



# 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.



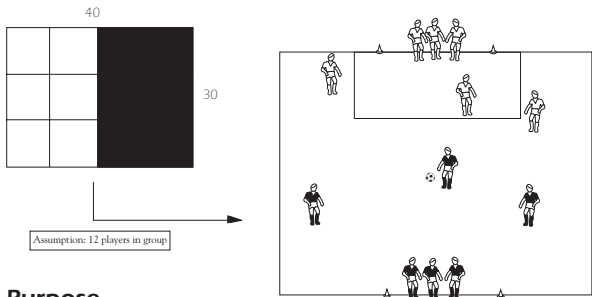
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## SESSION 2 - Week 2

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

**Change Soccer****Purpose**

To develop control and receiving.

**Organization**

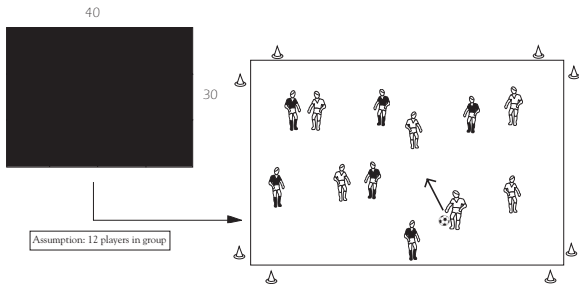
Set out a 20 x 30 yard area. Position 3 players who link arms or hold hands on the goal line. Make the goal 4 yards wider than the linked players. Play 3 v 3 until coach shouts, "Change!" then the chain breaks and the team previously out on the field becomes the chain in goal. The original chain players now become field players.

**Game Objective**

3 players from each team form a human chain by linking arms or holding hands. These players are stationed on the goal line in front of goal approximately 8 yards wide. The team in possession must attempt to score past the human chain defending the opposing goal. Goals and saves are each worth 1 point (players in the chain are not allowed to use their hands to defend the goal and must control the ball within 5 yards to score).

**Key Coaching Points**

1. Cut off the path to goal.
2. Try to keep possession of the ball.
3. Shoot at every opportunity.
4. Go to the ball, don't back away from it.
5. Help the player with the ball by getting into a supporting position.
6. Get ready to change.



## Purpose

To develop running with the ball in a small sided game.

## Organization

In a 40 x 30 yard area, put a mini-goal in each corner of the field. Play 6 v 6 with no goalkeepers.

## Game Objective

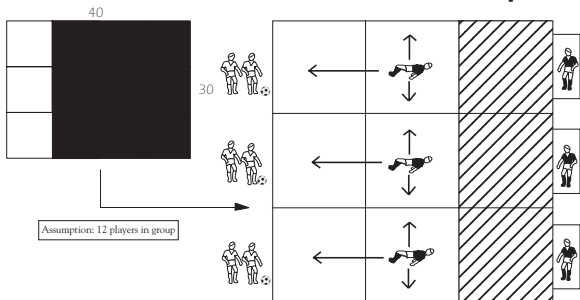
Score a goal by running the ball through any of the goals.

## Progressions

Players can now only go towards 2 goals at 1 end.

## Key Coaching Points

1. Get the ball 2 to 3 yards out in front.
2. Push the ball along, using the laces of your shoes.
3. Try to look up between touches.
4. Try to pass the ball using the laces or outside of your foot.



## Purpose

To develop running with the ball and beating an opponent.

## Organization

Set out a 30 x 30 yard area in 10 x 10 yard grids. Group in 3's. 1 ball per group. Station players as shown in the diagram. Position crab players in the three middle grids.

## Game Objective

👤 players combine by dribbling and passing to beat the crab and get a shot on goal. They must shoot before they reach the shaded area. Rotate positions.

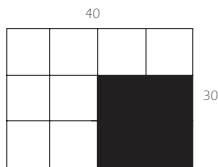
## Progressions

Have the crab player stand up. How many goals can the 👤 players score in 4 attacks?

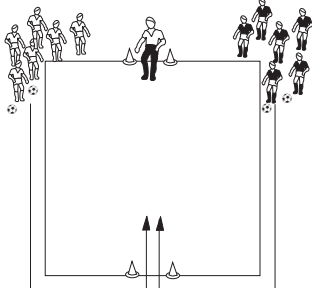
## Key Coaching Points

1. The first touch should push the ball 2-3 feet in front of you.
2. When receiving the ball attack the space over the first 10 yards.
3. Use fakes and turns.
4. Change direction.

## MLS Shootout



Assumption: 12 players in group



### Purpose

To develop shooting techniques under pressure from a defender.

### Organization

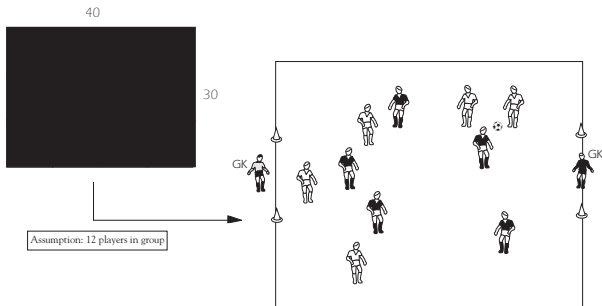
Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the same endline. Number players on each team from 1 to 6. Position discs as shown in the diagram. The coach is the goalkeeper.

### Game Objective

The coach calls out a number from 1 to 6. The respective players from each team run with the ball as if in an MLS shootout. Players follow the directional arrow as shown in the diagram, to the gate at the end of the grid. The first ball to cross through the gate is the ball that is used (the other is discarded). The players compete to get a shot on goal.

### Key Coaching Points

1. Keep the head down, eyes on the ball.
2. Strike the ball with the laces.
3. Follow through in the direction of the target.
4. Cover the ground at speed and attack the goal from a central position.



### 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.