



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U8



SESSION 1

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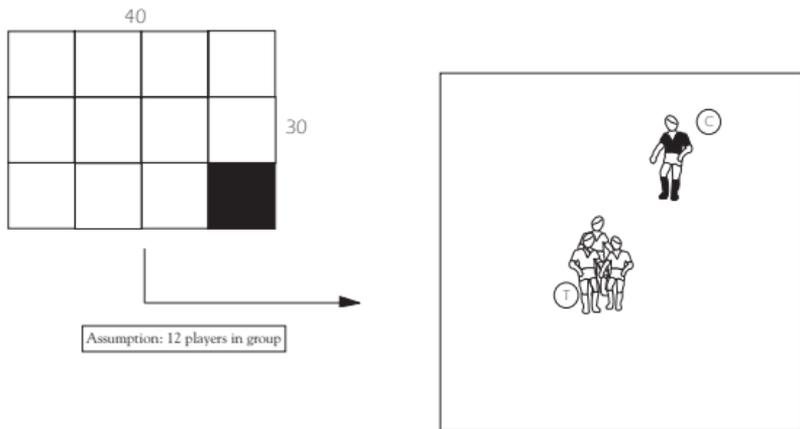
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SESSION 1 - Week 7

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



Purpose

To develop turning skills and changing direction—keeping head up.

Organization

Set out a 10 x 10 yard area. Groups of 4. 3 players make a circle linking arms or holding hands. Repeat in 2 other areas for a total of 12 players.

Game Objective

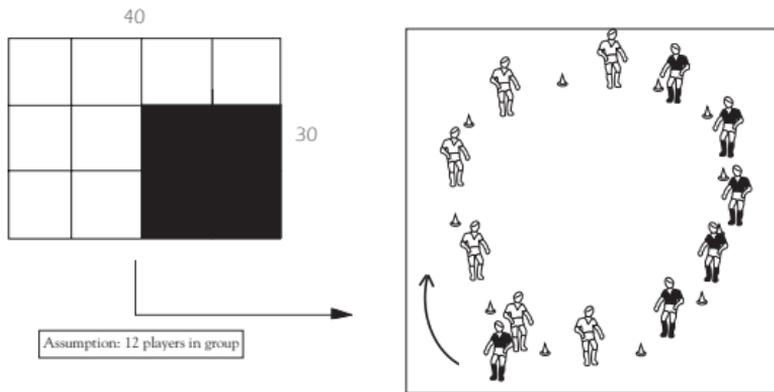
The object of the game is for the catcher (C) to attempt to run around the group of 3 linked players to tag the target player (T). The linked players attempt to prevent the catcher from reaching the target player by moving around so that the target player remains at the furthest point from the catcher. If the target player is tagged, he changes places with the catcher. Repeat and rotate.

Progressions

Introduce a ball. The catcher must dribble his ball while trying to tag the target player.

Key Coaching Points

1. Work as a team to avoid the catcher.
2. Catchers should fake and move quickly to reach the target player.



Purpose

To develop directional dribbling.

Organization

Set out a circle of 11 discs in 20 x 20 yard area. Station one player in the gate made by 2 discs. One player remains outside to act as the initial *beat the clock* runner.

Game Objective

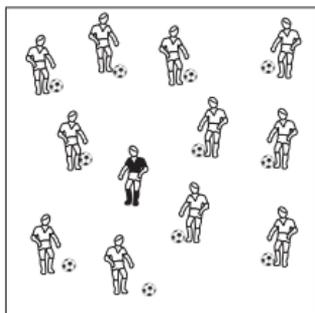
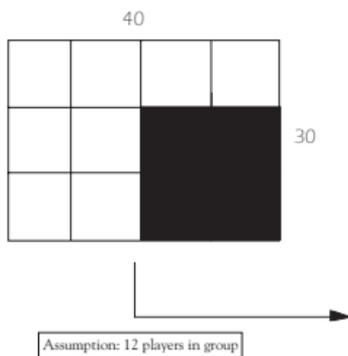
A  player runs around the outside of the circle. When he tags someone, the two players run around the circle in opposite directions. The first player back to the vacant gate fills the spot. The other player runs on and repeats the practice.

