coaching Points

1. Try to pass to a player you can see, maybe pass it sideways if a defender is blocking his goal.
2. Use the inside of your foot for shot passes in your area.
3. Try to pass the ball in front of a teammate so they can pass or shoot with their 1st touch.



## Purpose

To develop shooting and finishing.

## Organization

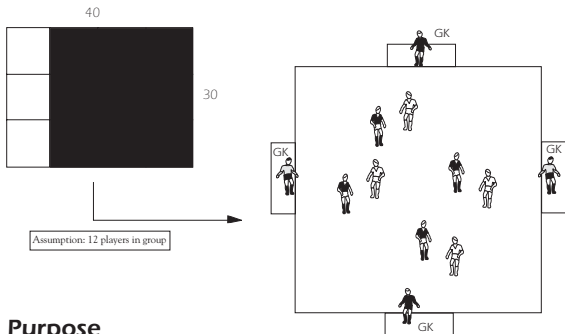
Set out a 20 x 20 yard area. Groups of 4. 1 ball per group. Position players as shown in the diagram. Repeat in 2 other areas for a total of 12 players.

## Game Objective

Players ① ② ③ compete against each other to score goals. The first player to score 3 goals is the winner. The winner then gets to choose who goes into goal next.

## Key Coaching Points

1. Take shots early and keep them low.
2. Follow in for rebounds.
3. Challenge for every ball.
4. Shoot to the corners and away from the goalkeeper.





## Purpose

To develop shooting attitudes.

## Organization

Set out a 30 x 30 yard area with goals on each side of the area. Position 4 players from each team randomly within the area. Place a goalkeeper in each of the goals.

## Game Objective

Team  can score in the goals to the left and right of the diagram, while team  can score in the goals at either the top or bottom of the diagram.

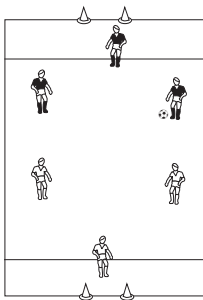
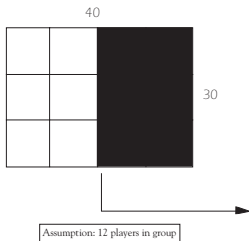
## Progressions

Make the goals 5 yards wide and play with no goalkeepers in a 6 v 6 within the area.

## Key Coaching Points

1. Develop a shoot first, pass second, attitude towards goal scoring.
2. Follow up on goalkeepers to maximize rebound scoring chances.

## Total Soccer



### 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.