



# 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

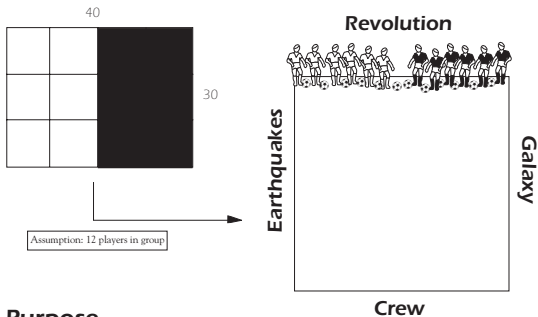
### Key Coaching Points

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 1**

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



## Purpose

To develop close control and change of direction.

## Organization

Set out a 20 x 30 yard area. All players start on one endline. One ball per player.

## Game Objective

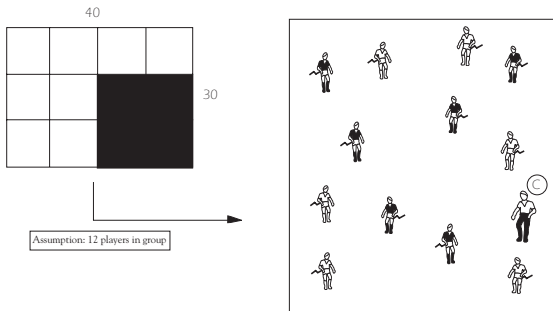
Players must listen and respond to the commands given by the coach. 1). "Revolution" = players run to the Revolution line. 2). "Crew" = players run to the Crew line. 3). "Earthquakes" = players run to the Earthquakes line. 4). "Galaxy" = players run to the Galaxy line. Every time the players change direction, they should use the soles, inside or outside of their feet.

## Progressions

Make it a race between the players to see who gets there first.

## Key Coaching Points

1. Good close control.
2. Cover the ground as quickly as possible.
3. Encourage players to turn by hooking the ball with the inside of their feet or the soles of their feet.

**Farmers and Foxes****Purpose**

To develop change of speed and change of direction.

**Organization**

Set out a 20 x 20 yard area. The foxes (players) put bibs into the back of their shorts.

**Game Objective**

The farmer (coach) runs around the area attempting to pull the bibs out. When a player's bib is pulled out, he becomes a farmer, too. Play until 1 fox is left. The players must remain within the confines of the area throughout the activity. Any player running outside the area, automatically becomes a farmer.

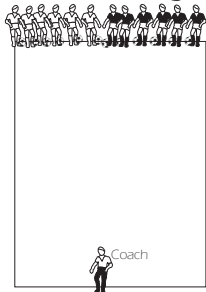
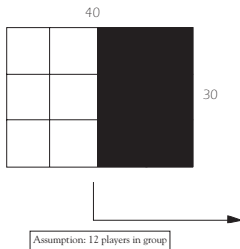
**Progressions**

1. Make the farmer(s) dribble a soccer ball as he chases the foxes.
2. Make the foxes dribble a soccer ball as they are being chased.

**Key Coaching Points**

1. Change speed and direction to avoid the farmer.
2. Don't stand still. Keep moving. Get ready to run.
3. Watch out for other farmers.


## How Long Left Ref?





### Purpose

To develop fast footwork and close control.

### Organization

Set out a 20 x 30 yard area. The  coach stands on one endline with his/her back to the players who are spread along the opposite endline. One ball per player.

### Game Objective

The players shout out “How long left ref?” The coach  gives them a time e.g. 5 minutes. The coach counts aloud 1-2-3-4-5 and turns around to face the players who are dribbling towards him. The players must stop the ball with the sole of their foot. Anyone seen moving is sent back to the start line. The  coach turns his back again. Repeat. The winner is the player who tags the coach first.

### Story

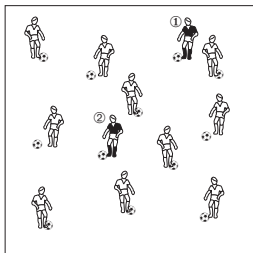
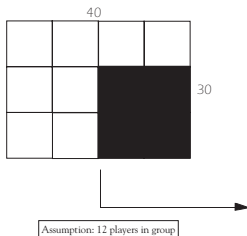
The coach can introduce fun commands 1.) *Injury Time*—kids fall to the ground grab their knee and make lots of noise. 2.) *Red Card*—kids fall onto their knee and beg “Sorry ref, sorry ref”. 3.) *Full Time*—coach chases the kids back to the start line.

### Progression

Players can use only their laces to push the ball forward.

### Key Coaching Points

1. Keep the ball within 2–3 feet between touches.
2. Look up and around between touches.
3. To get across quicker, push the ball in front and chase after it.



## Purpose

To develop dribbling and pursuit. Also to develop defender adopting a good defensive stance by challenging for the ball, not the player.

## Organization

Set out a 20 x 20 yard area. One ball per player. All players must stay within the confines of the area.

## Game Objective

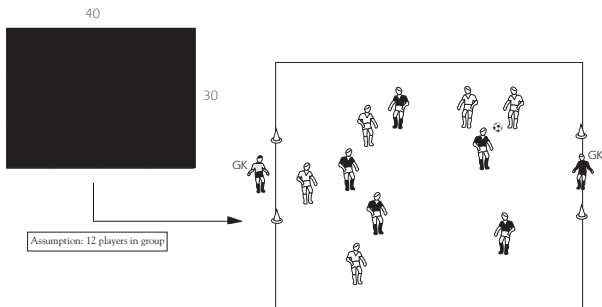
Players ① and ② must chase in pursuit of the other players. Once a player has either dribbled outside of the area or a player has touched the ball with his foot, he must stand inside the area with the ball above his head and legs apart. He can be released only when another player dribbles through his legs.

## Progressions

Introduce the “sole turn” and the “forward roll” commands to the practice.

## Key Coaching Points

1. Look up and around you between touches.
2. When turning, accelerate into open space.
3. Try to get your body between the ball and the defender to shield it.
4. Defenders need to be sideways so they can see and reach the ball.



### 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.