# MLS CAMPS

**THE OFFICIAL CAMP OF MAJOR LEAGUE SOCCER**

# 10 Week
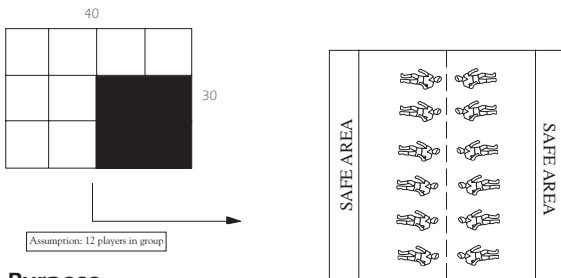# Curriculum Planner
# U4

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# Week 2

45 minute practices, 1 recommended practice per week

40

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Assumption: 12 players in group

SAFE AREA

SAFE AREA

## Purpose
To develop speed and general ball control skills.

## Organization
Set out a 20 x 20 yard area. Position two lines of players, each side of the mid-line, lying head to head on their backs. One group of players lying in a straight line (the adults) is known as the "CATS." The other group of players (the children) is known as the "DOGS."
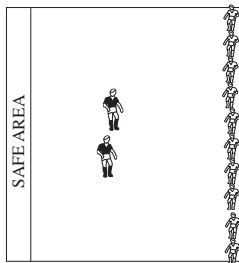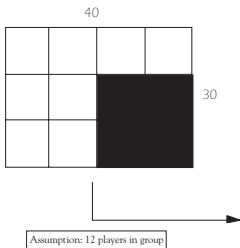
## Game Objective
The object of the game is for players to chase and tag the players lying opposite them when the coach gives the "Chase" command. When the coach calls out "CAT,"the "CAT" parent players are "Its" and the kids get to their feet as quickly as possible and run to their safe area. When the coach calls out "DOG," the procedure reverses in the opposite direction.

## Progressions
1. Increase the space between the two groups of players.
2. Introduce a ball to the team that is being chased.
3. Introduce a ball to both teams.
4. Encourage players to tag more than one player at a time.

## Story
A cat on one end and a dog on the other – what do you call it? CatDog of course! Cat and dog have been sharing quarters since they were born. But believe it or not, despite their differences (they are as different as well, cats and dogs), they're the best of friends and they really stick together – like they have a choice!

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Assumption: 12 players in group

SAFE AREA

## Purpose
To develop speed, change of direction and general movement skills.

## Organization
Set out a 20 x 20 yard area. Position two "its" in the middle of the playing area. Position all other players on one end line facing the "its".
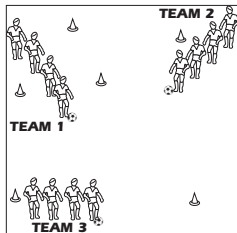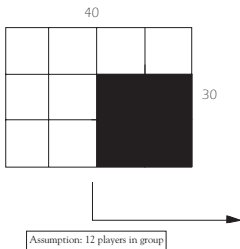
## Game Objective
The object of the game is for players to make it across the playing area (ocean floor) to the safe zone, without being tagged. The dark players are "its." If a player is tagged by an "it," he or she is frozen to the spot where they were tagged. The frozen player can tag a running player (from the spot where they are frozen), freezing them also. The game is over when everyone is caught.

## Progressions
1. Increase the number if "its" who start the game.
2. Permit the frozen player to pivot on one foot, thus giving them greater range of movement.
3. Introduce a ball to the players who are "its."
4. Introduce a ball to all players.

## Story
Deep down in the Pacific Ocean in the city of Bikini Bottom lives a square yellow sponge named SpongeBob Square Pants. SpongeBob lives in a pineapple with his pet snail, Gary, and loves his job as a fry cook at the Krusty Krab. Look out for Squidward Tentacles, the mean, whiny stick-in-the-mud squid who thinks he's better than everyone else.

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Assumption: 12 players in group

## Purpose
To develop running with the ball and movement with specific direction.

## Organization
Set out a 20 x 20 yard area. Station teams of four by one of six cones spaced randomly within the area. Start with one ball per team.

## Game Objective
Upon the coach's command, the player with the ball in team 1 must dribble towards and stop the ball at any one of the standing cones in the area. The other players on the team follow behind the leader. As soon as team 1 reaches their cone, team 2 repeats the exercise to the cone that was just vacated by team 1. Team 3 then dribbles to the cone that was just vacated by team 2, and so on.

## Progressions
1. The players at the front and the back of the line have a ball.
2. All players have a ball.
3. Teams progress to the cone that was just vacated by the other team and then return back to the cone they came from.

## Story
Ed, Edd and Eddy are three suburban friends linked by one common goal – to come up with schemes to make money to buy delicious jawbreakers. In this game, one team is the Eds, one is the Edds and the other is the Eddys. The "Eds" are inseparable and have constant run-ins with other kids on the block. Edd, double D to his friends, is the main schemer and the wiz at making gadgets. Eddy is the self-appointed leader of the bunch.