



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U8



SESSION 1

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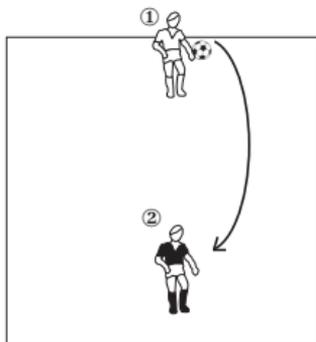
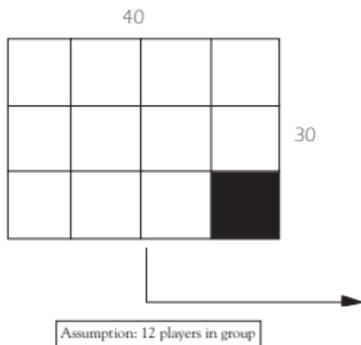
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SESSION 1 - Week 10

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



Purpose

To develop basic heading techniques.

Organization

Set out a 10 x 10 yard. Group in pairs. One ball per pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

Players ① and ② stand approximately 5 yards apart. Player ① holds the ball with both hands in front of him. He brings the ball to his forehead and heads the ball out of his own hands to player ②. Repeat in the opposite direction.

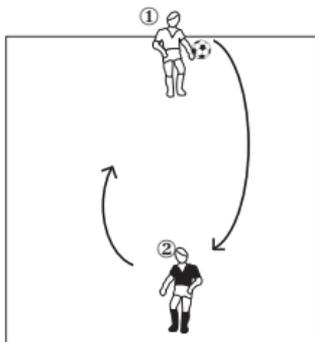
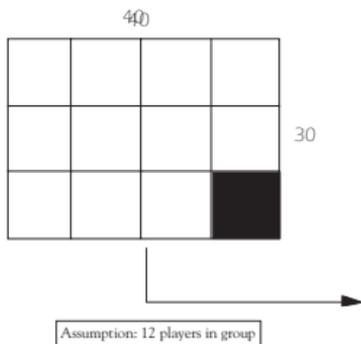
Progressions

Player ① tosses the ball out in front of himself so that he can head the ball to player ②.

Key Coaching Points

1. Make contact with the ball on the forehead.
2. Bend backwards with the upper body and spring forward through the ball.

Serve And Head



Purpose

To develop the ability to head the ball.

Organization

Set out a 10 x 10 yard area. Group in pairs. 1 ball per pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

Players ① and ② stand approximately 5 yards apart. Player ① serves the ball underhand and with both hands to player ②. Player ② attempts to head the ball back into the hands of player ①. As the practice progresses the players move further apart. Repeat in opposite direction.

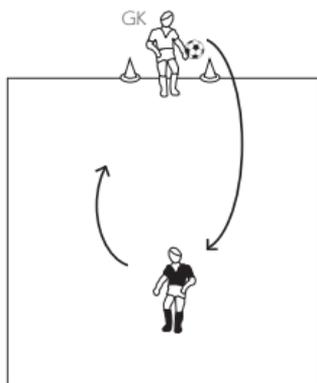
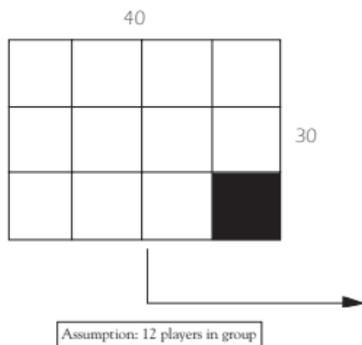
Progressions

1. Encourage players to head down to the feet of the server to control.
2. Serve the ball above the head to encourage players to leap for the ball.

Key Coaching Points

1. Eyes open and mouth closed.
2. Make contact with the ball on the forehead.
3. Tense the neck muscles on impact.
4. Attack the ball.

Attacking Headers



Purpose

To develop the ability to head the ball on goal.

