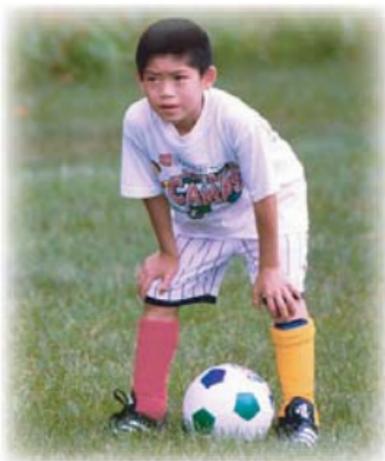




MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U8



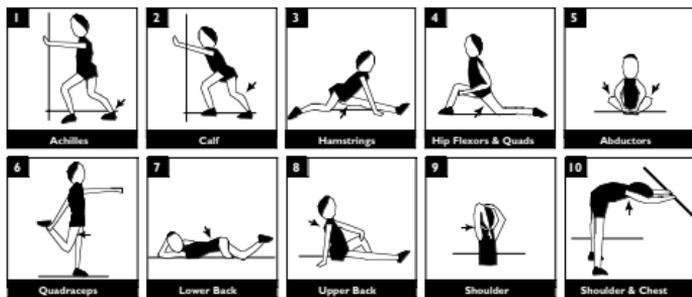
SESSION 2

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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

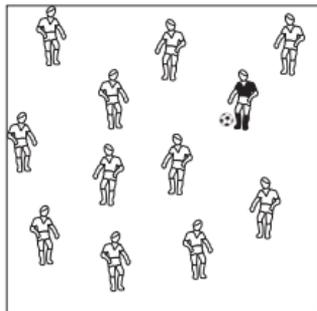
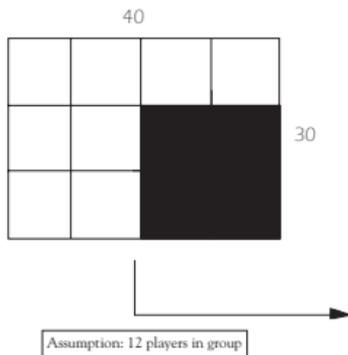
Key Coaching Points

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 5

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



Purpose

To develop passing accuracy over a short distance.

Organization

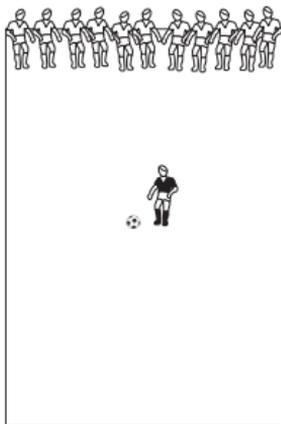
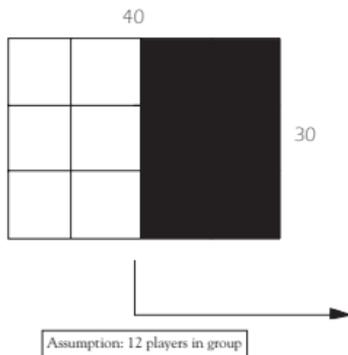
Set out a 20 x 20 yard area. One defender starts in the area with a ball. The remaining players are randomly spaced in the area without balls.

Game Objective

The  player must strike his ball to hit the  player on or below the knee. When a  player is hit, he too becomes a  player. One ball per defender. Encourage the  player to dribble as close as possible to the  target player before striking the ball.

Key Coaching Points

1. Head over the ball.
2. Strike the ball with the inside of the foot.
3. Keep the ball on the ground.
4. Time your pass so that it hits the  player.



Purpose

To develop passing skills such as correct pace, accuracy and timing.

Organization

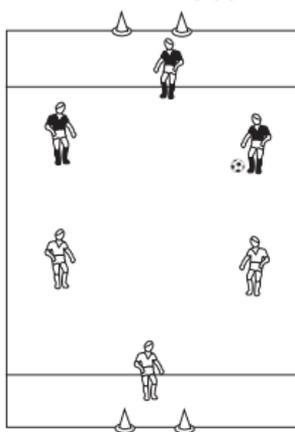
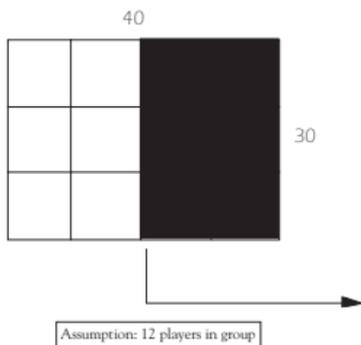
Set out a 20 x 30 yard area. One defender starts in the area with a ball. The remaining players start on one endline without balls.

