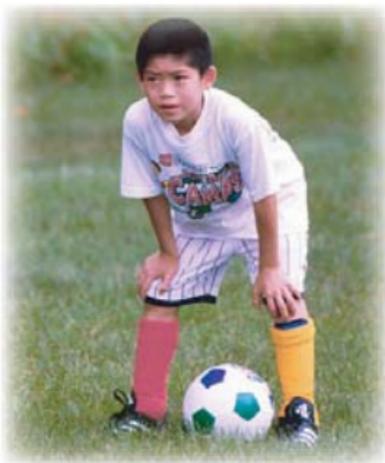




MLS CAMPS

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.



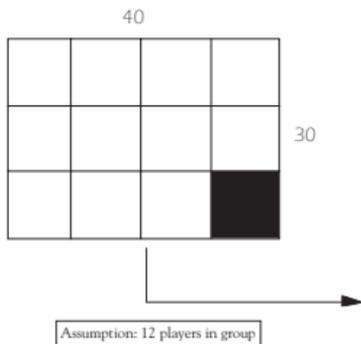
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SESSION 2 - Week 9

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



Purpose

To develop tackling techniques.

Organization

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

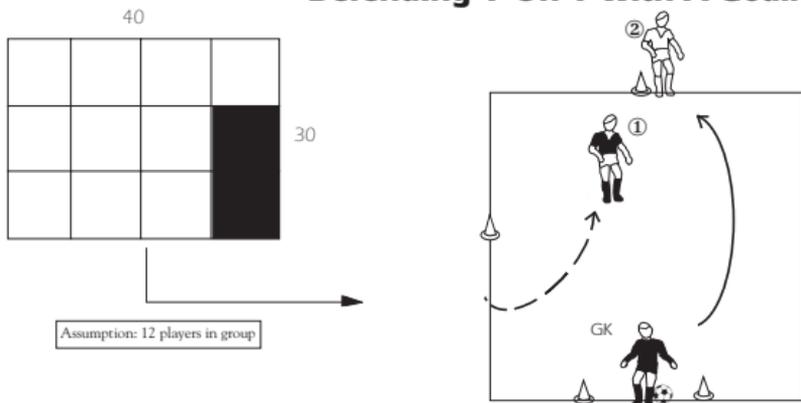
Game Objective

Player  is in possession of the ball. The  player attempts to dribble his ball over the end line. The  defender must attempt to tackle  before he gets over the line. If the defender wins the ball, he takes it the other way.

Key Coaching Points

1. Shadow the attacker.
2. Be patient.
3. Watch the ball.
4. Select the correct moment to tackle.

Defending 1 On 1 With A Goalkeeper



Assumption: 12 players in group

Purpose

To develop defensive positioning and posture.

Organization

Set out a 10 x 20 yard area. Group in 3's. 1 ball per group. 1 goal on the endline. Repeat in 3 other areas for a total of 12 players.

Game Objective

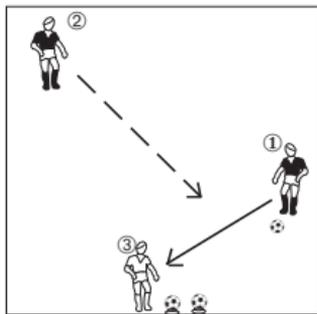
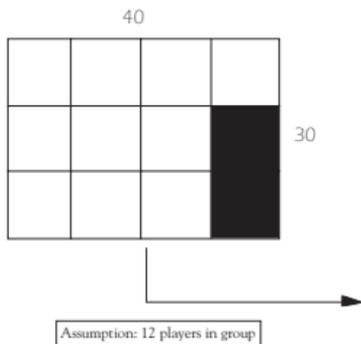
Goalkeeper passes to player ②, who must attempt to dribble the ball past player ① and score a goal. Player ① assumes a sideways position and blocks the path to the goal. If the defender wins the ball, he should try to dribble over the end line. Rotate positions.

Progressions

Allow the ① player to shoot as soon as he receives the ball. The ② player must close down the space to the ball and get into line between the attacker and the goal as quickly as possible.

Key Coaching Points

1. The defender should make a curved run to the ball, coming down the line between ball and goal.
2. The defender assumes a sideways position, legs are bent.
3. Can the defender fake to get the ball to force the attacker one way?
4. The defender should always stay between the attacker and the goal, angling him to the corners.



Purpose

To develop the role of the second defender.

Organization

Set out a 10 x 20 yard area. Groups of 3. 3 balls per group. Player ① has a ball; the other 2 balls are placed on discs on the end line. Repeat in 3 other areas for a total of 12 players.

