



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U8



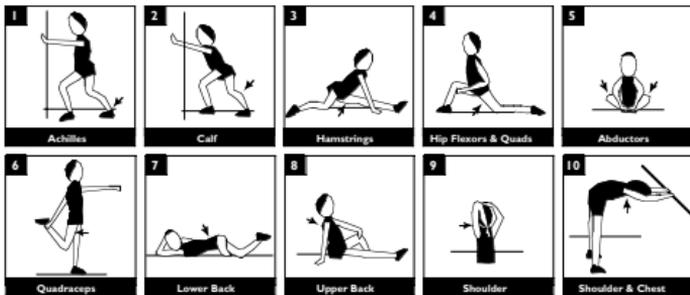
### SESSION 1

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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

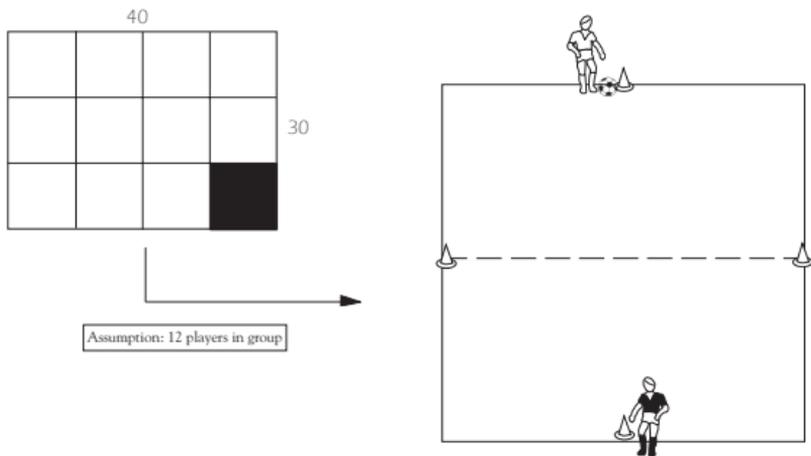
### Key Coaching Points

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 4**

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



Assumption: 12 players in group

## Purpose

To develop deception, feints and beating an opponent.

## 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

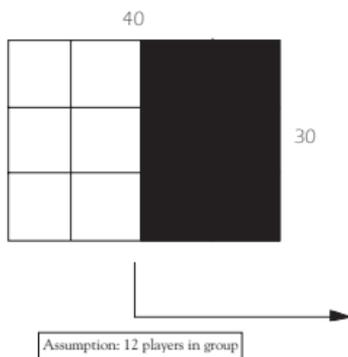
Player  starts with the ball and passes it in to player . As soon as  player touches the ball, the  player can try to win the ball. The  player tries to dribble to any of the 3 spare cones in the grid. The  player scores one point for beating his opponent to either of the lateral discs and two points if he dribbles the ball around the  defender to the disc at the top of the diagram. Repeat the practice with  in possession.

## Progressions

If  player wins the ball, he becomes the attacker and tries to score.

## Key Coaching Points

1. Push the ball to the side and accelerate into space behind the defender.
2. Change speed and direction.
3. Use fakes and turns.



### Purpose

To develop beating an opponent under pressure.

### Organization

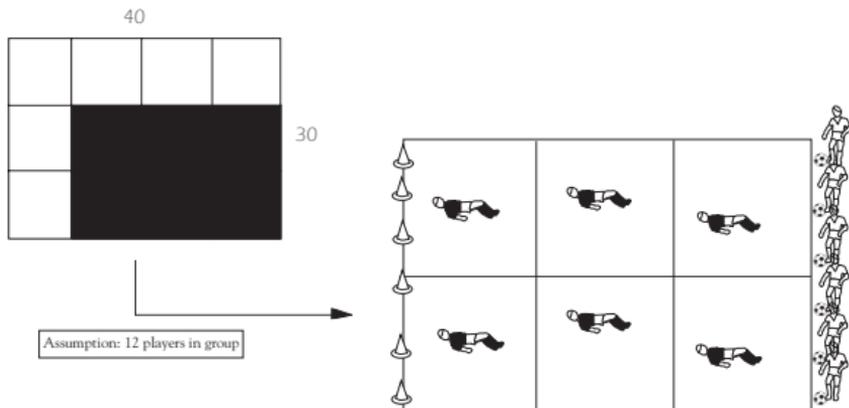
Set out a 20 x 30 yard area. Ten players start on one endline, each with a ball. Two defenders are stationed in the middle without soccer balls.

