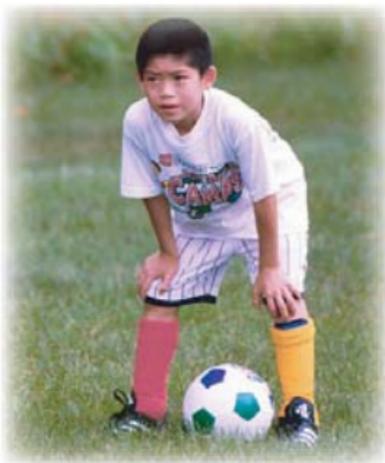




MLS CAMPS

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

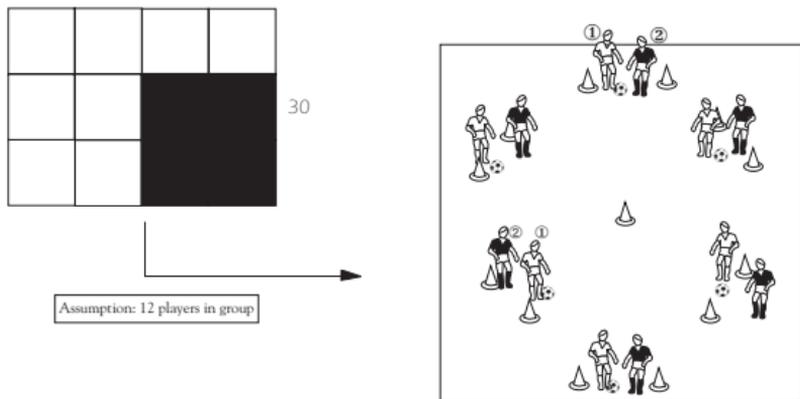
Key Coaching Points

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.



SESSION 2 - Week 7

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



Assumption: 12 players in group

Purpose

To develop the ability to look up and around and change direction.

Organization

Set out a circle of 12 discs in a 20 x 20 yard area. Group in pairs. One ball per pair. Station each pair at every other disc. Number the players ① and ②. Place a disc in the center of the circle.

Game Objective

On the command “one” each player ① must dribble toward the disc in the center of the circle, around the cone, and back to his partner. Repeat for player ②.

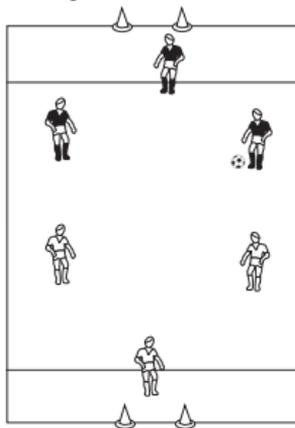
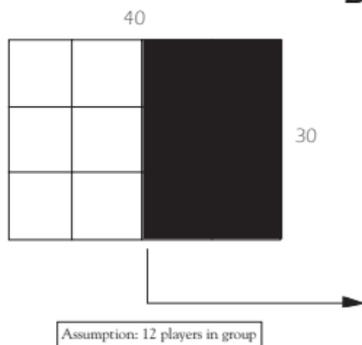
Progressions

1. Dribble to the middle cone and then to the person on your right.
2. Players must shout the name of the person they intend to dribble to before they reach the center disc.

Key Coaching Points

1. Use the inside of the foot to hook the ball around the disc when turning.
2. Accelerate out of the turn.

Big "S" Game (Shoot, Save or Score)



Purpose

To develop attacking play.

Organization

Set out a 20 x 30 yard area and make an endzone 5 yards wide from the endline. Mark out a 10 yard goal. Play 3 v 3. Repeat in another area for a total of 12 players.

