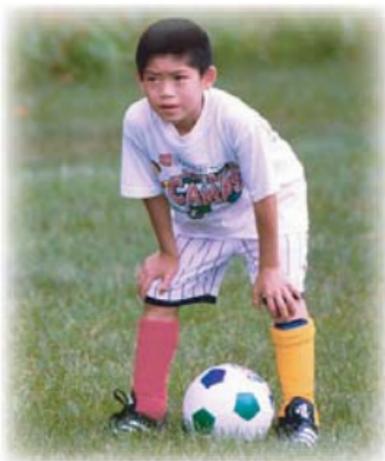




# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U8



### SESSION 2

NASC, Inc.  
©2002. All Rights Reserved. No part of this publication  
may be reproduced, copied or transmitted in any form  
without the prior written consent of NASC, Inc.

SoccerMadeSimple.com  
[www.MLScamps.com](http://www.MLScamps.com)

# 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.



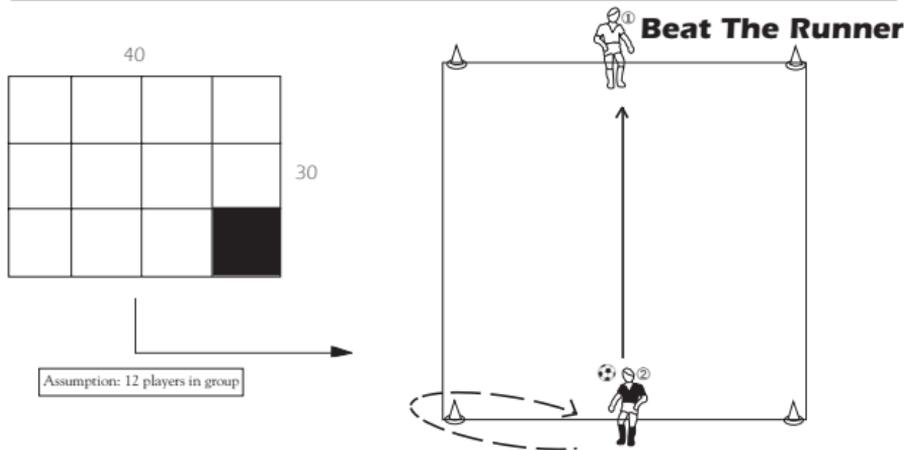
# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

[www.MLScamps.com](http://www.MLScamps.com)

## SESSION 2 - Week 6

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



## Purpose

To develop passing with pace, timing and accuracy.

## Organization

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

## Game Objective

Player ② passes the ball across the area to player ①. Player ② then runs immediately around the cone and back to his starting position. Player ① must control the ball, then pass it back using the inside of his foot, attempting to pass the ball over the far end line before player ② gets back in position. A goal if the ball goes over the end line traveling along the ground. Repeat and rotate.

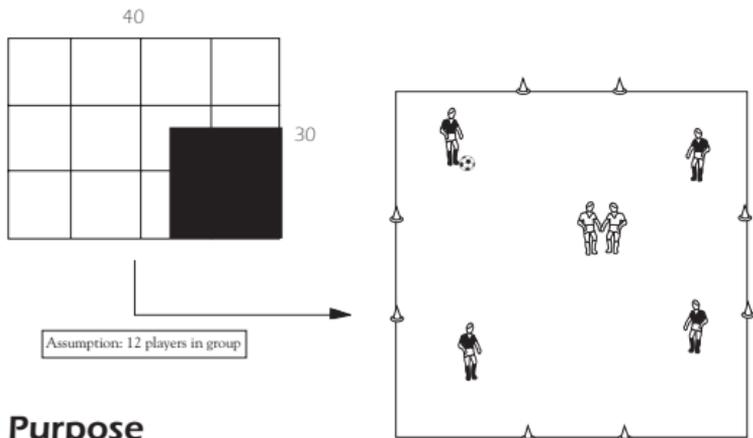
## Progressions

Move the cones in 3 yards. Now the receiving player is allowed to pass it back through the cones first time.

## Key Coaching Points

1. Move into line with the ball as early as possible.
2. Select the controlling surface, e.g., right or left foot.
3. Your pass should always start your run.
4. Be in a position ready to pass back first time.

## 2 Headed Monster



## Purpose

To practice passing around defenders.

## Organization

Set out a 15 x 15 yard area. Groups of 6 with 4 attackers and a 2 headed monster (2 players holding hands or linking arms). Station a mini-goal on each side of the area. Repeat in another area for a total of 12 players.

## Game Objective

The 4 attacking players must attempt to make 5 passes inside the area. If the 2 players (monster) get the ball, they must try to score by shooting in any 1 of the mini-goals. These 2 players are allowed to break apart when in possession of the ball. 5 passes = 1 point. 1 monster goal = 2 points. First team to get to 5 points, wins. As soon as the ball is lost, the closest player should defend while the others protect the goals.

