



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U8



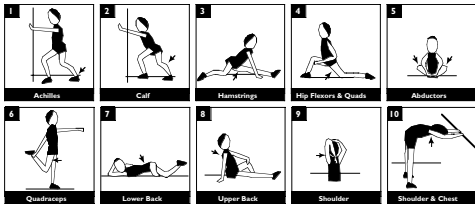
SESSION 1

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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.



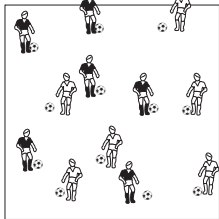
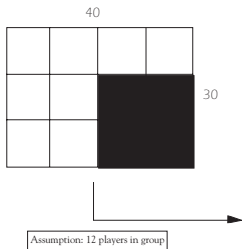
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SESSION 1 - Week 2

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



Purpose

To develop start and stop techniques.

Organization

Set out a 20 x 20 yard area. All 12 players have a ball and must stay within the confines of the area.

Game Objective

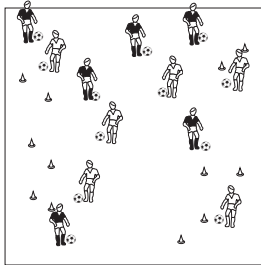
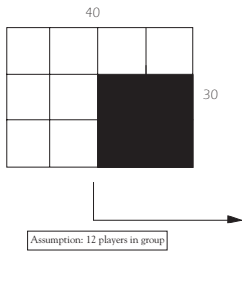
All players dribble around the square using the inside, outside and laces of the foot. They must react to the following commands given by the coach. "Green" = Go, "Amber" = Touches on the ball on the spot, "Red" = Stop with the foot on the ball. If the coach shouts out a part of the body, the player must put that part of the body on the ball. The last player down carries out 2 fakes, then is back in the game.

Progressions

One less ball in the area. Coach shouts, "Find another ball!"

Key Coaching Points

1. Push the ball 2-3 feet in front of you between touches.
2. Look to move into space.
3. Use the sole of the foot to stop the ball.
4. Stop your ball, then get to another ball quickly.






Purpose

To develop change of direction under pressure.

Organization

Set out a 20 x 20 yard area. Set out as many gates as possible within the area (two discs, 2 yards apart). Each player has a ball. Group in pairs.

Game Objective

The  player must dribble through as many gates as possible in a specified time limit. The  player must try to shadow his partner and each time he is able to kick his ball to hit the ball of his partner, the  player loses a point. One point per gate.

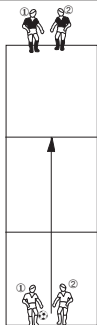
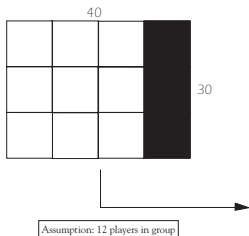
Progressions

Play 4 defenders and 8 attackers. Attackers dribble through gates while defenders try to pass their balls to hit the balls of the attackers.

Key Coaching Points

1. Use the inside of the foot to hook the ball to the side when crossing through a gate.
2. Try to cover the ground between the gates as quickly as possible.
3. Use the sole turn/drag back to avoid the defenders.

Relay Race



Purpose

To develop first touch and quick acceleration with the ball.

Organization

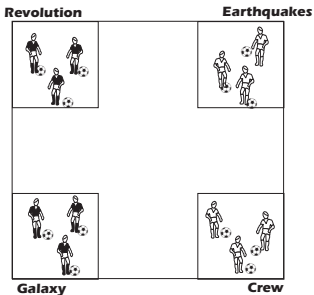
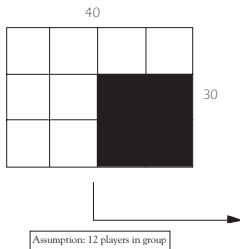
Set out a 10 x 30 yard area in 10 x 10 yard grids. Group in fours. One ball per group. Repeat in two other areas for a total of 12 players.

Game Objective

Player ① dribbles the ball to the second line, stopping the ball on the second line with the sole of the foot. Player ① then passes the ball to ① and follows his pass to join ② on the endline. Player ① dribbles to the second line in the other direction and repeats the routine. 1st team of 4 back in the same position wins the game.

Key Coaching Points

1. The first touch should push the ball 2-3 feet in front of the receiver. Players may need 2 touches at first—1 touch to stop the ball or control the pass and 1 to get the ball out in front.
2. Head up between touches.
3. Cover the ground as quickly as possible.



Purpose

To develop passing and running with the ball. Also to develop the idea of transition.

Organization

Set out a 20 x 20 yard area with 5 x 5 yard grids in each corner representing 4 MLS teams. Station 3 players in each of these corner areas. 1 ball per player.

Game Objective

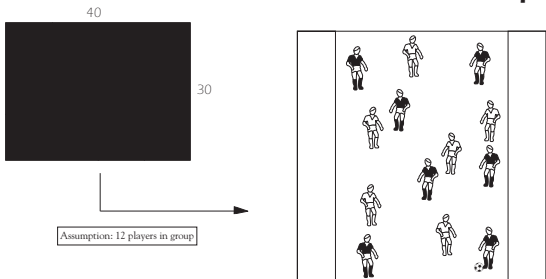
The object of the game is to encourage movement with the ball. On the command of, "Change!" players run with their balls from their area into another area. The 1st team to arrive in a new area, wins.

Progressions

1. After arrival at each new area, players must do a move or turn.
2. Players run with their the ball around all the areas then back to their original team area.

Key Coaching Points

1. Running with the ball.
2. React to shout of, "Change!"
3. Ball out of feet.
4. Cover ground at speed.




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.