Progressions

1. Introduce a ball.
2. Have more than 1 tagger/runner on the outside.

Key Coaching Points

1. Keep the ball within 2-3 feet between touches.
2. Look up between touches to get a better sense of direction and to avoid the other runner as he comes around.



Purpose

To develop turning and running with the ball.

Organization

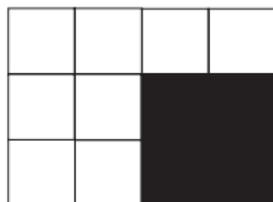
Set out a 20 x 20 yard area. One ball per player except for the lone  catcher/terminator. All players must stay within the confines of the area.

Game Objective

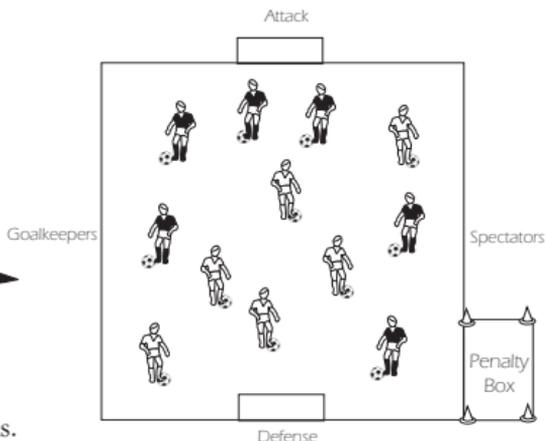
The  players are chased by the  terminator. Any  player, who either a.) dribbles outside the box or b.) has their ball kicked outside the box by the terminator, becomes a  catcher. Play until only one  remains.

Key Coaching Points

1. Keep the ball close to your body.
2. Try to look up and around between touches.
3. Use your body to shield the ball from the defenders.
4. Turn away from danger.



Assumption: 12 players in group



Purpose

To develop fast feet and turns.

Organization

Set out a 20 x 20 yard area. One ball per player. All players must stay within the confines of the area. All players assume identity of an MLS player.

Game Objective

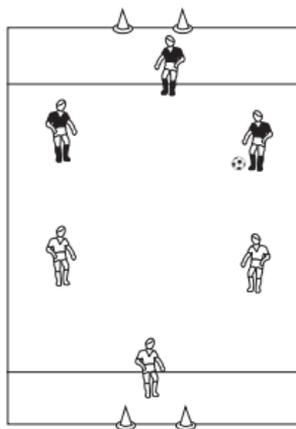
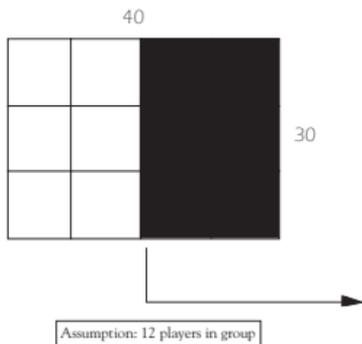
Players dribble around the area using the inside and outside of both feet. On the command “scissors!,” players perform a scissors fake. Players react to the coach’s direction commands of “attack!,” “defense!,” “spectators!,” or “goalkeepers!” by running the ball to those lines as shown in the diagram.

Progressions

1. If coach shouts out a number, the players must get in a group of that number. All players who do not find a group, must go to the penalty box and do the two turns.
2. If a coach shouts out a side of the field, all the players must run to that side of the field (e.g., attack, defense, goalkeeper, spectator).

Key Coaching Points

1. Player must hop momentarily off the supporting leg when performing the sole turn.
2. Use the scissors fake to make space.
3. Accelerate out of the turn.



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.