



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U8



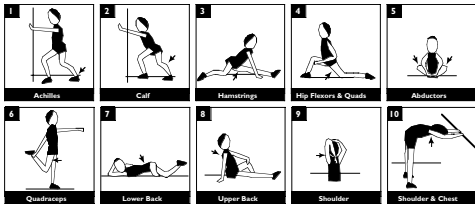
SESSION 1

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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

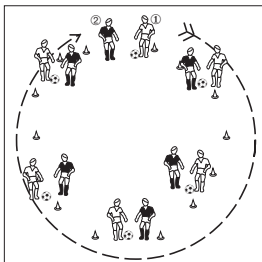
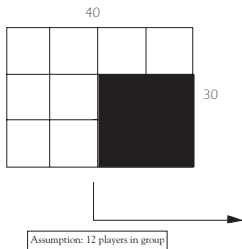
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.



SESSION 1 - Week 3

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

Horse & Jockey



Purpose

To develop directional dribbling.

Organization

Set out a circle of discs in 20 x 20 yard area. Group in pairs. Station the partners inside a pair of discs. Number the players ① and ②.

Game Objective

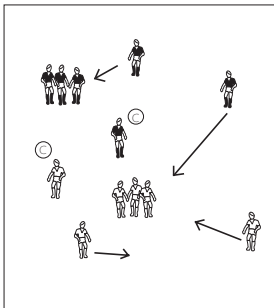
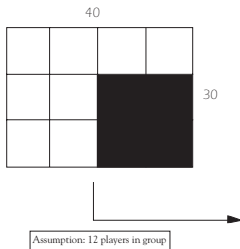
The ① player stands over the back of the ② player, who is on all 4's. On the command "away you go!" the ② player jumps off then crawls through ①'s legs and dribbles the ball in a clockwise direction around the outside of the circle. When he gets back to his partner, he goes through his legs and jumps on his back again to finish. Rotate positions.

Progressions

The coach dribbles in a counter-clockwise direction around the outside of the circle to encourage players to dribble with their heads up.

Key Coaching Points

1. Keep the ball within 2-3 feet between touches.
2. Glance up and around between touches.
3. Use the inside of your foot, then the outside of your foot to maintain control while dribbling.

3 Amigos**Purpose**

To develop movement, agility, and awareness of space and other people.

Organization

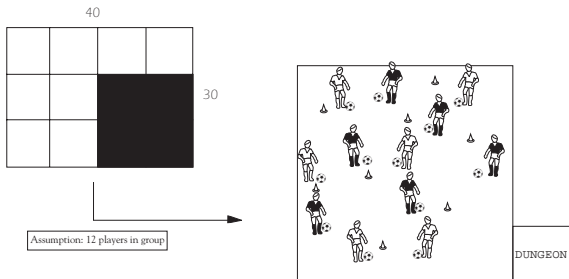
Set out a 20 x 20 yard area. Group players as shown in the diagram in 2 groups of 3, 4 runners and 2 catchers.

Game Objective

The players grouped in 3's form a human chain by holding hands or linking arms. The object of the game is for a catcher to tag one of the 4 runners in the area. Runners must attempt to escape catchers. Players in the chain are safe from catchers. When a runner attempts to join the chain, the player on the far side of the chain becomes a runner. There can only be 3 players on a chain at one time. When a player is tagged, he joins the catchers.

Key Coaching Points

1. Run with your head up so you can see the catchers.
2. Change speed and direction to avoid catchers.



Purpose

To develop close control and fast footwork.

Organization

Set out a 20 x 20 yard area. Set out 8 random cones inside the area and a 5 yard square on the outside. All 12 players have a ball and must stay within the confines of the area.

Game Objective

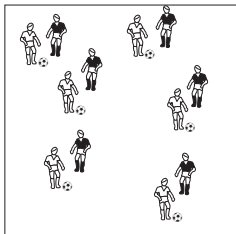
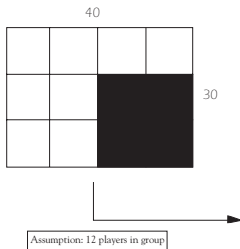
The players must dribble around the area. For every cone they dribble past, they pick up 1 power point. They must get to as many cones as possible. When the coach shouts out, "Runaround starts now!" each player must get to a cone by themselves. Any player not at a cone must go to the "dungeon" and do 2 turns. They also lose 1 power point.

Progressions

1. Do a turn at each cone—inside, outside or sole of foot.
2. Pass the ball on one side of the cone while you run around the other side of the cone to collect the ball.

Key Coaching Points



1. When you turn, get the ball out of your feet.
2. Keep your head up between touches.
3. Turn quickly and accelerate away.



Purpose

To develop dribbling under passive pressure.

Organization

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

Game Objective

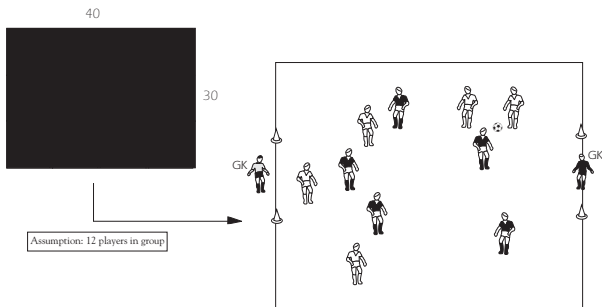
The object of the game is for the  player to lose his shadow  player. The defender is not allowed to touch his partner or the ball.

Progressions

Both players have a ball.

Key Coaching Points

1. Concentrate on the ball and not the partner.
2. Push the ball 2-3 feet in front of you between touches using the laces of the foot.
3. Turns and fakes.
4. Change of pace and directions.



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.