## Progressions

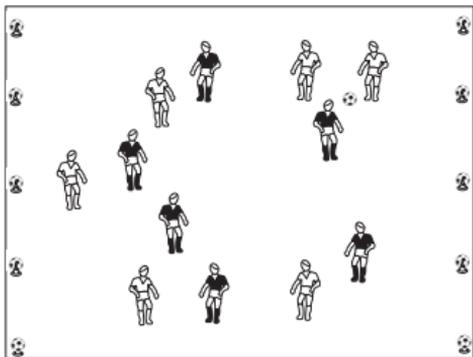
1. Take 2 goals away.
2. Make 2 spare attackers join hands.

## Key Coaching Points

1. Once a player loses the ball, have him try to get it back immediately.
2. Try to pass the ball to own team's feet.
3. Don't kick the ball too hard.
4. Try to trick the monster by pretending to kick one way and then go the other way.



Assumption: 12 players in group



## Purpose

To develop passing accuracy in a small sided game.

## Organization

Set out a 30 x 40 yard area. Play 6 v 6. Place 5 discs with soccer balls on them on each endline.

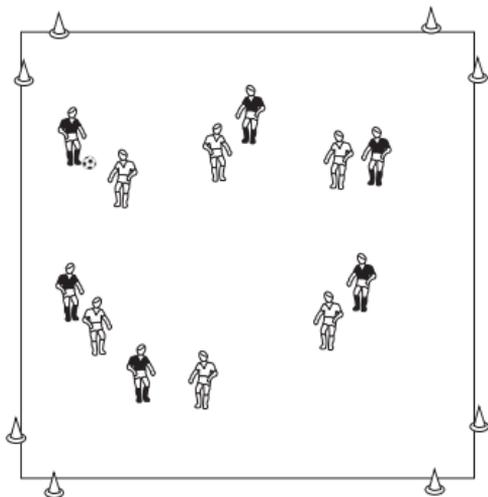
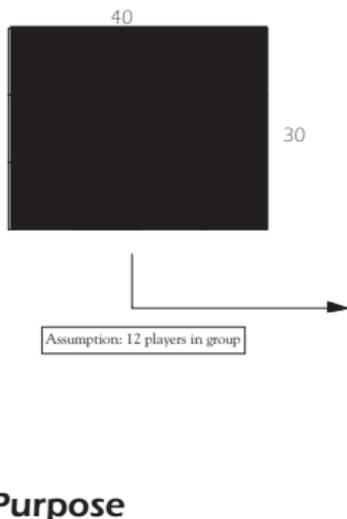
## Game Objective

Play 6 v 6 in the area. When the ball rolls out of bounds, it should be rolled in underhand by a player. The object of the game is to score by knocking down 1 of the balls off a disc on your team's attacking endline. If a player knocks a ball off, he scores 5 points. If he passes through the middle of the balls on the ground, he scores 3 points.

## Key Coaching Points

1. Encourage the players to shoot at the target whenever possible.
2. Pass the ball, then move into space.
3. Try to pass the ball forwards and between the defenders.
4. Remember, "A good pass follows the grass."

## Tony Chestnut's Big Game



### Purpose

To practice in a small sided conditioned game.

### Organization

Set out a 40 x 30 yard area. Play 6 v 6. Station goals angled into the area in the corners of the grid. 1 ball per practice.

### Game Objective

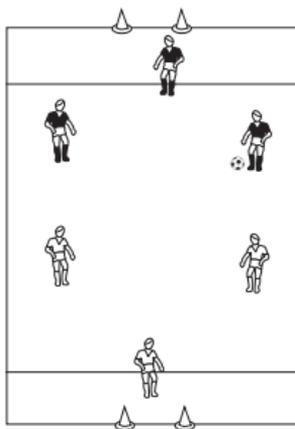
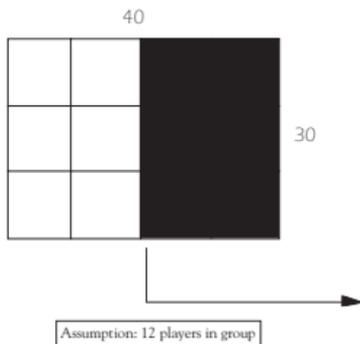
The object of the game is to try to pass the ball between your team players and score in any of the 4 goals. Players should be encouraged to spread out and find space throughout the practice.

### Progressions

1. Players can score only in 2 goals at diagonals from each other.
2. Players can score only in 2 goals at one end.

### Key Coaching Points

1. Encourage players to pass then move into space.
2. If a defender is in front of you, pass or dribble to a different goal.
3. Try not to bunch around the ball.



## 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.