Game Objective

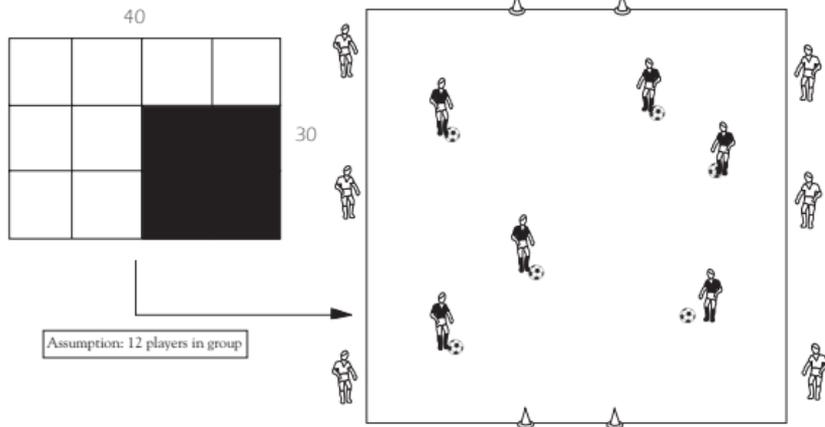
Player ① passes the ball to player ③, who must advance the ball to the opposite end line without being dispossessed of it by ① or ②. Player ① moves in to assume the correct defending position, forcing ③ in the direction of ② by blocking the right side of the attacker. Players ① and ② combine to win the ball. If the defenders win the ball, have them attempt to knock a ball off a cone.

Progressions

- 1 Both defenders start on the same side of the area.
2. Progress to 2 v 2.

Key Coaching Points

1. Defenders assume the sideways position.
2. First defender should stop the attacker moving forward.
3. The second defender covers the open space.
4. Stay on your feet! Don't dive in.



Purpose

To develop defending, passing, shielding and turning skills.

Organization

Set out a 20 x 20 yard area. Position 6 players each with a ball inside the area and 6 players on the sides of the area as shown in the diagram.

Game Objective

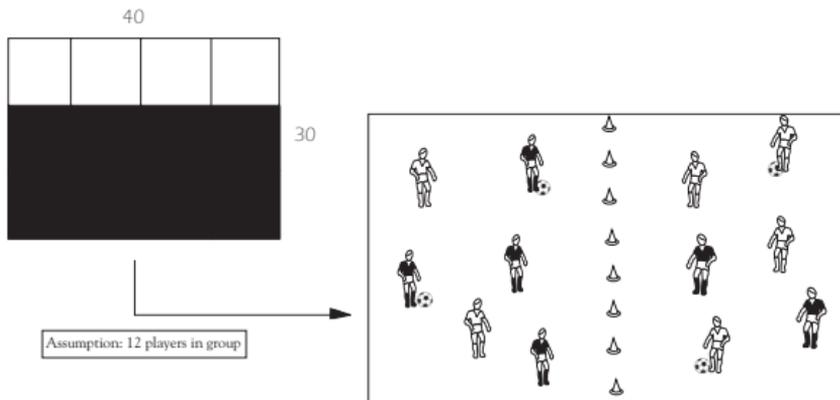
The 6 players each have a ball. On the coaches command, the 1 team runs into the area and attempts to kick the balls out of the area. If a 1 player gets his ball kicked out, he can help his other team members by finding space to receive a pass. Time how long it takes to have all the balls kicked out. If a player does a turn with the ball when pressured by a defender, that adds another 5 seconds onto the time.

Progressions

The defenders must win the ball and dribble it out through a goal. Change the groups into 4 defenders and 8 attackers with only 4 balls.

Key Coaching Points

1. Shield the ball by getting your body between the defender and the ball.
2. Turn away from the defender into space.
3. Don't kick the ball away.



Purpose

To encourage defensive clearances.

Organization

Set out a 40 x 20 yard area in two 20 x 20 yard grids. Position 6 players in each of the grids in a 4 v 2 with 2 balls per group.

Game Objective

The object of the game is for the 4 players in possession to clear the balls in their area into the area on the opposite side. The 2 opposing players within each area must attempt to prevent ball clearances being made. When the coach calls out, "Freeze!," the team with the least number of balls in their area, wins.

Progressions

1. Reduce to 1 ball per area.
2. Add goals at the ends of the area. Reward teams for the accuracy of their defensive clearances.
3. The coach feeds additional balls into the area when balls go out of play.

Key Coaching Points

Game 1 - Clear The Decks: Correct use of instep with toe pointed out and ankle stiff. Strike the middle of the ball and follow through.

Game 2 - Wimbledon: Try to score quickly if attacking. Defenders should try to get the ball to their attacker's feet.