Organization

Set out a 10 x 10 yard area. Group in pairs. 1 ball per pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

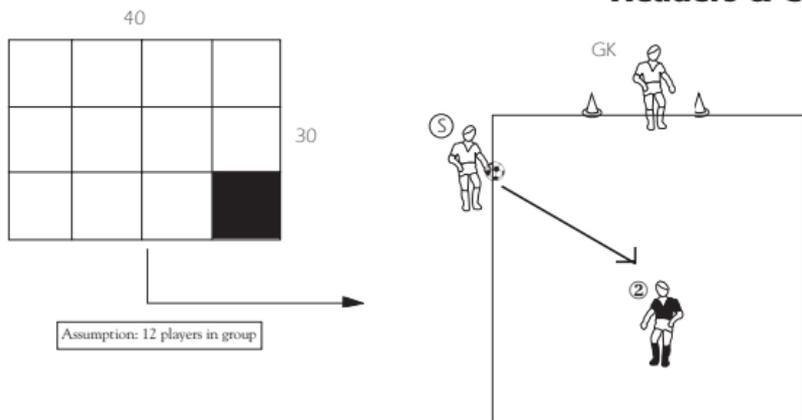
The  goalkeeper serves the ball underhand and with both hands in front of player  ①. Player  ① runs in and heads the ball towards goal. He should look up to head the ball downwards and towards the corners. Rotate positions.

Progressions

Serve the ball high or low to encourage the player to dive or leap to meet the ball.

Key Coaching Points

1. Make contact with the ball with the forehead.
2. Use the upper body to produce power.
3. Keep your eyes on the ball and your head up.



Assumption: 12 players in group

Purpose

To develop heading from crosses.

Organization

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

Game Objective

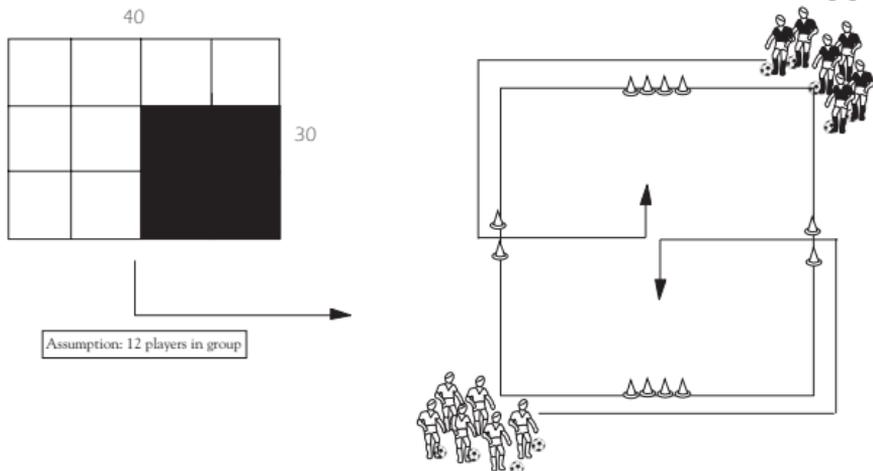
Player (1) serves the ball underhand and with both hands to the space between players (1) and (2). Player (2) attacks the crossed ball and tries to score on goal.

Progressions

Serve the ball high or low to encourage the player to dive or leap to meet the ball.

Key Coaching Points

1. Head the ball down on goal away from the keeper.
2. Approach the ball so you are facing it head on.
3. Redirect the ball towards the goal.



Purpose

To develop defensive pressure in shooting situations.

Organization

Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the grid. Number the players from 1 to 6. 1 ball per player. Position cones as shown in the diagram.

Game Objective

The coach calls out a number from 1 to 6. The numbered player from each team dribbles around the area (as shown on the diagram) and enters the area through the side gate. The first ball to cross the line is used while the other ball is discarded. The two players compete to score a goal by knocking down the opponents cones. The player not in possession is charged to defend his goal and force the player out of play or to give up possession.

Progressions

Coach now serves 1 ball into the area.

Key Coaching Points

1. Move to the ball, but slow down as you approach the attacker.
2. Assume a sideways position 2 - 3 yards before establishing position.
3. Try to force the attacker away from goal, towards the flanks.