



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U8



### SESSION 1

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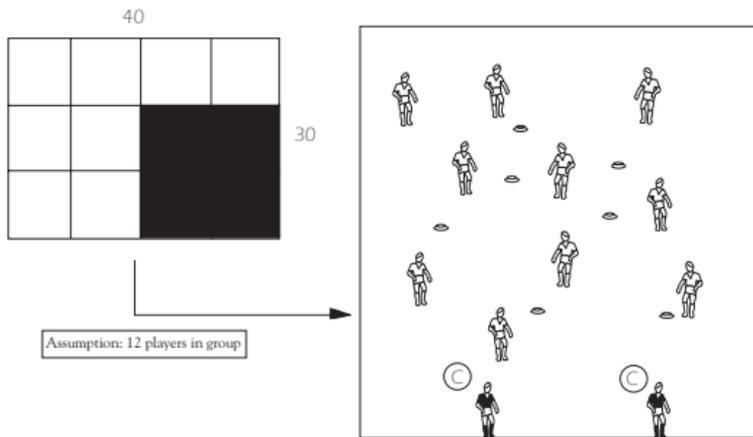
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## SESSION 1 - Week 9

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

## Desert Island Discs



### Purpose

Change of speed and movement, agility, turns, feints and fakes.

### Organization

Set out a 20 x 20 yard area with 7 cones scattered across the area. Groups of 12 which consist of 2 catchers and 10 runners.

### Game Objective

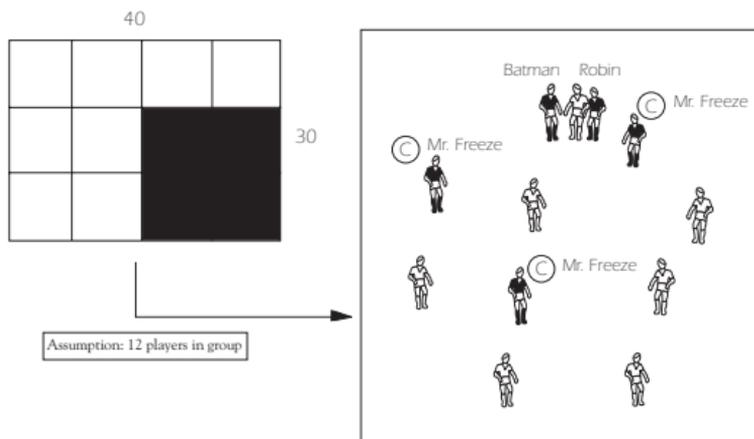
The object of the game is for the  to run around the area to avoid being tagged by either catcher  or . Runners may run to safety by placing 1 foot on one of the 7 discs in the area. When a  runs to a disc that is occupied, the player occupying the disc must move off the disc and look for another disc to occupy. If a player is tagged by a catcher, the 2 players exchange roles.

### Progressions

Introduce a ball so that players must dribble around the area.

### Key Coaching Points

1. As a catcher approaches, pretend to go one way then go the other.
2. Try to trick the catchers by jogging, then sprint off as they get closer.

**The Return of Batman & Robin****Purpose**

To get players used to pressure without a ball, develop communication and teamwork.

**Organization**

Set out a 20 x 20 yard area. Groups of 12 which consists of 3 catchers (Mr. Freeze), 2 release players (Batman & Robin), and the remaining 7 players who are runners.

**Game Objective**

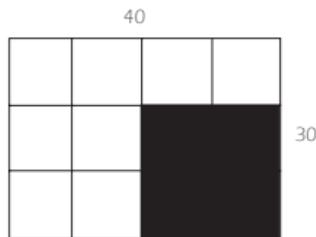
The object of the game is for the runners to avoid being tagged by the catchers. If a player is tagged by a catcher, he “freezes” at the point where he was tagged. The only way a frozen player can be “thawed” is if Batman and Robin encircle him by linking hands. Once released, the runner is back in play. Repeat and rotate roles.