### Game Objective

The two  players start as defenders. All  players must dribble past the  defenders to the safety of the endline. If the  player manages to kick the  player's ball out of the area, then that player also becomes a defender. Continue until one  attacker remains.

### Key Coaching Points

1. Accelerate into the spaces to the sides of the defenders.
2. Try to stop the ball with the sole of the foot on the far endline.
3. Fake to go one way, then speed past the defender on the other side.
4. Make zig-zag moves across the area.



## Purpose

Beating the opponent under passive pressure. Also to develop combination play in attack.

## Organization

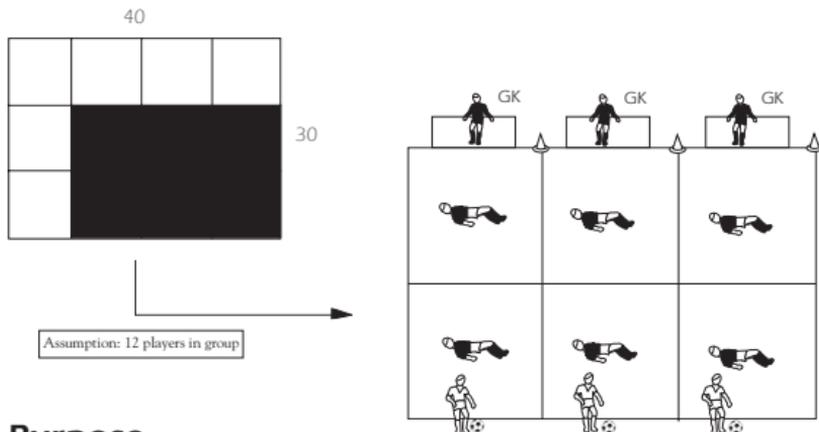
Set out a 30 x 20 yard area in 10 yard grids. Station one player in each grid in the *crab* position. (belly up - on hands and feet). Six players start on one end line. Station discs at the opposite endline.

## Game Objective

The  players must dribble across the area without being tackled by the  *crab* players who are trying to kick the balls out of the area. If a ball is kicked out, the player stays in the game and tries to help his teammates get the other balls across. The object of the game is to see how many times the players can dribble across the area until no soccer balls are left. Count how many successful trips players make. Repeat and rotate.

## Key Coaching Points

1. Push the ball 2-3 feet in front of you between touches.
2. When approaching a defender, push the ball into an open space to his side and accelerate into the space.
3. If you have lost your ball, get in a space where a teammate might pass to you.
4. Two ways to beat a defender: pass or dribble.



## Purpose

Beating the opponent under passive pressure.

## Organization

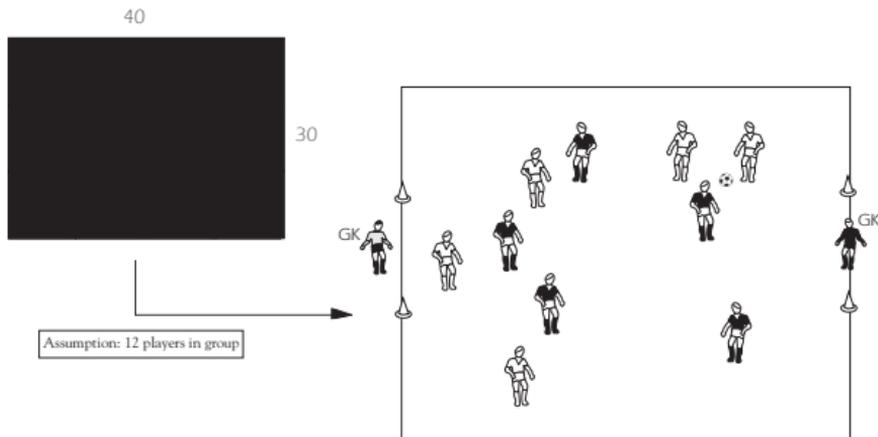
Set out a 30 x 20 yard area in 10 yard grids. Group in 4's. Player  starts at the endline. The crab  players start in the center of their grid. A goalkeeper and goal are stationed at the end of the grid.

## Game Objective

The  players must dribble around the  crab players (belly up, hands and feet on the ground) to the far grid and try to score past the goalkeeper. Each of the 4 players rotates positions. Count how many goals are scored out of 4 attempts.

## Key Coaching Points

1. Run with the ball by pushing it with your laces.
2. Keep your head up while dribbling.
3. As a defender approaches, change direction and speed up into the space to his side.
4. Shoot early and shoot low.



### 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.