Game Objective

The  player must strike his ball to hit the  player on or below the knee as they run across the area. When a  player is hit, he too becomes a  player.

Key Coaching Points

1. Strike through the midline of the ball.
2. Follow through at the target.
3. Try to pass the ball in front of the runner so that she arrives at the same time.
4. Reinforce the need for:
 - a) good pace on the ball so the runner can't dodge
 - b) good accuracy
 - c) good timing so the runner and ball arrive at the same time

Pass And Move**Purpose**

To develop passing and control.

Organization

Set out a 20 x 30 yard area and make an end zone 5 yards wide from the end line. 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. A team must make at least 2 passes before they can shoot on goal. Award 3 points for every pass; 5 points for every goal; first team to 21 wins.

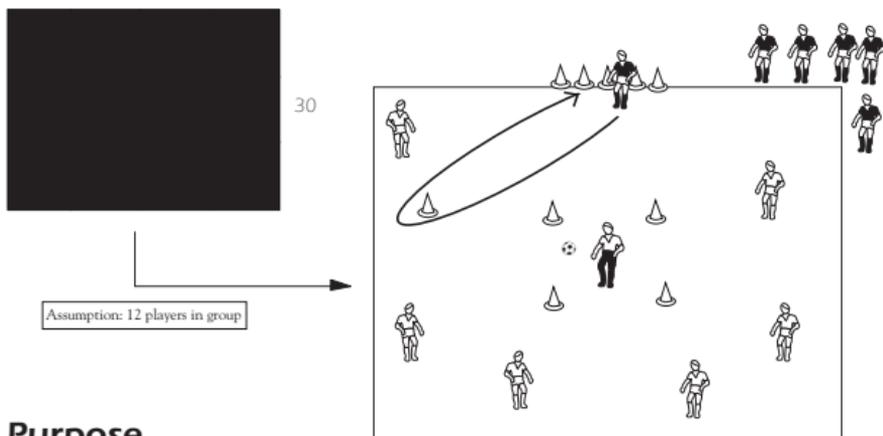
Progressions

Allow the players to pick scores for different skills.

Key Coaching Points

1. When receiving the ball, control it into space.
2. Keep all passes on the ground.
3. When you don't have the ball, get into a position to receive the ball.

40



Purpose

To develop placement and power in striking the ball.

Organization

Set out a 40 x 30 yard area. Two teams of six. The coach is the pitcher. He stands in a 5 x 5 yard area 10 yards from the wickets (5 discs in a row). Position one disc 10 yards from the wicket.

Game Objective

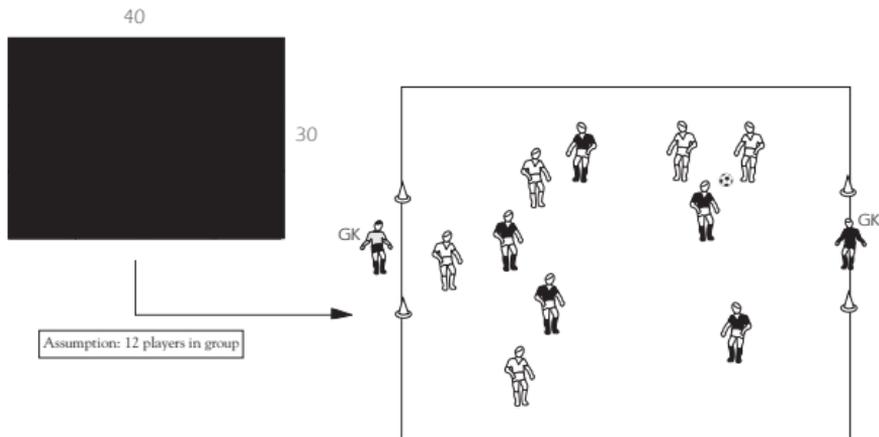
The pitcher passes the ball from the mound in the direction of the wickets (line of discs). The batter must kick the ball and then run around the base, back to the wickets. He must be ready to face the next pitch which is delivered as soon as the pitcher receives the ball, passed back from the outfield. The batter continues to bat until he is bowled out (the pitcher knocks down the wicket) or caught out (an outfielder heads the ball). Continue until all batters on the team are out.

Progressions

Introduce a baseball diamond and this time the player is only safe at 2nd or home plate. Instead of just passing the ball back to the pitcher, the  team must make 2 passes, then 3rd pass back to the pitcher.

Key Coaching Points

1. Keep ball low by keeping your head and knee over the ball on contact.
2. Strike the ball with the laces.



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.