Game Objective

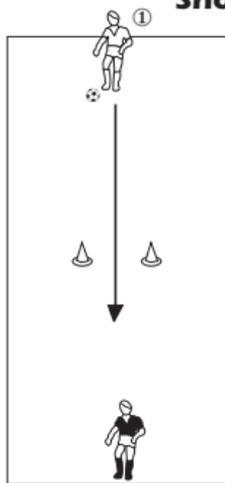
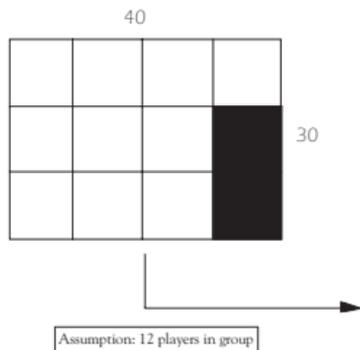
Play 3 v 3. Each team can elect 2 goalkeepers. These players are allowed to use their hands in the defensive endzone. They must also go forward as an outfield player during attacks on the opposing goal. Shot = 1 point; shot on target = 3 points; save = 1 point; 5 points for every goal. First team to 21 wins.

Progressions

Allow the players to pick scores for different skills.

Key Coaching Points

1. Try to shoot at every opportunity.
2. Keep shots low and away from the keeper.
3. Follow in for rebounds and deflections.



Purpose

To develop the basic mechanics and techniques of shooting.

Organization

Set out a 10 x 20 yard area. Group in pairs. One ball per pair. Place 2 discs in the center of the area approximately 3 yards apart. Repeat in 5 other areas for a total of 12 players.

Game Objective

Player ① takes 3 steps back from the ball and shoots the ball across the area to player ②. The goal is to strike the ball between the discs without the ball touching either disc. Player ② repeats the practice from the other side.

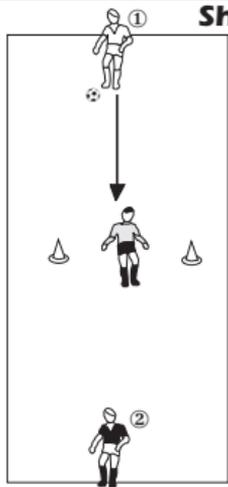
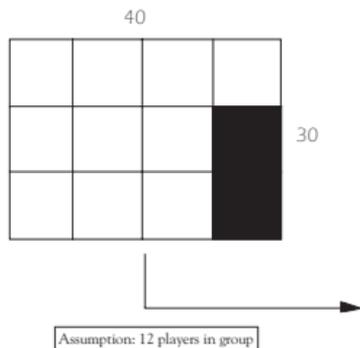
Progressions

1. Progress to two touches.
2. Make the goal narrower.
3. Progress to rolling the ball to partner, striking the ball first time.

Key Coaching Points

1. A slightly angled approach to the ball.
2. Place the non kicking foot alongside the ball and 8-10 inches to the side of the ball.
3. Look at the ball and keep your knee over the ball.

Shoot In 3's



Purpose

To encourage players to shoot low and to the corners.

Organization

Set out a 10 x 20 yard area. Group in threes. One ball per group. Place 2 discs in the center of the area approximately 5 yards apart. Repeat in 3 other areas for a total of 12 players.

Game Objective

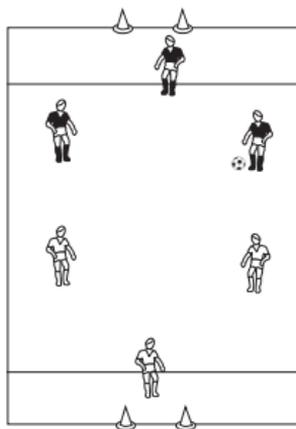
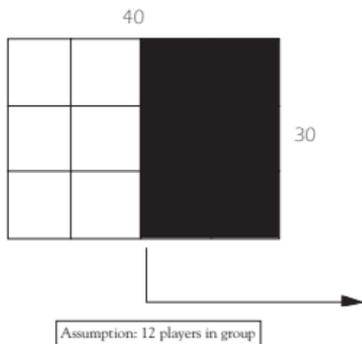
Player ① shoots the ball at the goal attempting to beat the goalkeeper by directing the ball low and to the corners. If player ① scores, player ② should move into line with the ball to receive it on the other side. If the goalkeeper saves the ball then he turns and serves the ball to player ②, who repeats the practice. The ball must be struck from a stationary position.

Progressions

1. Pass the ball forward to yourself and shoot.
2. Push the ball to the side to create a new shooting angle.

Key Coaching Points

1. Strike the ball with the laces.
2. The non striking knee should be slightly bent but braced.
3. Head over the ball.
4. Select the target area.



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.