**Progressions**

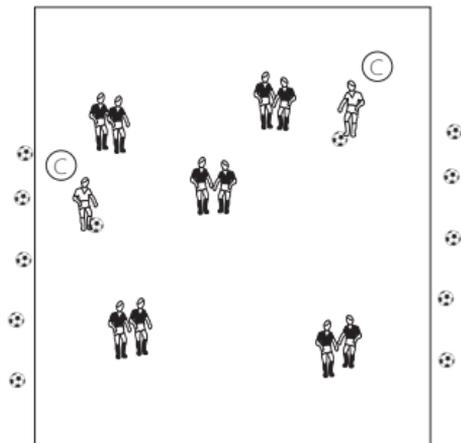
1. Give a ball to each catcher. Catchers may now play their ball to hit runners on or below the knee to “freeze” them.

**Key Coaching Points**

1. Run with head up.
2. Change speed and direction.
3. Look out for Batman & Robin to “thaw” you.

**Double Team/Jailbreak**

Assumption: 12 players in group

**Purpose**

Passing skills and changing direction.

**Organization**

Set out a 20 x 20 yard area with 2 players with a ball and 5 pairs holding hands. Place the other balls around the outside of the area.

**Game Objective**

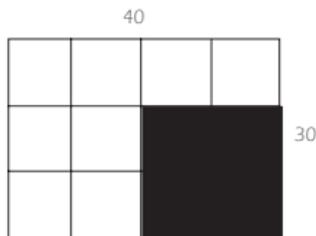
The 2 catchers with a ball start by moving around the area in an attempt to catch the escaped jailbreakers. If the 2 players pass their ball and hit the jailbreakers on or below the knee, they have caught them. Once caught, the jailbreakers become catchers. Game ends when all players are catchers.

**Progressions**

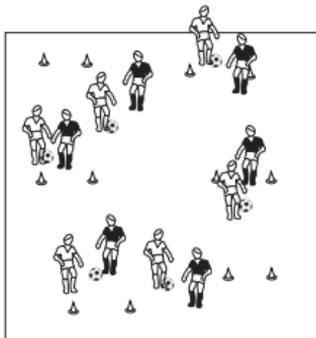
Jailbreakers play individually, rather than in pairs.

**Key Coaching Points**

1. Look at using the inside of the foot to pass the ball.
2. Try to pass the ball in front of the runner so it hits him as he moves into the space.
3. Dribbling using all parts of the foot.



Assumption: 12 players in group



## Purpose

To develop dribbling, passing accuracy and weight.

## Organization

Set out a 20 x 20 yard area. Set out gates randomly by spacing two discs two yards apart. Group in pairs, take turns to pass. 1 ball between 2 players.

## Game Objective

The object of the game is to dribble to each of the gates in the area. Once a pair reaches a gate, they must play the ball between the cones 3 times back and forth before moving onto the next gate. If another ball is struck, or a disc is displaced as the pair dribble around the area and pass through the gates, count 1 penalty point. Score 3 points for each gate successfully completed.

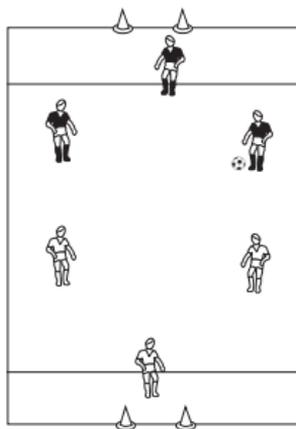
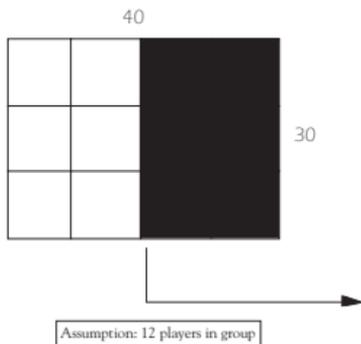
## Progressions

1. Must do a fake before going to the next goal.
2. Do a takeover (where players exchange ball) before moving on.
3. Put a pair of defenders in to attempt to steal balls.

## Key Coaching Points

1. Player with the ball should move to another goal quickly.
2. Turn and move to open goals.
3. Look up as you move to another goal.

**Total Soccer**



**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.