



MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

10 Week Curriculum Planner U4



NASC, Inc.

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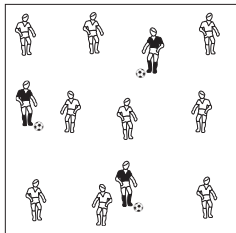
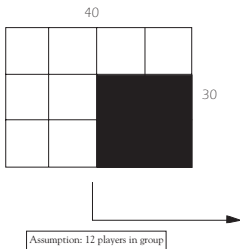
SoccerMadeSimple.com
www.MLScamps.com



Week 5

45 minute practices, 1 recommended practice per week

Adventure On The Open Seas



Purpose

To develop movement skills.

Organization

Set out a 20 x 20 yard area. Select three adults as catchers. Randomly space all remaining players within the area. Each catcher has a soccer ball.

Game Objective

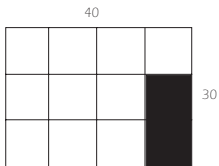
The object of the game is for players to remain standing and moving around the area for as long as possible. The catchers must roll or pass their ball along the playing surface to attempt to hit players on or below the knee. A player must sit down when hit. A seated player is returned to the game when tagged by another seated player. Play for a specified time period and then rotate.

Progressions

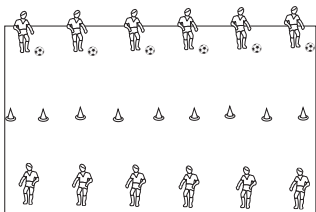
1. Introduce a safe area where players cannot be hit with a ball.
2. Introduce a ball to each player. Catchers must now attempt to roll or pass their ball to strike the ball of the active player.

Story

Mike (one parent) is a sophisticated girl from New York who leaves her home in the big city as an exchange student looking for adventure on the open seas. What she finds is a secluded island populated by some of the quirkiest natives imaginable, including new friends Lu (one parent) and Og (the third parent).

The Power Of Three

Assumption: 12 players in group

**Purpose**

To develop passing technique.

Organization

Set out a 10 x 20 yard area. Position six players, 2-3 yards apart, along each end line directly opposite an opponent. Players are paired off on opposite sides with an opponent. Place as many cones as possible across the mid line of the area in a straight line. Use one ball per opposing pair.

Game Objective

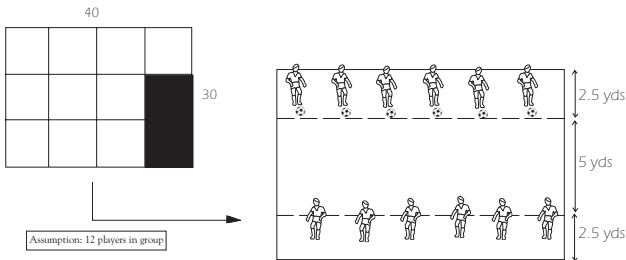
The object of the game is for players to knock down as many of the middle cones as possible within a specified time period. The balls may be thrown, rolled or passed at the target according to the initial skill level of participants. Teams strike the ball simultaneously upon hearing the coach's command. According to their skill level, players on the opposite side of the area retrieve the balls by hand or stop the balls with their feet as they cross the area. Players return to their original starting positions before repeating the exercise in the opposite direction.

Progressions

1. Extend the distance between the end line and the cone line.
2. Encourage players to run into the middle and collect any cones that they knock down.

Story

When danger looms in Townsville, the call goes out for Bubbles, Blossom, and Buttercup - The Powerpuff Girls! Under the watchful eye of their mentor Professor Utonium, the girls fly into action against a colorful gallery of villains -- saving the day before bedtime!



Purpose

To develop receiving and passing techniques.

Organization

Set out a 10 x 20 yard area with a central safety area as shown in the diagram. Station six players on each side of a safety area. Pair off players on opposite sides of the area. Use one ball per pair. Station as many cones as possible on opposite end lines of the area.

Game Objective

The object of the game is for teams to knock over as many of the opposing team's cones as possible within a specified time period. Neither team is permitted to cross the central dividing line that marks off the safety area. Players strike the balls in unison as a team upon hearing the coach's command. Players on the opposing team must attempt to prevent the balls from hitting the cones located on their side of the area by stopping the ball with their feet. Repeat in the opposite direction.

Progressions

1. Permit only the use of select parts of the foot (inside, outside, sole) in controlling the ball.
2. Award extra points for controlling the ball on the near side of the safety zone line.

Story

Squidward is a mean, whiny, squid-in-the-mud. Everything annoys him—the Krusty Krab, the customers—even the boss. Most of all, SpongeBob annoys him. Squidward works with SpongeBob at the Krusty Krab and is his next-door neighbor. If it weren't for SpongeBob being the only one who likes listening to his clarinet playing, Squidward would have nothing to do with him.