



# MLS CAMPS

THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER

## 10 Week Curriculum Planner U4



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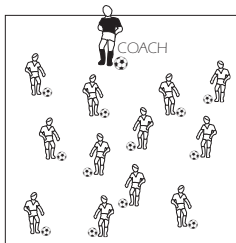
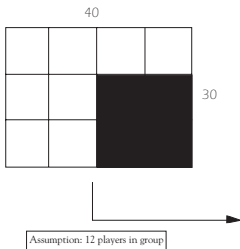
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## Week 8

45 minute practices, 1 recommended practice per week

## Cleaning Up The Streets



### Purpose

To develop speed of thought and the ability to follow commands.

### Organization

Set out a 20 x 20 yard area. Players are randomly scattered in the area in front of the coach. Use one ball per player.

### Game Objective

The object of the game is for players to copy the movements of the coach. Coach's commands and movements include:

Mister Freeze - sole of the foot on top of the ball

Alfred - sit on top of the ball

Batman & Robin - dribble the ball around the area

The Riddler - right foot or left foot only

Commissioner Gordon - alternate feet touches on top of the ball

Poison Ivy - stop and leave your ball and play the ball of another player in the group

Penguin - stuff the ball up the front of your shirt and waddle around

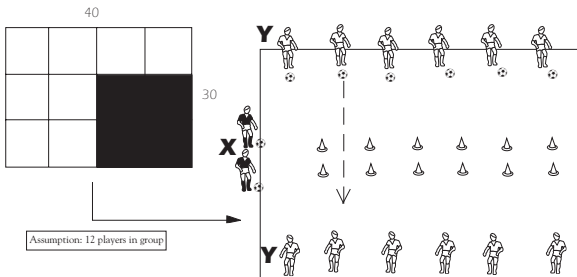
To the Bat Cave – everyone create a huddle around the coach

### Progressions

1. Players must always remain one movement behind the coach.

### Story

Batman, Robin and Batgirl respond to a call from Commissioner Gordon to rid the streets of Gotham of an unsavory cast of characters including the Riddler, the Penguin, the Joker, Mr. Freeze and Poison Ivy.



### Purpose

To develop dribbling technique and passing accuracy.

### Organization

Set out a 10 x 20 yard area. Group in pairs. Position five players on each sideline, opposite partners. One ball per pair. Station 2 players with a ball on one of the end lines. Station discs randomly across the middle of the area.

### Game Objective

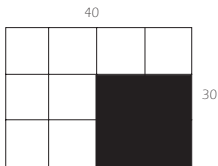
The two X players who begin the game on the end line must dribble across the area without being hit on or below the knee by soccer balls, which are being passed back and forth by Y players stationed on the sidelines. The X players must attempt to pick up cones as they dribble across the area. Count the number of “strikes” in a 30-second period.

### Progressions

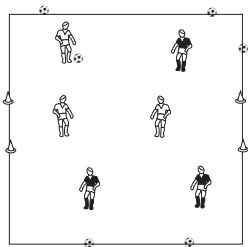
1. Deduct a strike for every five cones that an X player collects.

### Story

Rocket Power is a story about a bunch of friends who are addicted to action and sports. Otto Rocket, his sister Reggie, and their pals Twister and Sam excel at just about every sport you can imagine. While there are sports for every season, their favorite is soccer. Otto and Reggie's dad Raymundo is always around to remind everyone that friendships are always more important than winning events. Extreme sports, extreme fun, and extreme friends—that's Rocket Power.



Assumption: 12 players in group



## Purpose

To develop an understanding of team concepts.

## Organization

Set out a 20 x 20 yard area. Set out a goal measuring three paces wide on each end line. Play 3 versus 3 inside the area. Use one ball per group. No goalkeepers. Place all remaining balls on the outside of the area on any end or sideline. Repeat in one other area for a total of 12 players.

## Game Objective

The object of the game is to score a goal in the opposing goal. When a player kicks the ball out of bounds, a player from the opposing team should roll a new ball in underhand into the field of play. When parents get the ball, they should always be encouraged to pass the ball to a child.

## Progressions

1. Only children can score goals.
2. Children scoring a goal directly from a pass from a teammate score two goals.

## Story

This is a game of Monsters versus the kids. At Monsters, Inc. it's the job of a wide variety of monsters to enter children's bedroom closets at night, scare them, and then collect their screams to provide the power for Monstropolis. However, human kids have become harder and harder to frighten, so the monsters are facing an energy shortage. The Monsters have enlisted the help of "Sulley" Sullivan (coach), the top "scarer" at Monsters, Inc. to teach the new recruits how to spook children.