



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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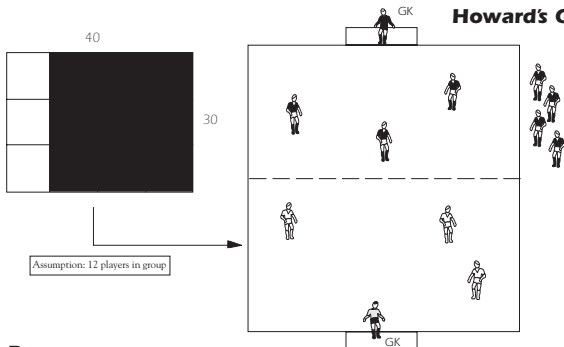
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SESSION 2 - Week 10

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

Howard's Game



Purpose

To develop attacking and defending.

Organization

Set out a 30 x 30 yard area. 12 players, consisting of 3 groups of 4. Each group consists of 3 outfield players and a goalkeeper. Station 1 of the groups on the outside of the area. Play 4 v 4 with a rotating team.

Game Objective

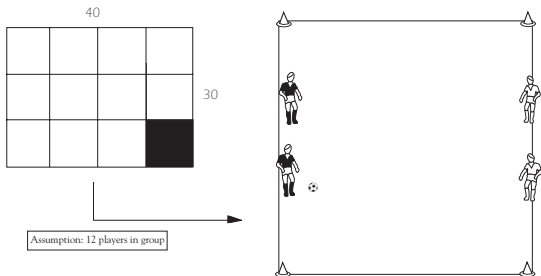
The object of the game is to score in the opponent's goal. A goal is only counted when all 4 players from the attacking team are in the opponents 1/2 of the field; therefore, the goalkeeper must play an attacking role when his team is in possession. This game is named after Tim Howard who frequently gets forward in attacking situations in the opponents 1/2.

Progressions

The attacking team scores 2 goals if all 4 players from the defensive team are not in their defensive area when a goal is scored.

Key Coaching Points

1. In attack, try to find an open space in front of the ball.
2. It may be easier to beat a defender with a pass rather than a dribble.
3. Goalkeepers should help by coming out of the goal to support teammates.

World Cup Headers**Purpose**

To develop attacking and defensive headers.

Organization

Set out a 10 x 10 yard area. Groups of 4 players are paired and stationed on the sides of the area as shown in the diagram. Each team takes on the identity of a World Cup Team.

Game Objective

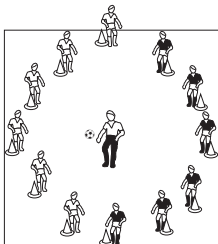
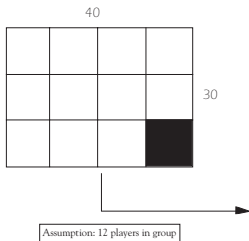
The object of the game is to head the ball past the opposing team and over the opposing goal line. The player in possession serves the ball to his teammate to head towards the opposing goal line. The defending team must attempt to stop the ball from crossing their end line without using their hands. Once the ball has been stopped, the receiving player picks the ball up and serves the ball to his partner to repeat in the opposite direction.

Progressions

1. If a team heads the ball straight back and scores, the teams gets 2 points.

Key Coaching Points

1. To aim for the goal, turn your shoulders to face the target.
2. Head the ball down toward the corners.
3. Use diving headers for more power.




Purpose

To practice heading techniques in a game.

Organization

Set out discs in a circle in a 10 x 10 yard. Position the players as shown in the diagram. The coach serves the ball from the center of the circle.

Game Objective

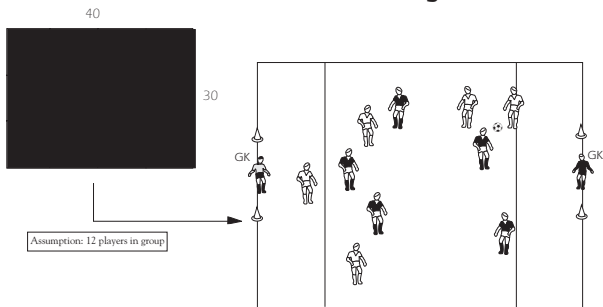
The coach  tosses the ball underhand and with both hands to any player in the circle. If the coach says “head it,” the player must catch the ball. If the coach says “catch it,” the player must head the ball back to the coach. If the player makes the wrong choice, he must run around the circle back to his original position.

Progressions

The same game can be played with the commands “thigh” and “foot.” The coach must serve the ball higher in the air.

Key Coaching Points

1. Head the ball with the forehead back into the arms of the coach.
2. Keep your eyes on the ball and head up at all times.



Purpose

To develop soccer skills and team play.

Organization

Set out a 40 x 30 yard area. Use discs to establish lines across the field 10 yards in from the goal line. Play 5 v 5, plus 2 goalkeepers.

Game Objective

The object of the game is to score in the opposing goal. If a player shoots from beyond the 10 yard line and scores, 2 goals count instead of 1. Players should restart the game in dead ball situations as they would in a regular game (i.e., throw-ins, corner kicks, free kicks, etc.). Allow goalkeepers to throw or kick the ball into the field of play.

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.