



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U8



SESSION 1

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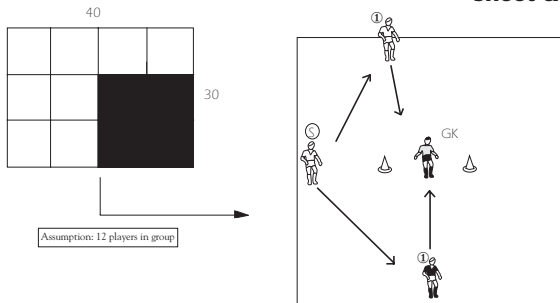
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SESSION 1 - Week 8

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



Purpose

To develop receiving the ball and shooting.

Organization

Set out a 20 x 20 yard area. Groups of four. Two balls per group. One server stationed on the side of the goal. Repeat in two other areas for a total of 12 players.

Game Objective

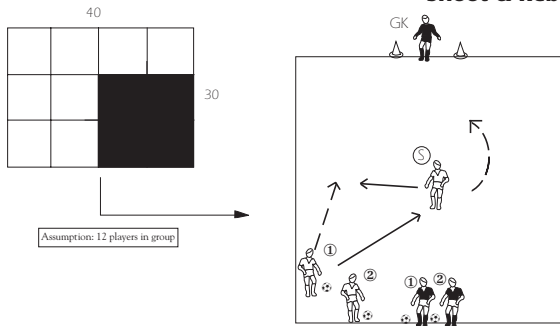
The server (S) plays the ball to player (1) who controls the ball in front with his first touch and shoots on goal. The server (S) then plays the ball to player (1) who repeats the practice. Rotate positions.

Progressions

1. Server throws the ball in.
2. Attacker has only 3 touches to score.

Key Coaching Points

1. Knee and body over the ball.
2. Strike the ball with the laces.
3. Keep the ball low and directed to the corners.
4. Follow through at the target.



Purpose

To develop striking the moving ball and finishing.

Organization

Set out a 20 x 20 yard area. Groups of six. Four balls per group. Position players as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective

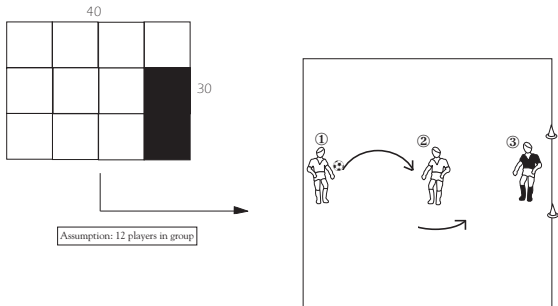
Player ① passes the ball to the server ⑤ who passes the ball back into the path of player ①. Player ① shoots low and to the far post. Player ⑤ turns and runs to the area at the far post to pick up any rebounds or shots wide of the target. Player ⑤ becomes the goalkeeper. Player ① becomes the server, and the goalkeeper fetches the ball. Goalkeeper then goes to back of line. Repeat the practice and rotate positions. Save = 5 points; rebound = 3 points; goal = 5 points; shot on target = 3 points.

Progressions

Make player ① a defender.

Key Coaching Points

1. Concentrate on accuracy.
2. Strike through the middle top-half of the ball.
3. Aim for the far post.



Assumption: 12 players in group

Purpose

To develop shooting on the turn.

Organization

Set out a 10 x 20 yard area. Group in 3's. 3 balls per group. Repeat in 3 other areas for a total of 12 players.

Game Objective

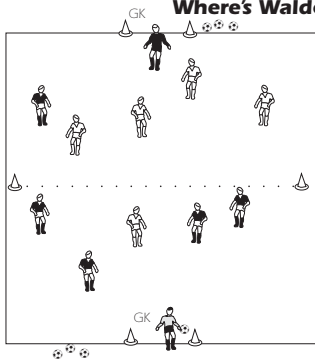
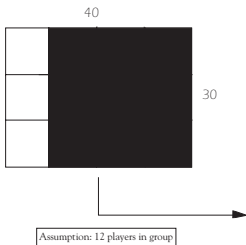
Player ① rolls the ball to player ② who turns and tries to shoot past player ③. Player ② is allowed only 3 touches to score. See how many times a player scores in 3 serves.

Progressions

Player ① now serves the ball with a throw in.

Key Coaching Points

1. The receiver's first touch should be slightly angled to the side.
2. Withdraw the controlling surface on impact.
3. Try to turn and shoot in one movement.

Where's Waldo?**Purpose**

Conditioned scrimmage game.

Organization

Set out a 30 x 30 yard area. Create a halfway line using discs. Store soccer balls behind each goal. Play 4 v1 in each half with a goalkeeper.

Game Objective

The goalkeeper serves the ball to any of his teammates in his half. They must get a shot on the goal in the opposite field. The lone defender in that area is a defender trying to block the shot. The lone cherry picker in the opposite area is the cherry picker, following in on the goalkeeper for rebounds. Repeat in the opposite direction.

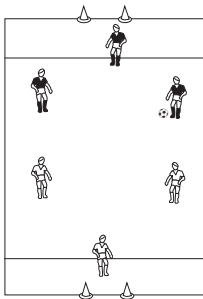
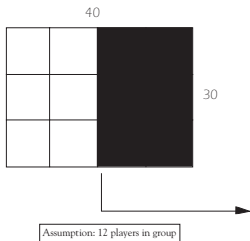
Progressions

Take away the halfway line and progress to a full field game of 6 v 6.

Key Coaching Points

1. As soon as an opportunity for a shot arises it needs to be taken.
2. Shooting is as much an attitude and instinct as it is a technique.
3. Follow in for rebounds.

Total Soccer



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.